



IMPACT REPORT

WP4 - A2 - Piloting Course Online

"THE INVISIBLE FRONT - POST-TRAUMATIC STRESS"

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-Romania-

Erasmus+ Programme – Strategic Partnership
Project “*Resilience and inclusion for the military*”
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Partners:

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Introduction

This report presents the results and conclusions of the piloting of the online course "The Invisible Front - Post-Traumatic Stress", held in front of a group of active military , veterans and military personnel with disabilities. The piloting aimed to analyze how the online course was realized, related to the content, design, attractiveness, ease of reading it and to what extent it contributes to educating and raising awareness of participants about post-traumatic stress disorder (PTS), a condition frequently encountered among military personnel exposed to traumatic events.

Post-traumatic stress disorder is a significant mental health problem among military personnel, with the potential to affect not only their quality of life, but also the operational efficiency and cohesion of military units. The course has been designed to address these issues by providing relevant information and practical strategies for managing PTSD.

Following the piloting, positive aspects were identified such as the high degree of involvement and interest of the participants. The analysis of the feedback suggests that the participants appreciated the usefulness of the information and strategies presented, as well as the relevance of the course to their personal experiences.

Collected results

Module I - Emotions. The mechanism of emotion formation. Cognizant. Subconscious. The reptilian brain. The mediator brain. The neocortex. The link with post-traumatic stress disorder (PTSD) in the military field.

❖ Design Section

Q1. What do you think of the design of Module I?

Answers: Open-ended question

The following responses were recorded:

Super	The design is suggestive and corresponds to the theme addressed in this module.	The design is minimalist
It's very ok	Cute	Suggestive
Attractive	It's beautifully made with many images	It's beautifully made with many images
Very suggestive and captivating	Captivating	The design is minimalist
Pleasant	Very nice	The design is visually pleasing
It is an attractive and suggestive design	Very interactive!	Pleasant, interesting
It is a very relaxing and slightly intuitive one	Walk	

Interpret Q1:

Based on the collected responses, we can conclude that the design of Module I was perceived mostly positively by the participants. Most of the answers highlight the attractive, suggestive and visually pleasing aspects of the design. The participants noted that the design is suggestive and theme. Many responses underlined the fact that the design is suggestive and corresponds to the theme addressed in the module, which indicates a good integration of the visual content with the educational material. There is also an

appreciation for the minimalist look of the design, which is considered pleasant and relaxing. Minimalism seems to be appreciated for the clarity and simplicity it brings, thus facilitating the use and understanding of the material. The design is described as attractive and captivating, with many beautifully crafted images. This is important because it helps to maintain the interest and engagement of the participants. The responses also mentioned the interactivity and intuitiveness of the design, suggesting that the module is easy to navigate and use, contributing to a positive learning experience. Overall, the design was considered visually pleasing, which contributes to an overall pleasant and efficient experience.

In conclusion, the feedback received indicates that the design of Module I is well received by the participants, being appreciated for its suggestiveness, minimalism, attractiveness, interactivity and visual pleasure. These aspects should be maintained and possibly improved in future modules to ensure an optimal learning experience.

Design of Module I - "Emotions. The mechanism of emotion formation. Cognizant. Subconscious. The reptilian brain. The mediator brain. The neocortex. The link with post-traumatic stress disorder (PTSD) in the military field" was appreciated for its relevance and adequacy in presenting emotional and psychological complexities.

Q2: Is the design nice and attractive?

Answer options:

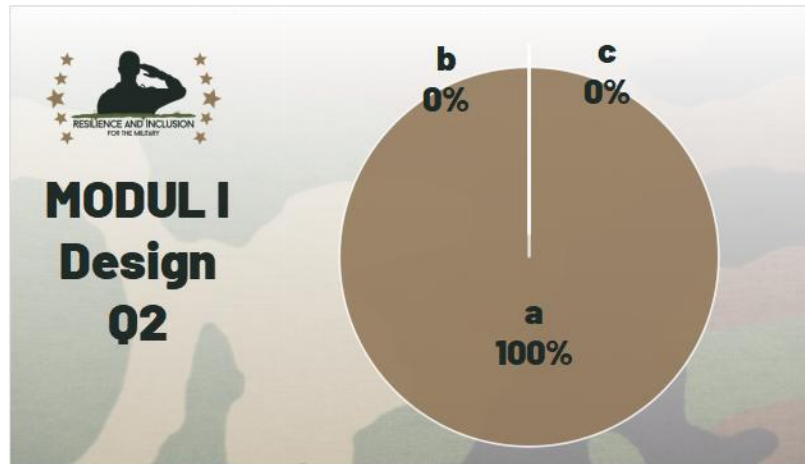
- a. Yes
- b. Not
- c. To be improved

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.



Interpreting Q2

Question Q2 assessed the participants' perception of the pleasure and attractiveness of the design of Module I, providing three answer options: "Yes", "No", and "To be improved". The results were as follows:

- 100% of respondents answered with option a. Yes.
- 0% of respondents answered with option b. No.
- 0% of respondents answered with option c. To be improved.

These results indicate that the design of Module I was unanimously considered pleasant and attractive by all participants. There were no negative responses or suggestions for improvement, which reflects a high level of satisfaction among those who participated in the course. The fact that 100% of respondents found the design pleasant and attractive proves that the visual elements and structure of the material were very well received. The efficient and aesthetic design likely contributed to a positive learning experience, facilitating engagement and interaction with the material presented. The lack of negative feedback or suggestions for improvement suggests that, in its current form, the design of Module I meets the expectations and requirements of the participants.

Q3. Can the design inspire you to scroll through the content?

Answer options:

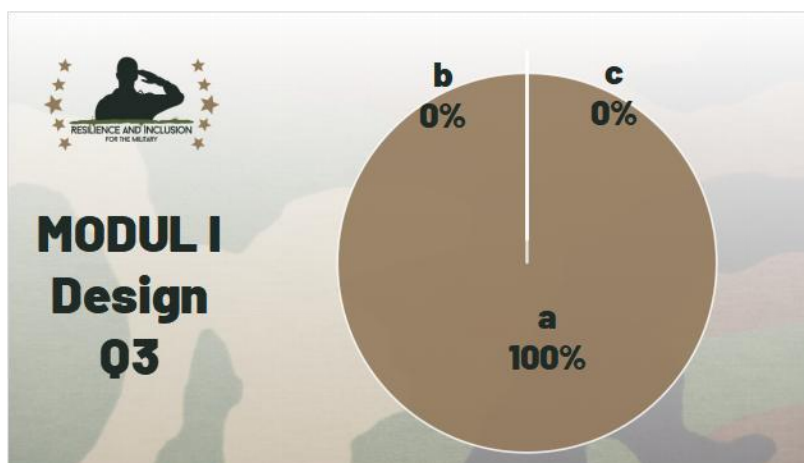
- a. Yes
- b. Not
- c. To be improved

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.



Interpreting Q3

Question Q3 assessed the extent to which the design of Module I is inspiring and motivates participants to go through the content. Three answer options were offered: "Yes", "No", and "To be improved".

These results indicate that the design of Module I was unanimously considered inspiring and motivating by all participants. There were no negative responses or suggestions for improvement, reflecting a unanimous appreciation for the design's ability to stimulate interest and engagement. The fact that 100% of respondents found the design inspiring suggests that the visual elements and structure of the material were very effective in capturing the interest and motivation of the participants. The attractive and suggestive design seems to have played an important role in maintaining the engagement and interest of the participants throughout the module. The lack of negative feedback or suggestions for improvement indicates that the current design is appropriate and effective in the context of this course.

These conclusions underline the success of Module I's design in inspiring and motivating participants to go through the content.

❖ Content section

Q1. What do you think of the content of Module I?

