



IMPACT REPORT

Expert debate on symptoms of
post-traumatic stress disorder

- Romania -



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PROJECT: "RESILIENCE AND INCLUSION FOR THE MILITARY"

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Of activity number 2

Expert debate on symptoms of post-traumatic stress disorder

- Romania -

Erasmus+ Programme – Strategic Partnership
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Parteneri:

DIGITAL KOMPASS - Bucharest, România

I.V. International - Foggia, Italy

Organization for Promotion of European Issues - Paphos, Cyprus

BUMIR - Bucharest, România

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Introduction

Post-traumatic stress disorder (PTSD) is a serious and complex problem affecting many military personnel following traumatic experiences encountered in theaters of operations. Addressing this topic requires a thorough understanding and cooperation between experts from various fields. In this context, meetings between specialists are essential to facilitate the exchange of information, share good practices and identify effective solutions to support servicemen affected by PTSD.

In order to ensure the efficiency and usefulness of these meetings, it is important to obtain feedback from the participants regarding the issues covered and the quality of the discussions. Thus, the use of feedback forms proves to be an essential tool in this process. These forms allow organizers and experts to get the views of those involved, identify strengths and areas that need improvement, and adjust the strategies and methods used in future meetings.

The feedback forms aimed to collect information about:

1. The clarity of the objectives of the meeting and their relevance in the context of post-traumatic stress in the military.
2. The quality of the presentations and materials used in the meeting, as well as the effectiveness of the communication methods.
3. The level of engagement and collaboration between participants, as well as the general atmosphere of the meeting.
4. The relevance and usefulness of the information and solutions discussed for addressing the issue of SPT among the military.
5. Suggestions for improving future meetings and strengthening collaboration between experts.

Collected results

The experts gave the following answers to the questions of the questionnaire

Question 1. Was your participation as an expert useful at the meeting of this international project?

Answer options: YES/NO/I DON'T KNOW

The following responses were recorded, as seen in Figure 1

100% people answered YES

0% people answered NO

0% people answered I DON'T KNOW

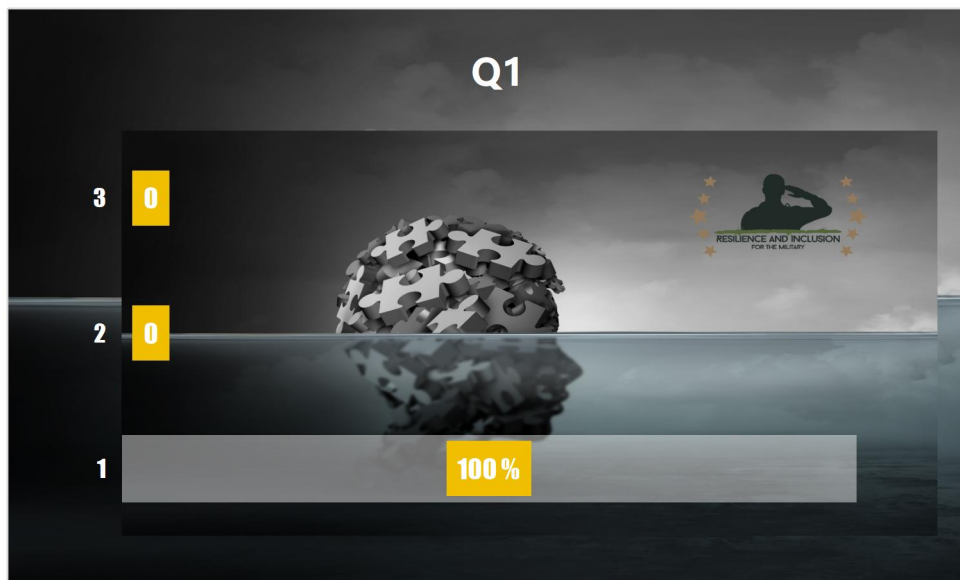


Figure 1. Utility of meeting attendance

Interpretation

The results of the answers to the question "Was your participation as an expert useful at the meeting of this international project?" indicates a high level of satisfaction and usefulness perceived by the experts present at the meeting. According to Figure 1, all people (100%) answered "YES", which suggests that the experts considered their participation in the meeting useful and relevant. There are no 'NO' or 'I DON'T KNOW' answers, indicating a lack of dissatisfaction or uncertainty among the participants.

