



# IMPACT REPORT

WP4 - A4 - Piloting Course Online

## “THE INVISIBLE FRONT - POST-TRAUMATIC STRESS”

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# 2022-1-R001-KA220-VET-000085808

# IMPACT REPORT

WP4 - A4 - Piloting online course

## **"FRONTUL INVIZIBIL - STRESUL POST TRAUMATIC"**

- Cyprus -

Erasmus+ Programme – Strategic Partnership

Proiect *“Resilience and inclusion for the military”*

# 2022-1-R001-KA220-VET-000085808

**Parteneri:**

DIGITAL KOMPASS – Bucharest, România

I.V. International – Foggia, Italy

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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" with a group of active, veteran and disabled military personnel in Cyprus. The objective of the pilot was to analyze the online course in terms of content, design, attractiveness, ease of use, and its contribution to educating and raising awareness among participants about post-traumatic stress disorder (PTSD), a condition commonly found among military personnel exposed to traumatic events.

Post-traumatic stress disorder represents a significant mental health issue among military personnel, with the potential to affect not only their quality of life but also operational efficiency and unit cohesion. The course was designed to address these aspects by providing relevant information and practical strategies for managing PTSD. Following the pilot, positive aspects such as the high level of engagement and interest of the participants were identified. The analysis of the feedback suggests that 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. Mechanism of Emotion Formation. Conscious. Subconscious. Reptilian Brain. Intermediate Brain. Neocortex. Connection with PTSD in the Military Field.**

### ❖ Design Section

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

**Responses: Open question**

**The following responses were recorded:**

- Suggestive design and consistent with the module's theme.
- Minimalist.
- Very nice, attractive, with many images.
- Suggestive and engaging.
- Interactive and intuitive.
- Pleasant and relaxing.

#### **Interpretation Q1:**

Based on the collected responses, we can conclude that the design of Module I was perceived very positively by the participants. Most responses highlight the attractive, suggestive, and visually pleasing aspects of the design. Participants noted that the design is suggestive and thematic, with many well-made images and an interactivity that facilitated navigation and use of the module. The minimalist design was appreciated for its clarity and simplicity, which facilitated the use and understanding of the material. Overall, the design was considered pleasant and contributed to an effective learning experience.

#### **Q2: Is the design pleasant and attractive?**

**Responses:**

- a. Yes
- b. No

c. To be improved

**Results:**

- 93% of people responded with a. Yes
- 0% of people responded with b. No
- 7% of people responded with c. To be improved

**Interpretation Q2:**

Question Q2 evaluated participants' perception of the pleasure and attractiveness of Module I's design. The results indicate that the design was unanimously considered pleasant and attractive by most participants. There were no negative responses, suggesting a high level of satisfaction.

**Q3. Does the design inspire you to go through the content?**

**Responses:**

- a. Yes
- b. No
- c. To be improved

**Results:**

- 100% of people responded with a. Yes
- 0% of people responded with b. No
- 0% of people responded with c. To be improved

**Interpretation Q3:**

Question Q3 evaluated how inspiring and motivating the design of Module I is for the participants. The results indicate that all participants found the design inspiring and motivating, with no negative responses or suggestions for improvement.

**❖ Content Section**

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

**Responses:**

- a. Excellent

- b. Good
- c. Needs improvement

**Results:**

- 85% of people responded with a. Excellent
- 15% of people responded with b. Good
- 0% of people responded with c. Needs improvement

**Interpretation Q1:**

Most participants considered the content of Module I excellent, with a small number of responses rating it as good. No responses indicated the need for improvements, suggesting a very positive perception of the material presented.

**Q2. Is it easy to follow?**

**Responses:**

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

**Results:**

- 89% of people responded with a. Yes, very easy
- 11% of people responded with b. Partially easy
- 0% of people responded with c. No, difficult

**Interpretation Q2:**

Most participants found the module very easy to follow, with a small number of participants finding it partially easy. No responses indicated significant difficulties.

**Q3. Are the terms and expressions easy to understand?**

**Responses:**

- a. Yes, very easy to understand
- b. Partially easy to understand
- c. No, difficult to understand

**Results:**

- 95% of people responded with a. Yes, very easy to understand
- 5% of people responded with b. Partially easy to understand
- 0% of people responded with c. No, difficult to understand

**Interpretation Q3:**

Almost all participants found the terms and expressions very easy to understand, with a small percentage finding them partially easy to understand.

**❖ Utility Section****Q1. Do you consider this module useful for understanding post-traumatic stress disorder?****Responses:**

- a. Yes
- b. No
- c. Don't know

**Results:**

- 100% of people responded with a. Yes
- 0% of people responded with b. No
- 0% of people responded with c. Don't know

**Interpretation Q1:**

All participants considered Module I useful for understanding post-traumatic stress disorder, with no negative or undecided responses.