Answer options:

- a. Excellent
- b. Good

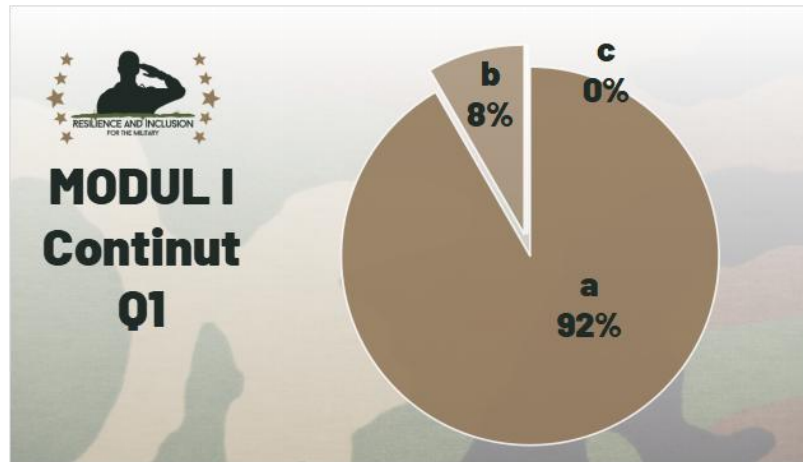
c. Needs improvement

The following responses have been recorded, as seen in the figure below

92% of people answered with variant a.

8% of people answered with variant b.

0% people answered with variant c.



Interpret Q1:

Question Q1 assessed the participants' perception of the content of Module I. Three answer options were offered: "Excellent", "Good", and "Needs improvement".

The results indicate that the overwhelming majority of participants found the content of Module I to be excellent, with only a small percentage of participants rating it as good and without significant suggestions for improvement. The fact that 92% of respondents rated the content as excellent reflects a very positive perception of the materials presented in Module I. This suggests that the information provided is of high quality and well structured. A percentage of 8% of respondents consider the content to be good, which indicates a widespread general satisfaction among the participants. The absence of responses indicating the need for improvement suggests that there are no major aspects of the content that are problematic or require immediate adjustments. Module I addressed essential topics related to Emotions and the mechanisms of emotion formation, including conscious and subconscious aspects. The functioning of different parts of the brain has also been explored: the reptilian brain, the mediator brain, the neocortex. Another important aspect of the module was the connection of these topics with Post-traumatic Stress Disorder in the military field. By addressing these themes, the module was able to provide a deep and comprehensive understanding of how emotions are formed and managed, and their impact on the psychological state of servicemen. These

topics, presented in a clear and accessible manner, were essential for the success of Module I and for the overall positive appreciation from the participants.

Q2. Is it easy for you to go through it?

Answer options:

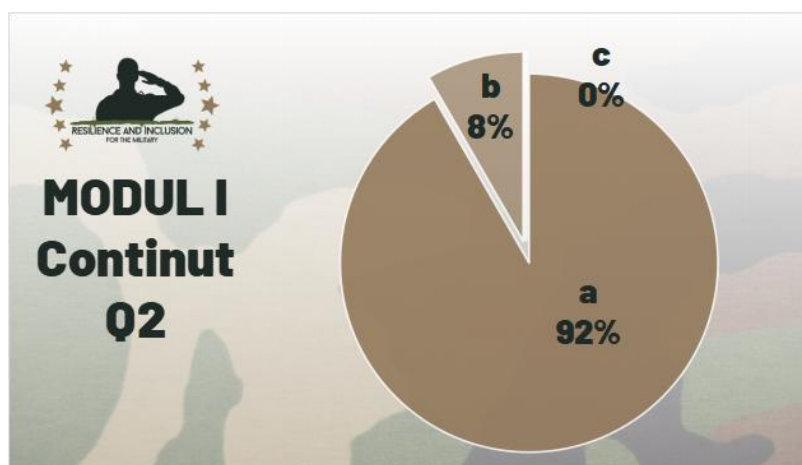
- a. Yes, very easy
- b. Partly easy
- c. No, difficult

The following responses have been recorded, as seen in the figure below

92% of people answered with variant a.

8% of people answered with variant b.

0% people answered with variant c.



Interpret Q2:

Question Q2 assessed the participants' perception of the ease with which they went through the content of Module I. Three answer options were offered: "Yes, very easy", "Partly easy", and "No, difficult". The results indicate that the overwhelming majority of participants considered the course of Module I to be very easy, with a small percentage of participants who found the course only partially easy and without answers indicating significant difficulties.

The fact that 92% of respondents rated the course of the module as very easy reflects a high accessibility of the materials and structure of the course. This suggests that the information was presented in a clear, logical, and understandable manner. An additional 8% of respondents found the path only partially easy, indicating some minor aspects that could be improved but do not significantly affect the overall learning experience. The absence of responses indicating difficulties suggests that there are no significant barriers to

understanding and going through the module content, which is essential for ensuring a positive and effective learning experience. Module I has been designed to be intuitive and easy to navigate, providing well-structured information and presented in an accessible format. The topics addressed were presented in a clear and concise manner. This contributed to the overall perception of the material's ease and accessibility.

Although the feedback is mostly positive, it is also useful to consider minority suggestions that indicate a partially easy path. They can provide clues about possible future improvements to ensure that the learning experience is optimized for all participants.

In conclusion, the content of Module I is accessible and easy to navigate for most participants, which contributes to a positive and effective learning experience.

Q3. Are the terms and expression easy to understand?

Answer options:

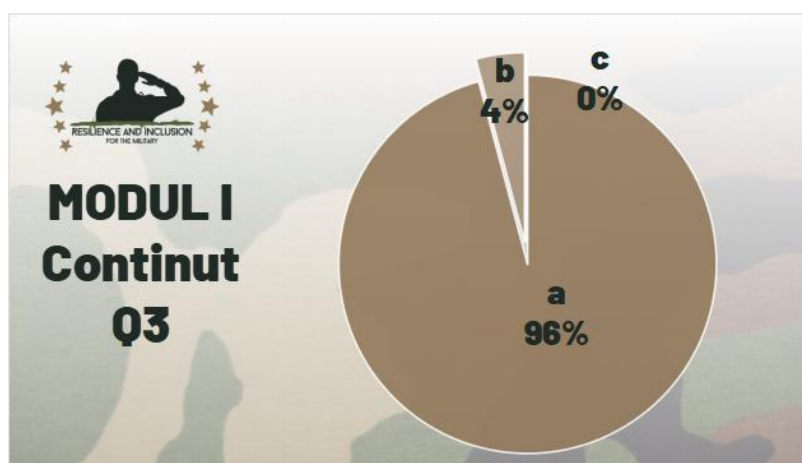
- a. Yes, very easy to understand
- b. Partly easy to understand
- c. No, hard to understand

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

4% people answered with variant b.

0% people answered with variant c.



Interpret Q3:

Question Q3 assessed the participants' perception of the ease of understanding the terms and expressions used in Module I. Three answer options were offered: "Yes, very easy to understand", "Partly easy to understand", and "No, difficult to understand". The results indicate that almost all participants found the terms and expressions in Module I very easy to understand, with only a small percentage of participants finding the expression only

partially easy to understand and without responses indicating significant difficulties in understanding.

The fact that 96% of respondents rated the terms and expression as very easy to understand reflects a high linguistic clarity of the materials presented. This suggests that the information was communicated in an accessible and accurate way, avoiding complicated jargon or ambiguities. An additional 4% of respondents found the terms partially understandable, indicating some minor issues that could be clarified but do not significantly affect the overall learning experience. The absence of responses indicating difficulties in understanding suggests that there are no significant barriers to understanding the terms and expressions used in the module, which is essential for ensuring a positive and effective learning experience. Although the feedback is mostly positive, it is also helpful to consider minority suggestions that indicate partial ease of understanding. They can provide clues about possible future improvements to ensure that terms and phrases are fully accessible to all participants, including those with various levels of training or experience in the field.

❖ Utility Section

Q1. Do you think this module is useful for understanding post-traumatic stress disorder?