Question 2. Do you think that after the debate we have enough information about post traumatic stress to be used in the project?

Answer options: YES/NO/I DON'T KNOW

The following responses were recorded, as seen in figure 2

100% people answered YES

0% people answered NO

0% people answered I DON'T KNOW

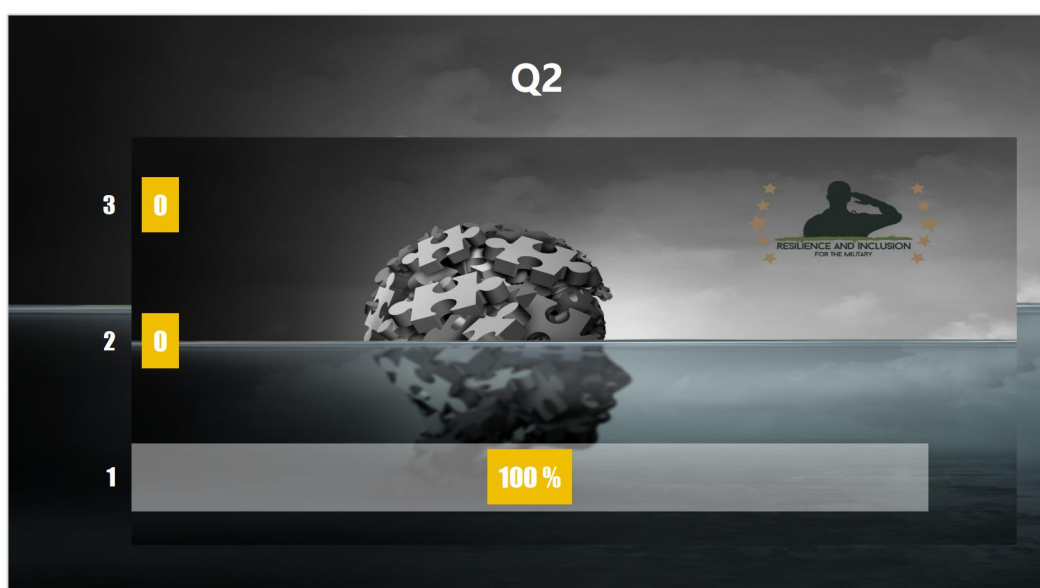


Figure 2. Sufficient information about PTSD

Interpretation

The results of the answers to the question "Do you think that after the debate we have enough information about PTSD to use in the project?" suggests a high level of confidence in the information obtained during the expert meeting. Figure 2 shows that 100% of the people answered "YES", which indicates that the participants felt that the debates and discussions were relevant and detailed enough to apply to the project.

Question 3. Consider the PTSD discussions were:

