



**ARE YOU
STRUGGLING
WITH PTSD?**



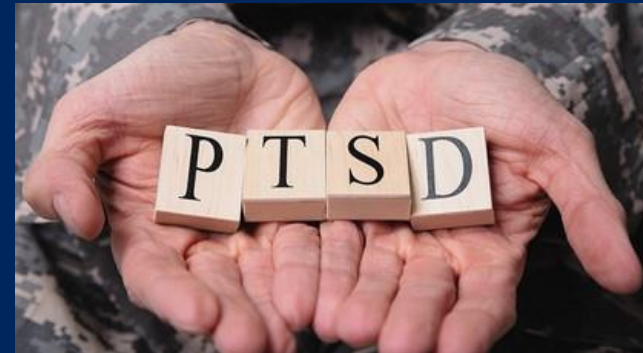
Contact the study team for more
information

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THE PEP-C STUDY

**PTSD TREATMENT
EFFECTIVENESS TRIAL**

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Palo Alto Health Care System

THREE TREATMENT ARMS

Two validated treatments

- Prolonged Exposure therapy
- Medication
- PE therapy + medication

Random assignment ensures the study's scientific integrity. You have an equal, random chance of receiving medication, therapy, or both. We cannot guarantee which treatment you will be assigned to receive.

What is PE Therapy?

PE therapy is a treatment that involves helping you to decrease avoidance. Therapy will last a minimum of 8 sessions and a maximum of 14 sessions. The first two sessions will consist of your therapist asking you questions to get to know you, giving you information about PTSD, and teaching you a relaxation breathing technique. After that, you will talk through the memory of the trauma. You and your therapist will also work together to identify activities you have been avoiding because of the trauma, to help you return to safe activities that you used to enjoy.

MOST APPOINTMENTS CAN BE CONDUCTED VIRTUALLY

Which medications?

Study medications are paroxetine (generic for Paxil) and venlafaxine ER (generic for Effexor XR). These are antidepressants with strong evidence for treating PTSD symptoms. You will work with your psychiatrist to determine which of these medications is the best fit for you. During the initial 14 weeks of the study, you'll have frequent appointments to assess how you respond to the medication and to make any dose adjustments. Depending on how you respond, you may continue the medication beyond the initial 14 weeks of the study.

COMPENSATION OFFERED FOR STUDY-RELATED ASSESSMENTS

Timeline

- Week 0: Baseline assessment
- Weeks 1-14: Active treatment phase
- Week 7: Mid-treatment assessment
- Week 14: Post-treatment assessment
- Week 27: Follow-up assessment #1
- Week 40: Follow-up assessment #2

You will also be sent links to complete online surveys throughout the active study period.