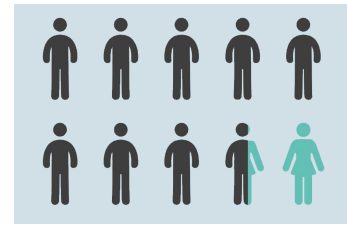
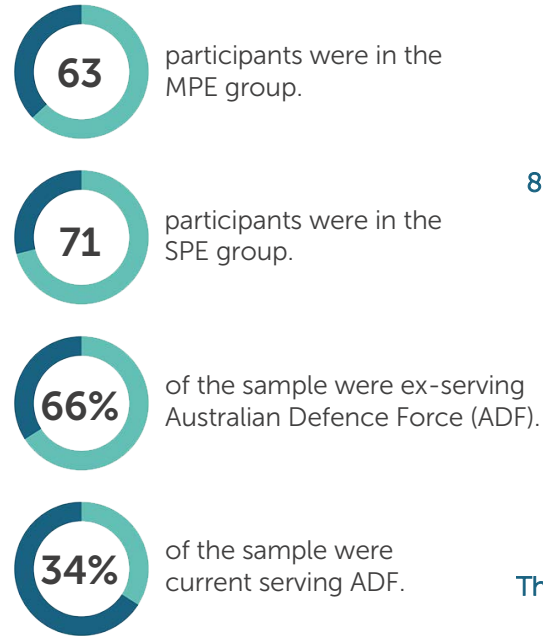


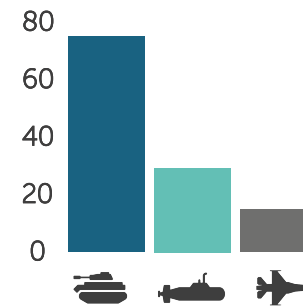
In partnership with the Department of Defence and Department of Veterans' Affairs, Phoenix Australia conducted the largest multi-site multi-therapist randomised controlled trial of intensive prolonged exposure therapy in Australia.

The RESTORE PTSD treatment trial provided therapy for current serving military personnel and veterans. The trial compared the standard format of prolonged exposure therapy (SPE; one session per week for 10 weeks) with an intensive version of therapy – massed prolonged exposure (MPE; one session every weekday for 2 weeks).

Participant breakdown



88% of participants were male, and 12% were female



The majority of participants served in the army

The RESTORE trial featured 8 sites and 12 clinics across Australia

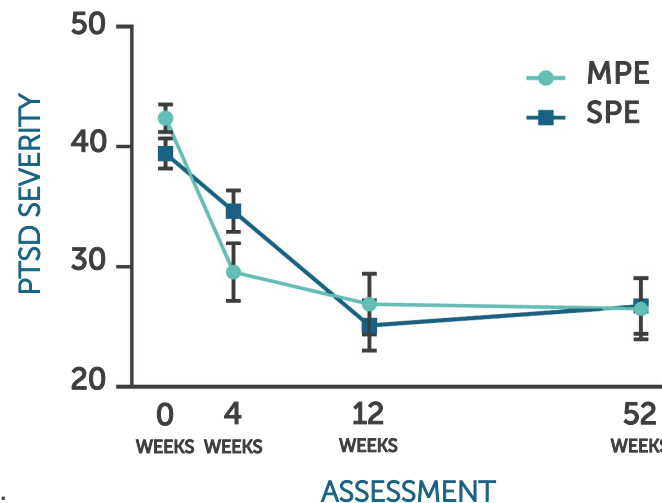


38 therapists administered prolonged exposure therapy within the trial

Trial outcomes

- 54%** Over half of the MPE and half of the SPE participants **no longer met criteria for PTSD, and this was maintained at 12 months.**
- 3.5x** Participants in the MPE treatment were **3.5 times less likely** to drop out of therapy compared to SPE participants.
- Both treatment groups experienced significant **reductions in anger, anxiety, depression, and improvements in quality of life.**

PTSD change from baseline, 4 weeks, 12 weeks and 52 weeks post-commencement of therapy



Key implications

- The shorter duration of PE therapy is **equally as effective** as the standard form for both PTSD and common comorbid mental health issues.
- Outcomes provide more **evidence-based choices** for veterans and military personnel when seeking treatment for PTSD.
- Providing choice **empowers individuals**, which may lead to increased treatment adherence.