Answer options: COMPLETE/VERY GOOD/SATISFIED

The following responses were recorded, as seen in figure 3

67% people answered - complete

33% of participants answered - very good

0% of participants answered - satisfactory

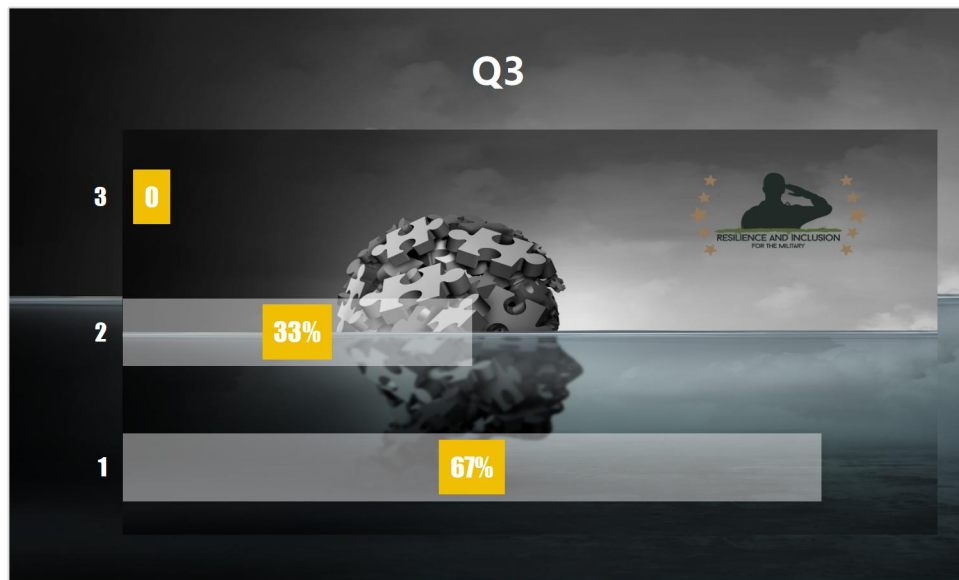


Figure 3. How were the discussions about post traumatic stress

Interpretation

67% of respondents thought discussions about PTSD were complete. This may mean that the topic has been covered comprehensively, with detailed information and extensive coverage of relevant issues. The people who provided this answer were likely satisfied with the quality and depth of the discussions, feeling they provided a complete understanding of the topic.

On the other hand, 33% of the participants thought the discussions were very good. This suggests that these people were very satisfied with the way the topic was addressed and with the quality of the information provided in the discussions. A "very good" response indicates that the discussions were rated excellent and made a significant contribution to understanding and managing PTSD.

Conversely, there are no participants who found the discussions satisfying. This result indicates that none of the respondents were satisfied with the level or quality of the

discussions. Dissatisfaction can be caused by incomplete coverage of a topic, lack of pertinent information, or the presentation of conflicting or confusing opinions.

Overall, the majority of participants found the PTSD discussions comprehensive, and a significant proportion rated them as very good. However, the results also show some dissatisfaction among the participants, as none of them found the discussions satisfying.

Question 4. How do you rate the organization of the meeting?

Answer options: EXCELLENT/VERY GOOD/GOOD

The following responses were recorded, as seen in figure 4

100% people responded - EXCELLENT

0% people answered - VERY GOOD

0% people answered - GOOD

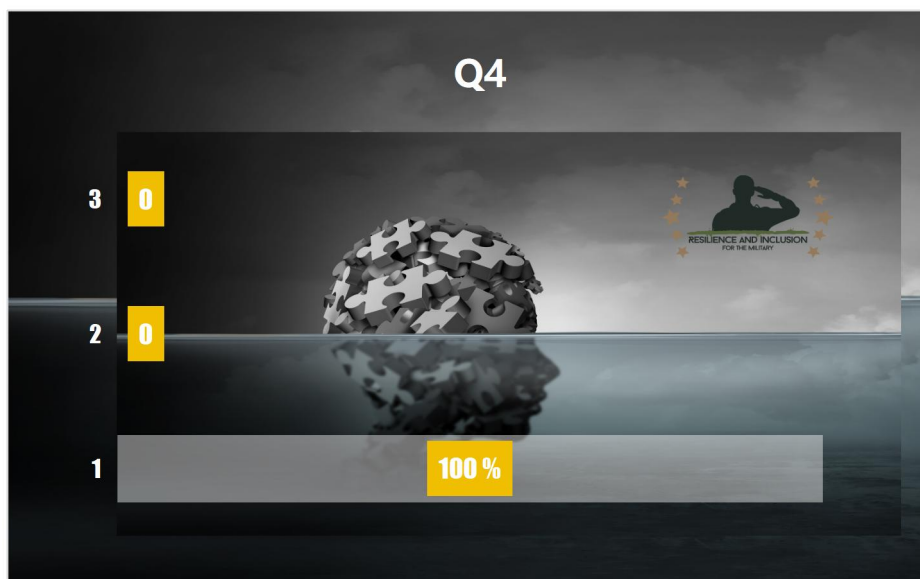


Figure 4. Organization of the meeting

Interpretation

All participants (100%) judged the organization of the meeting to be EXCELLENT. This indicates that all respondents were extremely satisfied with the way the meeting was planned and conducted. The result denotes a high quality of the organization, which fully met the expectations of the participants.