Answer options:

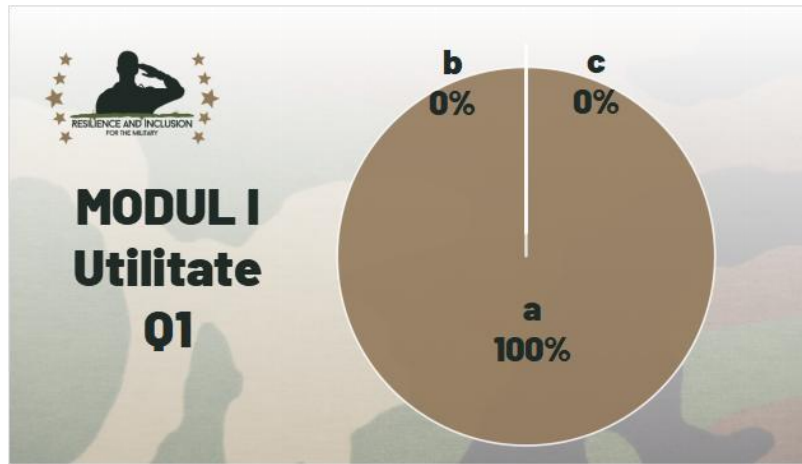
- a. Yes
- b. Not
- c. I don't know

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.



Interpret Q1:

Question Q1 assessed participants' perception of the usefulness of Module I in understanding post-traumatic stress disorder (PTSD). Three answer options were offered: "Yes", "No", and "I don't know". The results indicate that all participants found Module I useful for understanding post-traumatic stress syndrome. There were no negative or indecisive responses, which reflects a unanimous appreciation of the usefulness of the course. The fact that 100% of respondents appreciated the usefulness of the module suggests that the information and structure presented were highly effective in providing a clear and comprehensive understanding of PTSD. This result highlights the relevance of the material presented to the needs and experiences of the participants, which is essential for achieving the educational objectives of the course. The absence of negative or indecisive answers indicates that there are no significant ambiguities or deficiencies in the content of the module that would hinder the understanding of post-traumatic stress disorder. Module I addressed essential topics for understanding post-traumatic stress syndrome, including: How emotions are formed and manifested, both consciously and subconsciously; The role of different parts of the brain, such as the reptilian brain, the median brain, and the neocortex, in responding to stress and trauma; Specific analysis of how these mechanisms contribute to the development and manifestation of PTSD in the military context. Presenting these topics in an accessible and clear manner contributed to participants' deep understanding of PTSD, highlighting the usefulness of the module. Given the unanimous positive feedback, it is recommended that the structure and approach used in this module be retained and replicated in future modules. In addition, it may be useful to explore ways to deepen certain aspects in order to ensure an even more detailed and applicable understanding of post-traumatic stress disorder.

In conclusion, Module I is considered extremely useful for understanding post-traumatic stress disorder, providing essential and relevant information in an accessible and comprehensive manner.

Q2. Do you think it will help active and reserve military personnel to complete this module?

Answer options:

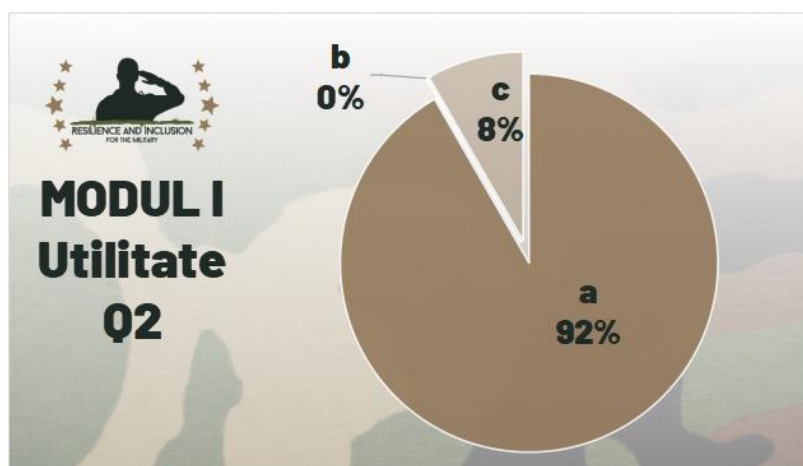
- a. Yes
- b. Not
- c. I don't know

The following responses have been recorded, as seen in the figure below

92% of people answered with variant a.

0% of people answered with variant b.

8% people answered with variant c.



Interpret Q2:

Question Q2 assessed participants' perceptions of the benefits that Module I can bring to active and reserve military personnel. Three answer options were offered: "Yes", "No", and "I don't know". The results indicate that the overwhelming majority of participants believe that completing Module I will help active and reserve military personnel. A small percentage of participants were unsure of the impact of the module, but there were no negative responses. The fact that 92% of respondents appreciated the usefulness of the module for active and reserve military personnel suggests that the materials presented are considered relevant and beneficial for this target group. This result emphasizes the importance and relevance of the content to the needs and experiences of military personnel, indicating that the information provided can have a positive impact on mental health and post-traumatic stress management. The 8% of "Don't know" responses indicate

that while the overall perception is positive, it might be useful to provide concrete examples or case studies to illustrate how the module can actually help the military, thus clarifying any doubts. Module I provides an in-depth understanding of Post-Traumatic Stress Disorder (PTSD) and the emotional and psychological mechanisms relevant to military personnel.

In conclusion, Module I is considered useful for active military, veterans, and military personnel with disabilities by most participants, providing essential and relevant information that can help understand and manage post-traumatic stress disorder.

Module II - Post-traumatic stress syndrome. What is it, How does it appear, What are the symptoms in a military context.

❖ Design Section

Q1. What do you think of the design of Module II?

Answers: Open-ended question

The following responses were recorded:

Super	The design is suggestive and corresponds to the theme addressed in this module.	The design is minimalist
It's very ok	Cute	Suggestive
Attractive	It's beautifully made with many images	It's beautifully made with many images
Very suggestive and captivating	Captivating	The design is minimalist
Pleasant	Very nice	The design is visually pleasing
It is an attractive and suggestive design	Very interactive!	Pleasant, interesting
It is a very relaxing and slightly intuitive one	Walk	

Interpret Q1:

Question Q1 assessed the participants' perception of the design of Module II, which addressed the topic of Post-Traumatic Stress Disorder: What it is, How it occurs, What are the symptoms in a military context. The responses received were diverse and offered a wide range of perspectives, all of which were positive.

The responses indicate a very positive overall appreciation for the design of Module II. The participants highlighted various aspects of the design that contribute to its effectiveness and attractiveness. Many participants noted that the design is suggestive and corresponds well to the theme addressed in the module. This suggests that the visual design was well integrated with the educational content, making it easier to understand the topic of post-traumatic stress disorder. The minimalist design has been praised for its clarity and simplicity, which allow for easy navigation and a focus on essential information. This aspect was mentioned by several participants. The attractive and engaging design, described as 'very beautiful' and 'very suggestive and engaging', helped to keep attendees interested and engaged. Beautifully made images and interactivity were key aspects mentioned. Terms such as "enjoyable", "relaxing" and "slightly intuitive" suggest that the design was perceived as accessible and comfortable to use, contributing to a positive learning experience.

Module II has been structured to address Post-Traumatic Stress Disorder in the military context, explaining what it is, how it occurs and what the symptoms are. The design managed to reflect these themes through suggestive and relevant images, which illustrated the concepts discussed, interactivity, which encouraged active engagement and participation, minimalism and clarity in the presentation of information, facilitating the understanding and retention of the material.

In conclusion, the design of Module II was very well received by the participants, being considered suggestive, attractive, minimalist and easy to use, thus contributing to a positive and effective learning experience.

Q2: Is the design nice and attractive?

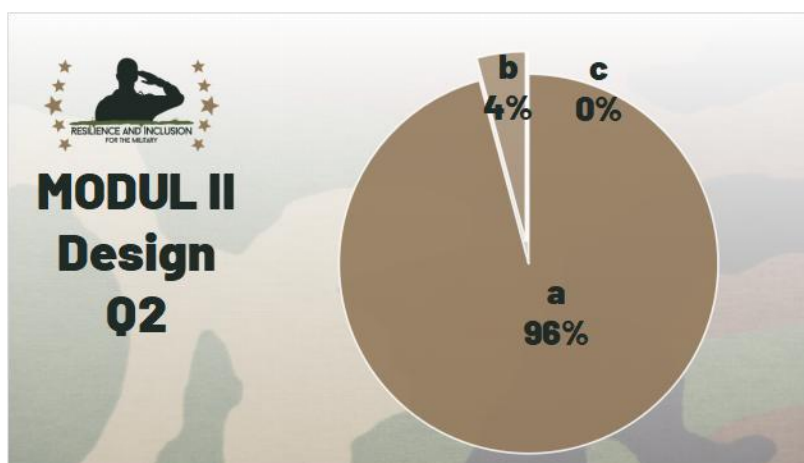
Answer options:

- a. Yes
- b. Not
- c. To be improved

The following responses have been recorded, as seen in the figure below
96% of people answered with option a.

