

## **VISN 5 MIRECC Research Abstract**

### **Program Evaluation for Outpatient PTSD Treatment Sonja Batten, PhD**

In the past 20 years, significant progress has been made in the assessment and treatment of Posttraumatic Stress Disorder (PTSD). However, existing treatments are often not as effective for a veteran population as they are for a civilian population with PTSD. A psychotherapy treatment program for veterans, based on best practice guidelines for PTSD, has been implemented at the VA Maryland Health Care System. Data will be collected to determine the effectiveness of the current program.

The purpose of this protocol is to create a structured program evaluation protocol to test the effectiveness of the outpatient PTSD treatment at the Baltimore VAMC. General rates of recovery following participation in the program will be assessed, as well as patient characteristics that help identify those patients who will benefit most from the treatment.