The results show us that none of the participants considered the organization of the meeting VERY GOOD or GOOD. This suggests that, in their eyes, the organization was so good that it could not be relegated to a lower category.

In conclusion, all participants rated the organization of the meeting as EXCELLENT. This indicates that the event was planned and delivered in a way that exceeded their expectations and was perceived to be of the highest quality. These positive results demonstrate a high level of satisfaction and satisfaction among the participants with the organization of the meeting.

Question 5. Would you participate in another international project?

Answer options: YES/NO/ if the topic of the project suits me

The following responses were recorded, as seen in figure 5

33% of people chose the option YES

0% of the participants chose the option NO

67% of the participants chose the option - if the topic of the project suits me

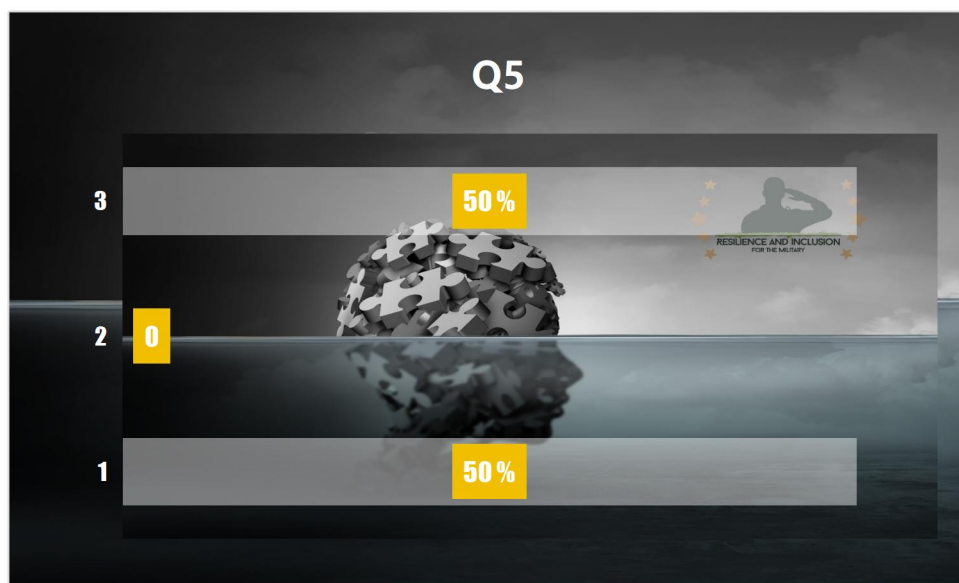


Figure 5. Participation in other Erasmus projects

Interpretation

33% of the interviewees chose the YES option, thus expressing the will to participate in another international project. These people are open and interested in being involved in a new international project, regardless of the topic or theme.

None of the participants chose the NO option, which means that none of them categorically exclude the possibility of participating in another international project. This indicates an openness or willingness to explore new international opportunities and experiences.

Instead, 67% of the participants chose the option "if the object of the project suits me". They specified that their participation in another international project depends on whether the object of the project matches their interests or skills. These participants want to make sure that the project in question aligns with their knowledge, skills and interests, which would make them more willing to participate.

In conclusion, a significant proportion of people (33%) indicated that they would be willing to participate in another international project, while the majority (67%) stated that their participation depends on the appropriateness of the project topic. These findings highlight the interest and willingness of the participants to engage in international projects, provided that the topic is relevant to them and matches their experience or interests.

Question 6. Do you feel you have received the necessary information prior to the meeting to be able to organize and attend the meeting?