4% people answered with variant b.

0% people answered with variant c.



Interpreting Q2

Question Q2 assessed the participants' perception of the pleasure and attractiveness of the design of Module II. Three answer options were offered: "Yes", "No", and "To be improved". The results indicate that the design of Module II was perceived as pleasant and attractive by the overwhelming majority of participants, with only a small percentage of respondents disagreeing. The fact that 96% of respondents appreciated the design as pleasant and attractive reflects a very high level of satisfaction with the visual and aesthetic elements of the module. This result suggests that the design managed to capture and maintain the interest of the participants, facilitating an enjoyable and effective learning experience. The 4% negative responses indicate that there are minor aspects that could be improved to achieve complete satisfaction. However, this percentage is very small, suggesting that most of the problems are probably marginal.

Module II was structured to address Post-Traumatic Stress Disorder: What it is, How it appears, What are the symptoms in a military context, and the design reflected these themes through suggestive and relevant images, minimalism and clarity, interactivity and intuitiveness. The interactive elements and intuitive presentation contributed to an engaging and user-friendly learning experience. To address minor negative feedback, it might be useful to solicit additional comments from respondents who chose the 'No' option to identify specific areas that need improvement. In general, however, the current approach is very well received

In conclusion, the design of Module II is considered pleasant and attractive by most participants, contributing to a positive and effective learning experience. The visual and interactive aspects were well integrated and facilitated a clear understanding of the topic.

Q3. Can the design inspire you to scroll through the content?

Answer options:

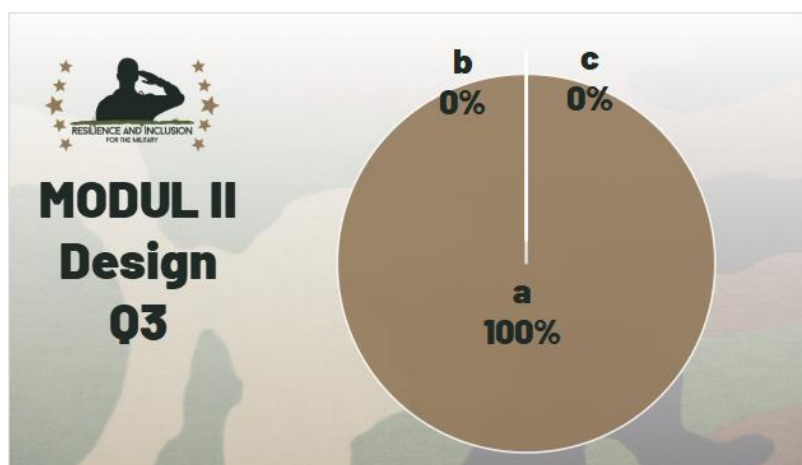
- a. Yes
- b. Not
- c. To be improved

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.



Interpreting Q3

Question Q3 assessed the extent to which the design of Module II is inspiring and motivates participants to go through the content. Three answer options were offered: "Yes", "No", and "To be improved". The results indicate that all participants considered the design of Module II to be inspiring and motivating to go through the content. There were no negative responses or suggestions for improvement, reflecting a unanimous appreciation of the design's ability to stimulate interest and engagement. The fact that 100% of respondents rated the design as inspiring suggests that the visual elements and structure of the material are highly effective in capturing the interest and keeping participants engaged. This result underlines the success of the design in fulfilling one of the essential objectives of any educational material, namely to be appealing and motivating for users. The absence of responses indicating the need for improvement suggests that the current

design is very well received and does not have significant shortcomings that require adjustment.

Module II, which addressed Post-Traumatic Stress Disorder, managed to inspire participants through the use of relevant and suggestive images that helped to illustrate and clarify the concepts discussed, a minimalist and clear design that allowed for an easy focus on the essential content, thus facilitating a deeper understanding, and interactive elements that encouraged active participation and exploration of the material, making the learning process more dynamic and engaging.

In conclusion, the design of Module II was unanimously considered inspiring and motivating by the participants, thus contributing to a very positive and effective learning experience. The visual and interactive aspects were well integrated and facilitated a pleasant and engaging journey through the content.

❖ Content section

Q1. What do you think of the content of Module II?

Answer options:

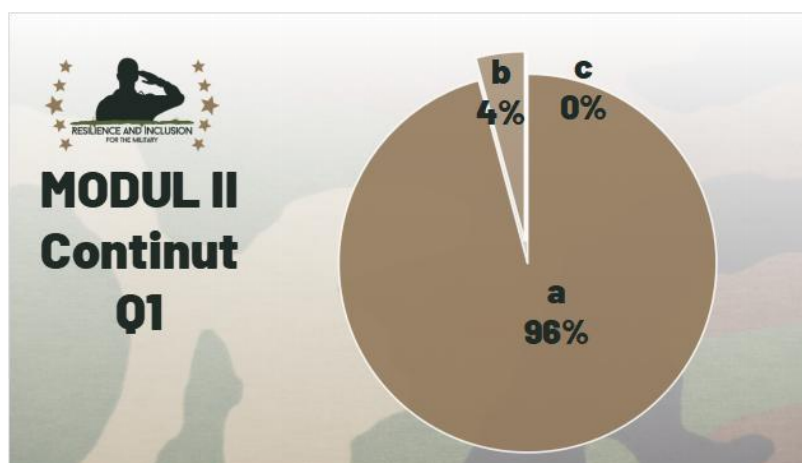
- a. Excellent
- b. Good
- c. Requires stuffing

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

4% people answered with variant b.

0% people answered with variant c.



Interpret Q1:

Question Q1 assessed the participants' perception of the quality of the content of Module II. Three answer options were provided: "Excellent", "Good", and "Needs improvement". The results indicate that the overwhelming majority of participants considered the content of Module II to be excellent, with a small percentage of participants rating it as good and no responses indicating the need for improvement. The fact that 96% of respondents rated the content as excellent reflects a very positive perception of the materials presented in Module II. This suggests that the information provided is of high quality and well-structured. An additional 4% of respondents consider the content to be good, indicating widespread overall satisfaction among participants. The absence of responses indicating the need for improvement suggests that there are no major aspects of the content that are problematic or require immediate adjustments.

Module II addressed essential topics for understanding Post-Traumatic Stress Disorder in a military context, including definitions and detailed descriptions of the syndrome, the mechanisms and triggers of post-traumatic stress disorder in the military context, the identification and description of common and specific symptoms of the syndrome.

Participants appreciated the clarity, logical structure and relevance of the material presented, which facilitated a deep and comprehensive understanding of post-traumatic stress disorder.

In conclusion, the content of Module II is considered excellent by the majority of participants, providing essential and relevant information in a clear and well-structured manner. This contributes to a deep and effective understanding of post-traumatic stress disorder in the military context.

Q2. Is it easy for you to go through it?

Answer options:

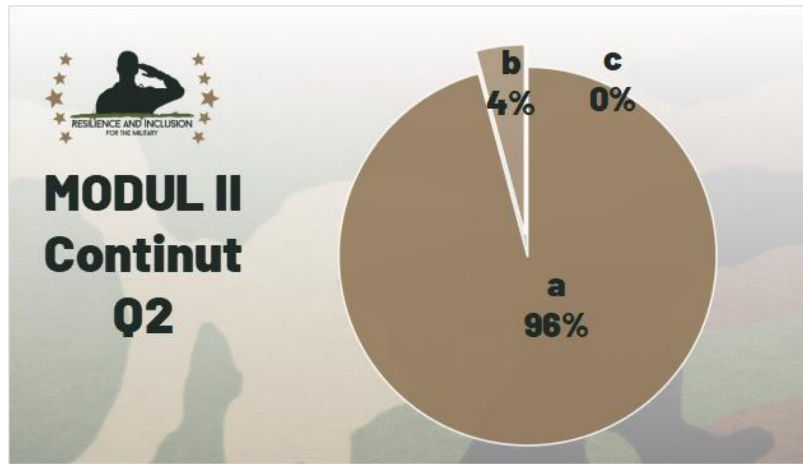
- a. Yes, very easy
- b. Partly easy
- c. No, difficult

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

4% people answered with variant b.