**Q2. Do you think the module will help active and reserve military personnel?****Responses:**

- a. Yes
- b. No
- c. Don't know

**Results:**

- 90% of people responded with a. Yes



- 0% of people responded with b. No
- 10% of people responded with c. Don't know

**Interpretation Q2:**

Most participants believe that the module will be helpful for active and reserve military personnel, with a small percentage of undecided responses.

## Module II

### Post-Traumatic Stress Disorder. What it is, How it Occurs, What the Symptoms are in the Military Context.

#### ❖ Design Section

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

##### Responses: Open question

The following responses were recorded:

- Suggestive design and consistent with the module's theme.
- Minimalist.
- Very nice, attractive, with many images.
- Suggestive and engaging.
- Interactive and intuitive.
- Pleasant and relaxing.

##### Interpretation Q1:

The responses indicate a generally very positive appreciation for the design of Module II. Participants highlighted various aspects of the design that contribute to its effectiveness and attractiveness, with particular emphasis on the suggestive, minimalist, and interactive design.

##### Q2. Is the design pleasant and attractive?

##### Responses:

- a. Yes
- b. No
- c. To be improved

##### Results:

- 90% of people responded with a. Yes
- 0% of people responded with b. No
- 10% of people responded with c. To be improved

### **Interpretation Q2:**

Most participants found the design of Module II pleasant and attractive, with a small number of responses suggesting improvements.

### **Q3. Does the design inspire you to go through the content?**

#### **Responses:**

- a. Yes
- b. No
- c. To be improved

#### **Results:**

- 98% of people responded with a. Yes
- 0% of people responded with b. No
- 2% of people responded with c. To be improved

### **Interpretation Q3:**

Almost all participants found the design of Module II inspiring and motivating, with very few suggestions for improvement.

## **❖ Content Section**

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

#### **Responses:**

- a. Excellent
- b. Good
- c. Needs improvement

#### **Results:**

- 82% of people responded with a. Excellent
- 18% of people responded with b. Good
- 0% of people responded with c. Needs improvement

### **Interpretation Q1:**

Most participants considered the content of Module II excellent, with a small number of responses rating it as good. No responses indicated the need for improvements.

### **Q2. Is it easy to follow?**

#### **Responses:**

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

#### **Results:**

- 91% of people responded with a. Yes, very easy
- 9% of people responded with b. Partially easy
- 0% of people responded with c. No, difficult

### **Interpretation Q2:**

Most participants found the module very easy to follow, with a small number of participants finding it partially easy. No responses indicated significant difficulties.

### **Q3. Are the terms and expressions easy to understand?**

#### **Responses:**

- a. Yes, very easy to understand
- b. Partially easy to understand
- c. No, difficult to understand

#### **Results:**

- 94% of people responded with a. Yes, very easy to understand
- 6% of people responded with b. Partially easy to understand
- 0% of people responded with c. No, difficult to understand

### **Interpretation Q3:**

Almost all participants found the terms and expressions very easy to understand, with a small percentage finding them partially easy to understand.

## ❖ Utility Section

**Q1. Do you consider this module useful for understanding post-traumatic stress disorder?**

**Responses:**

- a. Yes
- b. No
- c. Don't know

**Results:**

- 100% of people responded with a. Yes
- 0% of people responded with b. No
- 0% of people responded with c. Don't know

**Interpretation Q1:**

All participants considered Module II useful for understanding post-traumatic stress disorder, with no negative or undecided responses.

**Q2. Do you think the module will help active and reserve military personnel?**

**Responses:**

- a. Yes
- b. No
- c. Don't know

**Results:**

- 88% of people responded with a. Yes
- 0% of people responded with b. No
- 12% of people responded with c. Don't know

**Interpretation Q2:**

Most participants believe that the module will be helpful for active and reserve military personnel, with a small percentage of undecided responses.

## Module III

### Managing Post-Traumatic Stress Disorder. Techniques and Methods.

#### ❖ Design Section

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

##### Responses: Open question

The following responses were recorded:

- Suggestive design and consistent with the module's theme.
- Minimalist.
- Very nice, attractive, with many images.
- Suggestive and engaging.
- Interactive and intuitive.
- Pleasant and relaxing.

##### Interpretation Q1:

The responses indicate a generally very positive appreciation for the design of Module III. Participants highlighted various aspects of the design that contribute to its effectiveness and attractiveness, with particular emphasis on the suggestive, minimalist, and interactive design.

##### Q2. Is the design pleasant and attractive?

##### Responses:

- a. Yes
- b. No
- c. To be improved

##### Results:

- 92% of people responded with a. Yes
- 0% of people responded with b. No
- 8% of people responded with c. To be improved

### **Interpretation Q2:**

Most participants found the design of Module III pleasant and attractive, with a small number of responses suggesting improvements.

### **Q3. Does the design inspire you to go through the content?**

#### **Responses:**

- a. Yes
- b. No
- c. To be improved

#### **Results:**

- 100% of people responded with a. Yes
- 0% of people responded with b. No
- 0% of people responded with c. To be improved

### **Interpretation Q3:**

All participants found the design of Module III inspiring and motivating, with no negative responses or suggestions for improvement.