Answer options: YES/NO/PARTIALLY

The following responses were recorded, as seen in figure 5

100% of people chose the option YES

0% of people chose the option NO

0% of people chose the option PARTIALLY

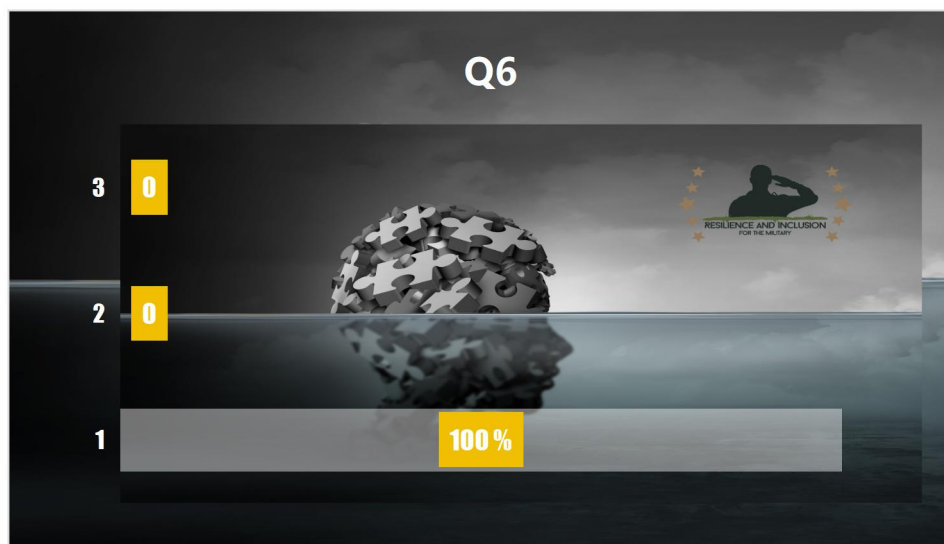


Figure 6. Relevance of post-meeting information

Interpretation

All the people who answered (100%) chose the YES option, thus indicating that they believe they have received the necessary information before the meeting to be able to organize and introduce themselves adequately. This result demonstrates that the participants were satisfied with the information received in advance and that this allowed them to adequately prepare for the meeting.

None of the participants chose the NO or PARTIALLY option. The absence of these options suggests that all respondents felt they received all the information they needed before the meeting without having to fill it out or look elsewhere. This indicates effective and comprehensive communication by the organizers or team that provided the information.

In conclusion, all participants felt that they had received the necessary information before the meeting, which allowed them to prepare and present themselves adequately. This result indicates good management of pre-meeting communication and information provision, providing participants with the resources needed to engage properly.

Final conclusions and recommendations

Conclusions

The results show that participants had a positive perception of PTSD discussions, rating them as complete or very good. This indicates that the topic has been addressed satisfactorily, providing relevant information and a broad understanding of PTSD.

Also the organization of the meeting was judged excellent by all the participants, suggesting a successful planning and realization of the event. The result indicates high satisfaction with the way the meeting was managed and conducted.

Regarding participation in another international project, a significant percentage of participants were open and interested in participating, whether the project topic suited them or not. This demonstrates a willingness and willingness to engage in new international opportunities.

The participants also felt that they had received the necessary information before the meeting, which allowed them to organize themselves and present themselves properly. This highlights good communication and provision of information before the event.

In conclusion, the overall results reflect a positive perception and a high satisfaction of the participants regarding the discussions on PTSD, the organization of the meeting, the readiness for international projects and the receipt of the necessary information. These results indicate a high level of engagement, interest and satisfaction on the part of the participants.

Recommendation

Continuing discussions on PTSD: Since the discussions on PTSD were positively evaluated by the participants, the recommendation would be to continue addressing this important topic. You can hold new information sessions or panel discussions, giving attendees an opportunity to further understand and discuss PTSD.

Improve event planning: Since attendees rated the meeting organization as excellent, you can continue to focus on improving the planning and delivery process for future events. Consider feedback from attendees and identify ways to simplify and create a better experience for them.

Explore and promote more international projects: As a significant number of participants have shown openness and interest in participating in other international projects, the recommendation would be to seek and promote more opportunities to engage in relevant international projects. You can identify organizations or projects that align with participants' interests and experience and bring them to their attention.

Ensure clear and complete communication: Since attendees felt they had received the necessary information prior to the meeting, it is important to maintain a high level of clear and complete communication in all future activities. Ensure that necessary information is provided in a timely manner and that participants have access to relevant resources to adequately prepare and engage.

These are just some general recommendations based on the results of previous discussions. I recommend that you adapt these suggestions according to the specific context and needs of the participants.

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