0% people answered with variant c.



Interpret Q2:

Question Q2 assessed the participants' perception of the ease with which they went through the content of Module II. Three answer options were offered: "Yes, very easy", "Partly easy", and "No, difficult". The results indicate that the majority of participants considered the course of Module II to be very easy, with a small percentage of participants finding it only partially easy and without answers indicating significant difficulties. The fact that 96% of respondents rated the course of the module as very easy reflects a high accessibility of the materials and structure of the course. This suggests that the information was presented in a clear, logical, and understandable manner. An additional 4% of respondents found the path only partially easy, indicating some minor aspects that could be improved but do not significantly affect the overall learning experience. The absence of responses indicating difficulties suggests that there are no significant barriers to understanding and going through the module content, which is essential for ensuring a positive and effective learning experience.

Module II has been designed to be intuitive and easy to navigate, providing well-structured information presented in an accessible format. The topics covered, such as what PTSD is, how PTSD occurs, and the symptoms of PTSD, were presented in a clear and concise manner. This contributed to the overall perception of the material's ease and accessibility.

In conclusion, the content of Module II is accessible and easy to navigate for most participants, which contributes to a positive and effective learning experience.

Q3. Are the terms and expression easy to understand?

Answer options:

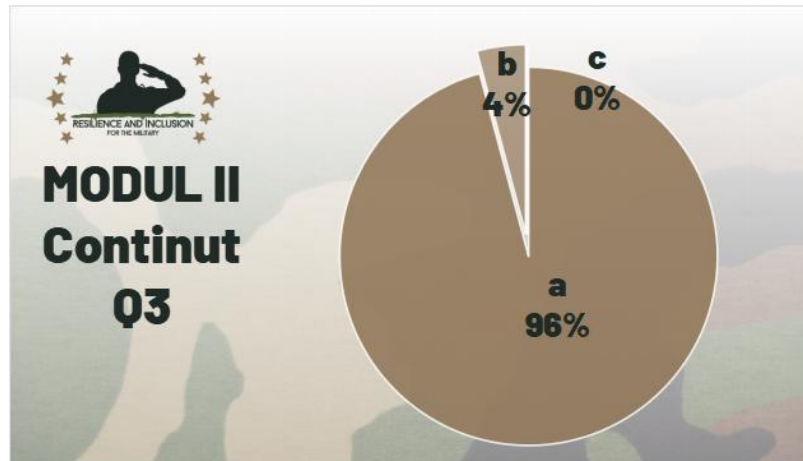
- a. Yes, very easy to understand
- b. Partly easy to understand
- c. No, hard to understand

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

4% people answered with variant b.

0% people answered with variant c.



Interpret Q3:

Question Q3 assessed the participants' perception of the ease of understanding the terms and expressions used in Module II. Three answer options were offered: "Yes, very easy to understand", "Partly easy to understand", and "No, difficult to understand". The results indicate that almost all participants found the terms and expressions in Module II very easy to understand, with only a small percentage of participants finding the expression only partially easy to understand and without responses indicating significant difficulties in understanding. High linguistic clarity was highlighted. This suggests that the information was communicated in an accessible and accurate way, avoiding complicated jargon or ambiguities.

Also, an additional 4% of respondents found the terms partially understandable, indicating some minor issues that could be clarified but do not significantly affect the overall learning experience. The absence of responses indicating difficulties in understanding suggests that there are no significant barriers to understanding the terms and expressions used in the module, which is essential for ensuring a positive and effective learning experience.

Module II addressed essential topics for understanding Post-Traumatic Stress Disorder in a military context, including definitions and detailed descriptions of the

syndrome, the mechanisms and triggers of post-traumatic stress disorder in the military context, the identification and description of common and specific symptoms of the syndrome.

The clarity of the terms and expressions used in the module facilitated a deep and comprehensive understanding of post-traumatic stress disorder. This was crucial to ensure that the information was accessible to all participants, regardless of their level of training or experience in the field.

In conclusion, the terms and expression in Module II are very easy to understand for most participants, contributing to a positive and effective learning experience. The clarity and linguistic precision of the material were appreciated and facilitated a complete understanding of the subject.

❖ Utility Section

Q1. Do you think this module is useful for understanding post-traumatic stress disorder?

Answer options:

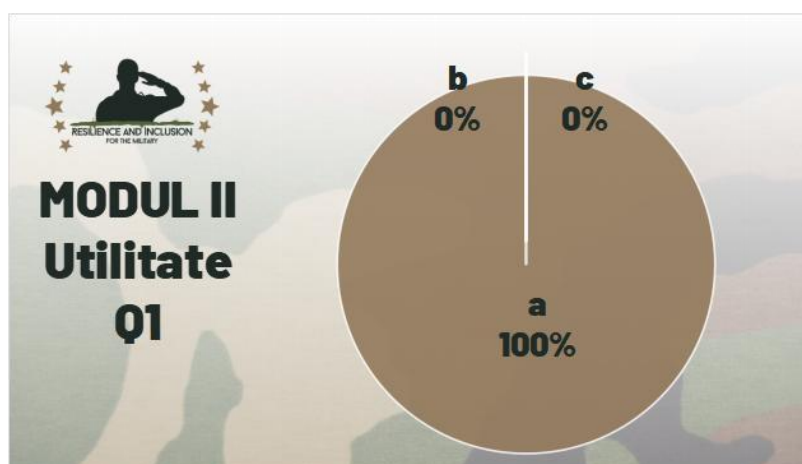
- a. Yes
- b. Not
- c. I don't know

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.



Interpret Q1:

Question Q1 assessed participants' perceptions of the usefulness of Module II in understanding post-traumatic stress disorder (PTSD). Three answer options were offered: "Yes", "No", and "I don't know". The results indicate that all participants found Module II useful for understanding post-traumatic stress disorder. There were no negative or indecisive responses, which reflects a unanimous appreciation of the usefulness of the course. The fact that 100% of respondents appreciated the usefulness of the module suggests that the information and structure presented were highly effective in providing a clear and comprehensive understanding of PTSD. This result highlights the relevance of the material presented to the needs and experiences of the participants, which is essential for achieving the educational objectives of the course. The absence of negative or indecisive answers indicates that there are no significant ambiguities or deficiencies in the content of the module that would hinder the understanding of post-traumatic stress disorder.

Module II addressed essential topics for understanding post-traumatic stress disorder, including:

- What is PTSD- Providing detailed definitions and descriptions of the syndrome.
- How PTSD Occurs - Explaining the mechanisms and triggers of post-traumatic stress in the military context.
- Symptoms of PTSD - Identifying and describing common and specific symptoms of the syndrome.

Presenting these topics in an accessible and clear manner contributed to participants' deep understanding of PTSD, highlighting the usefulness of the module.

Given the unanimous positive feedback, it is recommended that the structure and approach used in this module be retained and replicated in future modules.

In conclusion, Module II is considered extremely useful for understanding post-traumatic stress disorder, providing essential and relevant information in an accessible and comprehensive manner.

Q2. Do you think it will help active and reserve military personnel to complete this module?