## **❖ Content Section**

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

#### **Responses:**

- a. Excellent
- b. Good
- c. Needs improvement

#### **Results:**

- 84% of people responded with a. Excellent
- 16% of people responded with b. Good
- 0% of people responded with c. Needs improvement

### **Interpretation Q1:**

Most participants considered the content of Module III excellent, with a small number of responses rating it as good. No responses indicated the need for improvements.

### **Q2. Is it easy to follow?**

#### **Responses:**

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

#### **Results:**

- 92% of people responded with a. Yes, very easy
- 8% of people responded with b. Partially easy
- 0% of people responded with c. No, difficult

### **Interpretation Q2:**

Most participants found the module very easy to follow, with a small number of participants finding it partially easy. No responses indicated significant difficulties.

### **Q3. Are the terms and expressions easy to understand?**

#### **Responses:**

- a. Yes, very easy to understand
- b. Partially easy to understand
- c. No, difficult to understand

#### **Results:**

- 96% of people responded with a. Yes, very easy to understand
- 4% of people responded with b. Partially easy to understand
- 0% of people responded with c. No, difficult to understand

### **Interpretation Q3:**

Almost all participants found the terms and expressions very easy to understand, with a small percentage finding them partially easy to understand.



## ❖ Utility Section

**Q1. Do you consider this module useful for understanding post-traumatic stress disorder?**

**Responses:**

- a. Yes
- b. No
- c. Don't know

**Results:**

- 100% of people responded with a. Yes
- 0% of people responded with b. No
- 0% of people responded with c. Don't know

**Interpretation Q1:**

All participants considered Module III useful for understanding post-traumatic stress disorder, with no negative or undecided responses.

**Q2. Do you think the module will help active and reserve military personnel?**

**Responses:**

- a. Yes
- b. No
- c. Don't know

**Results:**

- 92% of people responded with a. Yes
- 0% of people responded with b. No
- 8% of people responded with c. Don't know

**Interpretation Q2:**

Most participants believe that the module will be helpful for active and reserve military personnel, with a small percentage of undecided responses.

# Final Conclusions and Recommendations

## ❖ Design of Modules I, II, and III

### **Overall positive feedback**

All three modules, which addressed essential themes for military personnel, were appreciated in terms of design. Participants (active military, veterans and disabled military) noted that the design was pleasant, attractive, minimalist and evocative, contributing significantly to a positive learning experience. These characteristics were essential for facilitating easy navigation through educational materials and maintaining constant participant interest.

### **Inspiration and motivation**

The design succeeded in inspiring and motivating participants to engage with the content, which is crucial for maintaining interest and commitment in the learning process. The fact that 100% of respondents considered the design of Module III to be inspiring is a clear testament to the success of the visual approach used. This suggests that visual elements were well-integrated with the content, facilitating an engaging and interactive learning experience.

## ❖ Content of Modules I, II, and III

### **Quality and relevance**

The content of each module was considered high quality and highly relevant to the topics addressed. Participants (active military, veterans and disabled military) 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 disorder, and Module III presented techniques and methods for managing it.

### **Usefulness for military personnel**

Module III, in particular, was considered extremely useful for understanding and managing post-traumatic stress disorder, both for active and reserve military personnel.

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 92% of respondents believed that the module would help active and reserve military personnel.

## ❖ **Ease of use and understanding**

### **Ease of navigation**

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

### **Linguistic clarity**

Terms and expressions were perceived as very easy to understand, facilitating a deep and comprehensive understanding of the topics discussed. This is essential for ensuring the accessibility of information to all participants, regardless of their level of preparation or experience in the field. 96% of respondents stated that the terms and expressions were very easy to understand, highlighting the effectiveness of communication within the module.

## **Recommendations**

## ❖ **Maintaining the current approach**

### **Design**

Continue to use the current design, maintaining appreciated characteristics such as minimalism, attractiveness, and visual clarity. The minimalist design, with suggestive and relevant images, was extremely effective in maintaining participant interest and facilitating navigation through the material.

### **Content**

Maintain 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 minor suggestions**

### **Detailed feedback**

Analyze the minority feedback that indicated partially easy to understand or partially easy to follow aspects. It is important to analyze the responses of these participants to identify potential areas for improvement.

### **Future improvements**

Use the minority feedback to make adjustments and future improvements. Ensure that every aspect of the module is optimized to meet the needs of all participants, including those who had minor difficulties.

## **Final Conclusion**

The pilot online course on post-traumatic stress disorder was perceived very positively by participants, both in terms of design and content. The proposed recommendations aim to maintain and continuously improve the learning experience, ensuring the relevance and usefulness of the course for active and reserve military personnel. These measures will contribute to consolidating learning and effectively applying stress management techniques, thus supporting the mental and emotional well-being of military personnel.

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