Answer options:

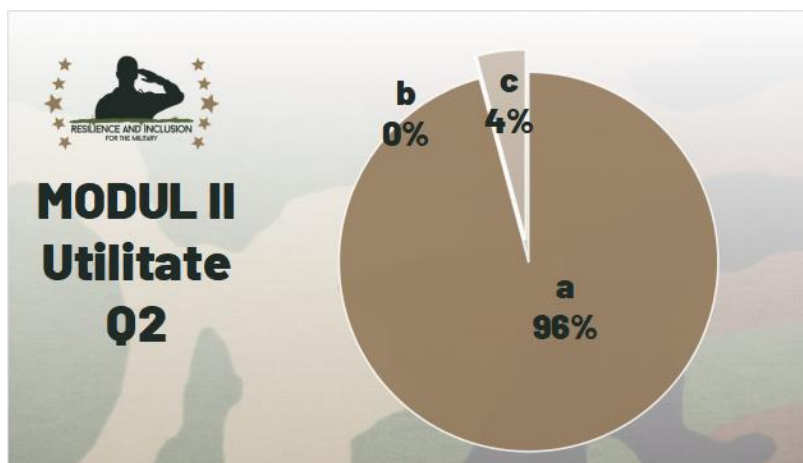
- a. Yes
- b. Not
- c. I don't know

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.



Interpret Q2:

Question Q2 assessed participants' perceptions of the benefits that Module II can bring to active and reserve military personnel. Three answer options were offered: "Yes", "No", and "I don't know". The results indicate that the overwhelming majority of participants believe that completing Module II will help active and reserve military personnel. A small percentage of participants were unsure of the impact of the module, but there were no negative responses. 96% of respondents appreciated the usefulness of the module for active and reserve military personnel suggest that the materials presented are considered relevant and beneficial for this target group. This result emphasizes the importance and relevance of the content to the needs and experiences of military personnel, indicating that the information provided can have a positive impact on mental health and post-traumatic stress management. The 4% of "Don't know" responses indicate that while the overall perception is positive, it might be useful to provide concrete examples or case studies to illustrate how the module can actually help the military, thus clarifying any doubts.

Module II provides an in-depth understanding of Post-Traumatic Stress Disorder (PTSD) and the emotional and psychological mechanisms relevant to military personnel.

In conclusion, Module II is considered useful for active military, veterans, and military personnel with disabilities by most participants, providing essential and relevant information that can help understand and manage post-traumatic stress disorder.

Module III - Management of post-traumatic stress syndrome. Techniques and methods.

❖ Design Section

Q1. What do you think of the design of Module III?

Answers: Open-ended question

The following responses were recorded:

Super	The design is suggestive and corresponds to the theme addressed in this module.	The design is minimalist
It's very ok	Cute	Suggestive
Attractive	It's beautifully made with many images	It's beautifully made with many images
Very suggestive and captivating	Captivating	The design is minimalist
Pleasant	Very nice	The design is visually pleasing
It is an attractive and suggestive design	Very interactive!	Pleasant, interesting
It is a very relaxing and slightly intuitive one	Walk	

Interpret Q1:

Question Q1 assessed the participants' perception of the design of Module III, which addressed the topic Managing Post-Traumatic Stress Syndrome: Techniques and Methods. The responses received were diverse and offered a wide range of perspectives, all positive.

The responses indicate a very positive overall appreciation for the design of Module III. The participants highlighted various aspects of the design that contribute to its effectiveness and attractiveness. Many participants noted that the design is suggestive and corresponds well to the theme addressed in the module. This suggests that the visual design was well integrated with the educational content, making it easier to understand the topic of managing post-traumatic stress disorder. The minimalist design has been praised for its clarity and simplicity, which allow for easy navigation and a focus on essential

information. This aspect was mentioned by several participants. The attractive and engaging design, described as 'very beautiful' and 'very suggestive and engaging', helped to keep attendees interested and engaged. Beautifully made images and interactivity were key aspects mentioned. Terms such as "enjoyable", "relaxing" and "slightly intuitive" suggest that the design was perceived as accessible and comfortable to use, contributing to a positive learning experience.

Module III has been structured to address the Management of Post-Traumatic Stress Disorder by presenting effective techniques and methods. The design managed to reflect these themes through suggestive and relevant images, which illustrated the concepts discussed, interactivity, which encouraged active engagement and participation, minimalism and clarity in the presentation of information, facilitating the understanding and retention of the material.

In conclusion, the design of Module III was very well received by the participants, being considered suggestive, attractive, minimalist and easy to use, thus contributing to a positive and effective learning experience.

Q2: Is the design nice and attractive?

Answer options:

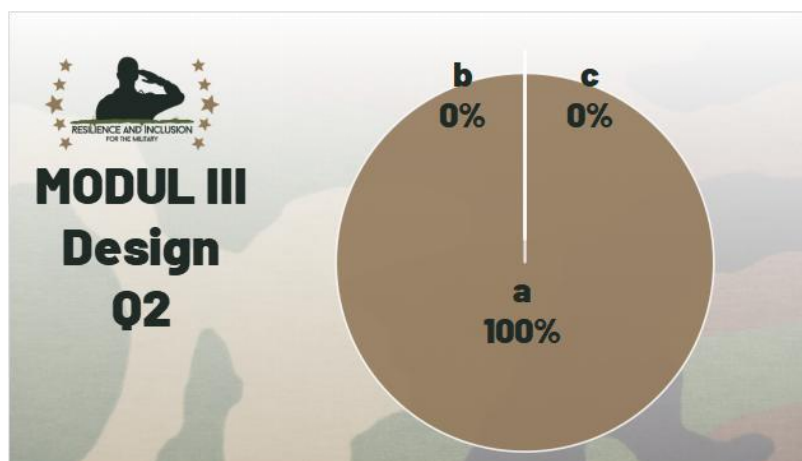
- a. Yes
- b. Not
- c. To be stuffed

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.



Interpreting Q2

Question Q2 assessed the participants' perception of the pleasure and attractiveness of the design of Module III. Three answer options were offered: "Yes", "No", and "To be improved".

These results indicate that all participants found the design of Module III pleasant and attractive. There were no negative responses or suggestions for improvement, which reflects a unanimous appreciation of the design. The fact that 100% of respondents appreciated the design as pleasant and attractive reflects a very high level of satisfaction with the visual and aesthetic elements of the module. This result underlines the success of the design in fulfilling one of the essential objectives of any educational material: to be appealing and motivating for users. The absence of negative responses or suggestions for improvement suggests that the current design is very well received and does not have significant shortcomings that require adjustments.

Module III, which addressed Managing Post-Traumatic Stress Syndrome: Techniques and Methods, managed to be enjoyable and attractive by:

- Engaging Images – The use of relevant and suggestive images that helped illustrate and clarify the concepts discussed.
- Minimalism and Clarity – A minimalist and clear design that allowed for easy focus on essential content, thus facilitating deeper understanding.
- Interactivity – Interactive elements that encouraged active participation and exploration of the material, making the learning process more dynamic and engaging.

In conclusion, the design of Module III was unanimously considered pleasant and attractive by the participants, thus contributing to a very positive and effective learning experience. The visual and interactive aspects were well integrated and facilitated a pleasant and engaging journey through the content.

Q3. Can the design inspire you to scroll through the content?

Answer options:

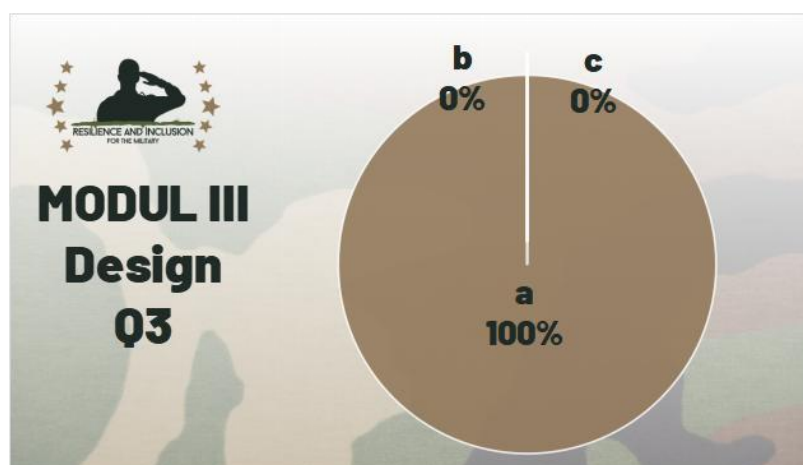
- a. Yes
- b. Not
- c. To be improved

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.



Interpreting Q3

Question Q3 assessed the extent to which the design of Module III is inspiring and motivates participants to go through the content. Three answer options were offered: "Yes", "No", and "To be improved". The results show that all participants considered the design of Module III to be inspiring and motivating to go through the content. There were no negative responses or suggestions for improvement, reflecting a unanimous appreciation of the design's ability to stimulate interest and engagement.

Given the unanimously positive feedback, it is recommended to maintain the current approach. However, exploration of new innovative ways to inspire and motivate participants can continue, thus ensuring that long-term interest is maintained.

In conclusion, the design of Module III was unanimously considered inspiring and motivating by the participants, thus contributing to a very positive and effective learning experience. The visual and interactive aspects were well integrated and facilitated a pleasant and engaging journey through the content.

❖ Content section

Q1. What do you think of the content of Module III?

Answer options:

- a. Excellent

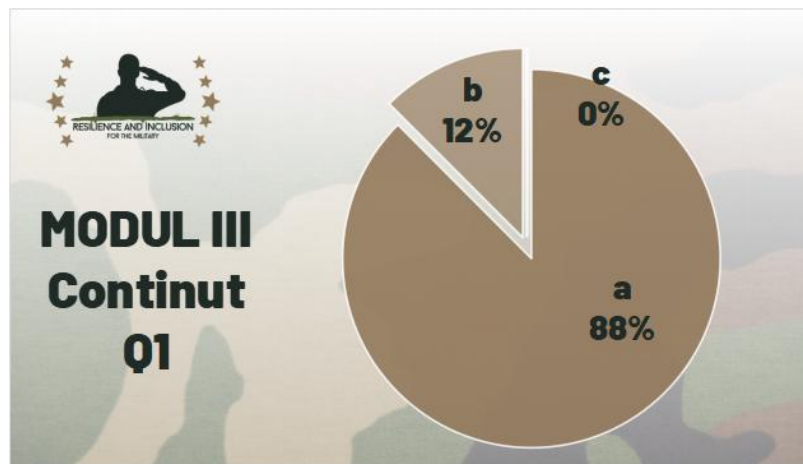
- b. Good
- c. Needs improvement

The following responses have been recorded, as seen in the figure below

88% of people answered with variant a.

12% of people answered with variant b.

0% people answered with variant c.



Interpret Q1:

Question Q1 assessed participants' perception of the quality of the content of Module III. Three answer options were provided: "Excellent", "Good", and "Needs improvement". The results indicate that the majority of participants considered the content of Module III to be excellent, with a small percentage of participants rating it as good and without responses indicating the need for improvement. 88% of respondents rated the content as excellent, reflecting a very positive perception of the materials presented in Module III. This suggests that the information provided is of high quality and well-structured. A percentage of 12% of respondents consider the content to be good, which indicates a widespread general satisfaction among the participants. The absence of responses indicating the need for improvement suggests that there are no major aspects of the content that are problematic or require immediate adjustments.

Module III addressed essential topics for the management of post-traumatic stress disorder, including management techniques, which presented information on various effective techniques and methods for managing post-traumatic stress disorder, concrete examples and case studies illustrating the practical application of the techniques discussed, and tips and guides for active and reserve military personnel on self-help and post-traumatic stress disorder management in daily life.

The participants appreciated the clarity, logical structure and relevance of the material presented, which facilitated a deep and comprehensive understanding of the techniques and methods of managing post-traumatic stress syndrome.

In conclusion, the content of Module III is considered excellent by most participants, providing essential and relevant information in a clear and well-structured manner. This contributes to a deep and effective understanding of techniques and methods for managing post-traumatic stress disorder.

Q2. Is it easy for you to go through it?

Answer options:

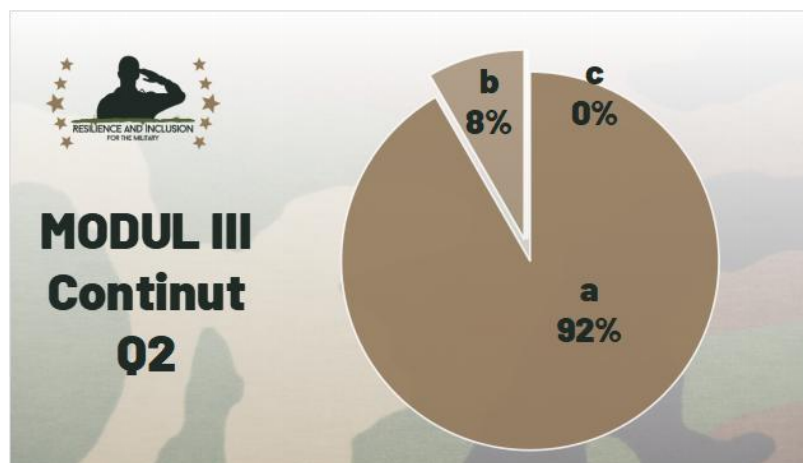
- a. Yes, very easy
- b. Partly easy
- c. No, difficult

The following responses have been recorded, as seen in the figure below

92% of people answered with variant a.

8% of people answered with variant b.

0% people answered with variant c.



Interpret Q2:

Question Q2 assessed the participants' perception of the ease with which they went through the content of Module III. Three answer options were offered: "Yes, very easy", "Partly easy", and "No, difficult".

These results indicate that the overwhelming majority of participants considered the course of Module III to be very easy, with a small percentage of participants finding it only partially easy and without answers indicating significant difficulties.

Module III has been designed to be intuitive and easy to navigate, providing well-structured information and presented in an accessible format. The topics addressed, such as Techniques and methods for managing post-traumatic stress syndrome, were presented in a clear and concise manner. This contributed to the overall perception of the material's ease and accessibility.

In conclusion, the content of Module III is accessible and easy to navigate for most participants, which contributes to a positive and effective learning experience.

Q3. Are the terms and expression easy to understand?

Answer options:

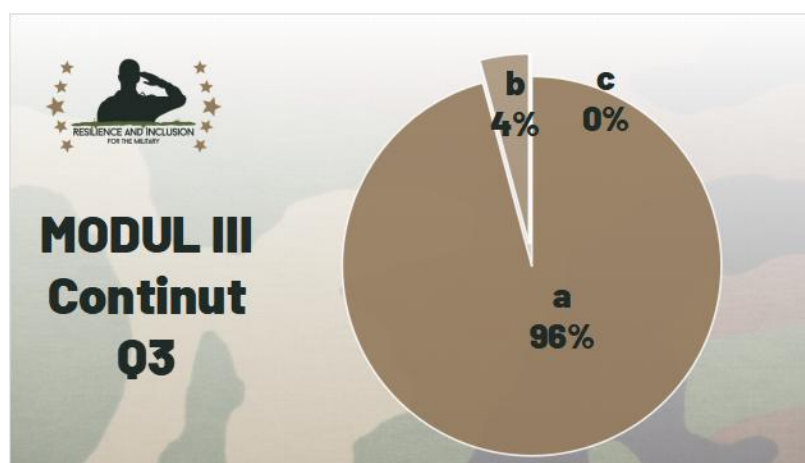
- a. Yes, very easy to understand
- b. Partly easy to understand
- c. No, hard to understand

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

4% people answered with variant b.

0% people answered with variant c.



Interpret Q3:

Question Q3 assessed the participants' perception of the ease of understanding the terms and expressions used in Module III. Three answer options were offered: "Yes, very easy to understand", "Partly easy to understand", and "No, difficult to understand".

These results indicate that almost all participants found the terms and expressions in Module III very easy to understand, with only a small percentage of participants finding the expression only partially easy to understand and without responses indicating significant difficulties in understanding.

Module III addressed essential topics for the management of post-traumatic stress disorder, including the description of various techniques and methods for the effective management of post-traumatic stress disorder, examples and case studies demonstrating the practical application of the techniques discussed, tips and guides for self-help and stress management in everyday life.

The clarity of the terms and expressions used in the module facilitated a deep and comprehensive understanding of the techniques and methods of managing post-traumatic stress disorder. This was crucial to ensure that the information was accessible to all participants, regardless of their level of training or experience in the field.

In conclusion, the terms and expression in Module III are very easy to understand for most participants, contributing to a positive and effective learning experience. The clarity and linguistic precision of the material were appreciated and facilitated a complete understanding of the subject.

❖ Utility Section

Q1. Do you think this module is useful for understanding post-traumatic stress disorder?

Answer options:

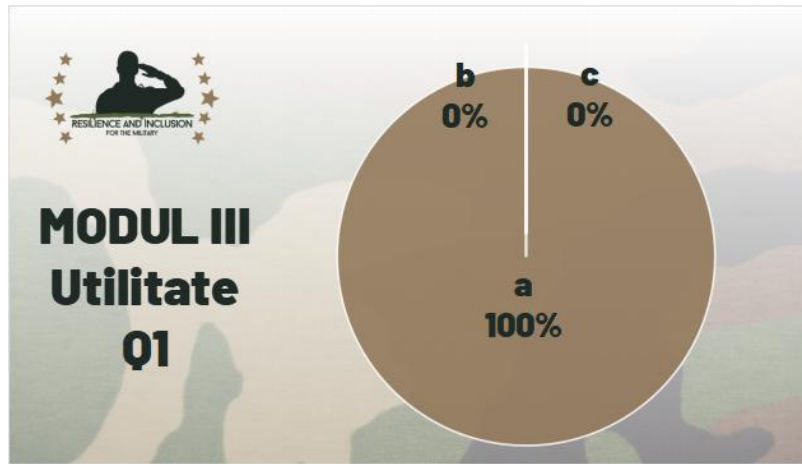
- a. Yes
- b. Not
- c. I don't know

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.



Interpret Q1:

Question Q1 assessed participants' perceptions of the usefulness of Module III in understanding post-traumatic stress disorder (PTSD). Three answer options were offered: "Yes", "No", and "I don't know". The results indicate that all participants found Module III useful for understanding post-traumatic stress disorder. There were no negative or indecisive responses, which reflects a unanimous appreciation of the usefulness of the course.

The fact that 100% of respondents appreciated the usefulness of the module suggests that the information and structure presented were highly effective in providing a clear and comprehensive understanding of PTSD. This result highlights the relevance of the material presented to the needs and experiences of the participants, which is essential for achieving the educational objectives of the course. The absence of negative or indecisive answers indicates that there are no significant ambiguities or deficiencies in the content of the module that would hinder the understanding of post-traumatic stress disorder.

In conclusion, Module III is considered extremely useful for understanding post-traumatic stress disorder, providing essential and relevant information in an accessible and comprehensive manner.

Q2. Do you think it will help active and reserve military personnel to complete this module?

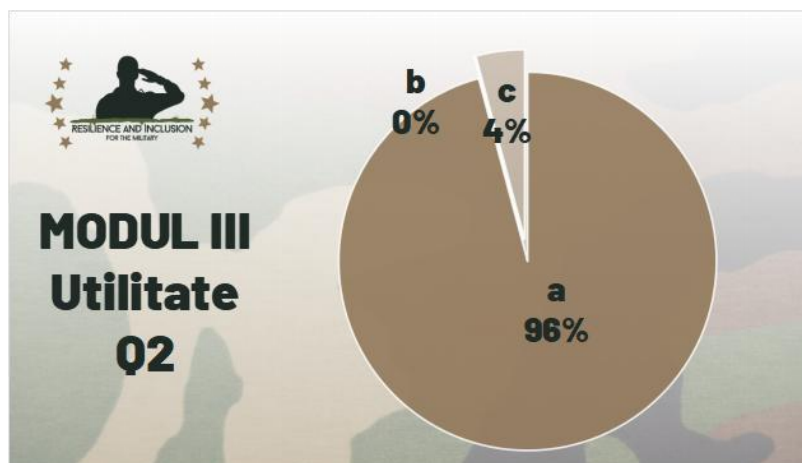
Answer options:

- a. Yes
- b. Not
- c. I don't know

The following responses have been recorded, as seen in the figure below
96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.



Interpret Q2:

Question Q2 assessed participants' perceptions of the benefits that Module III can bring to active and reserve military personnel. The answer options were: "Yes", "No", and "I don't know". The results indicate a widespread positive perception of the usefulness of Module III for active and reserve military personnel. However, there is a small percentage of respondents who are unsure of the impact of the module. With 96% of respondents considering the module useful, it is evident that the materials presented are perceived as highly relevant and beneficial for active and reserve military personnel. The results emphasize the relevance of the module's content to the needs of the military, suggesting a potential positive impact in the management of post-traumatic stress syndrome. The 4% of 'Don't know' responses indicate that it would be useful to provide more concrete examples or case studies to demonstrate how the module can be applied in real-life situations, thus addressing any remaining doubts.

Module III provides an in-depth understanding of the management of post-traumatic stress disorder by providing effective techniques and methods for managing post-traumatic stress, demonstrating the application of the techniques discussed in real-life situations, practical advice for self-help and stress management in the daily life of military personnel.

Concluding conclusions and recommendations

Design of Module I, II and III

Overall positive feedback

All three modules, which addressed essential themes for active military, veterans and military personnel with disabilities, were appreciated from a design point of view. Participants noted that the design is pleasant, attractive, minimalist and suggestive, contributing significantly to a positive learning experience. These features were essential for facilitating easy navigation through the educational materials and for maintaining a constant interest of the participants.

Inspiration and motivation

The design was able to inspire and motivate participants to go through the content, which is essential for maintaining interest and engagement in the learning process. The fact that 100% of respondents considered the design of Module III to be inspiring is clear proof of the success of the visual approach used. This suggests that the visuals have been well integrated with the content, facilitating an engaging and interactive learning experience.

Content of Module I, II and III

Quality and relevance

The content of each module was considered to be of high quality and highly relevant to the topics covered. The participants appreciated the logical structure, clarity and applicability of the information. Module I provided a deep understanding of emotional mechanisms, Module II detailed post-traumatic stress syndrome, and Module III presented techniques and methods for managing it.

Utility for the military

Module III, in particular, has been found to be extremely useful for understanding and managing post-traumatic stress disorder, for active military, veterans, and servicemen with disabilities. Participants recognized the practical value of the techniques and methods presented, highlighting the importance of this module in providing concrete and applicable tools for managing post-traumatic stress. This is reflected by the fact that 96% of respondents believed that the module will help active and reserve military personnel.

Ease of Reading and Understanding

Ease of travel

Most participants found the modules very easy to navigate, with well-structured information and presented in an accessible format. The answers indicate a clear and well-organized presentation of the material, which facilitates the assimilation of information.

Linguistic clarity

The terms and expression were perceived as very easy to understand, thus facilitating a deep and complete understanding of the topics discussed. This is essential to ensure that information is accessible to all participants, regardless of their level of training or experience in the field. 96% of respondents stated that the terms and expression are very easy to understand, highlighting the effectiveness of communication within the module.

RECOMMENDATIONS

Maintaining the current approach

- Design - Continuing to use the current design, maintaining appreciated features such as minimalism, attractiveness and visual clarity. The minimalist design, with suggestive and relevant images, was extremely effective in maintaining the interest of the participants and facilitating navigation through the material.
- Content - Maintaining the logical structure and clarity of the information presented in the modules. Each module should continue to provide detailed and applicable information, tailored to the needs and experiences of active and reserve military personnel.

Addressing minority suggestions

- Detailed feedback – Analyzing minority feedback that indicated aspects that were partly easy to understand or partly easy to navigate. It is important to analyze the responses of these participants to identify potential points for improvement.
- Future improvements – Using minority feedback to make future adjustments and improvements. Ensuring that every aspect of the module is optimized to meet the needs of all participants, including those who have had minor difficulties.

In conclusion, piloting the online course on post-traumatic stress syndrome was perceived very positively by the participants, both in terms of design and content. The proposed recommendations aim to maintain and continuously improve the learning experience, thus ensuring the relevance and usefulness of the course for active military, veterans and military personnel with disabilities. These measures will help strengthen learning and effectively apply post-traumatic stress management techniques, thereby supporting the mental and emotional well-being of servicemen.

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