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Re-engagement in Psychotherapy for PTSD in Veterans

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Re-engagement in Psychotherapy for PTSD in Veterans



ANDERSON SEXUAL VIOLENCE
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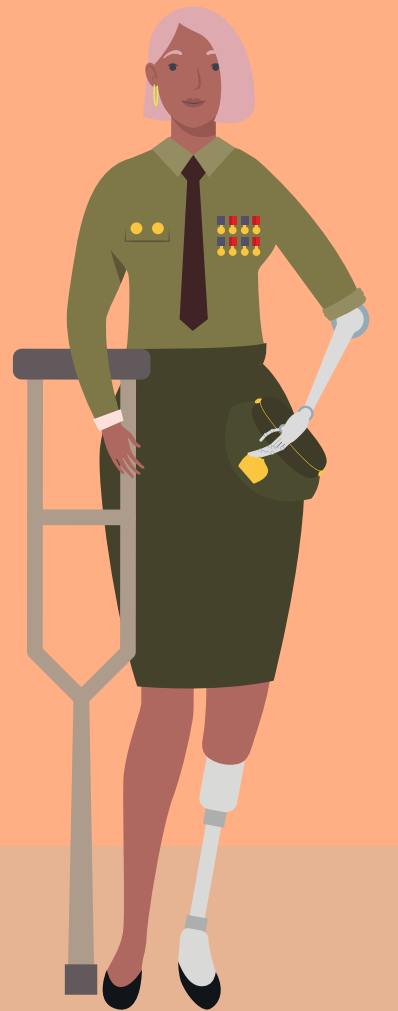
The sample consisted of 24,492 veterans that recently had a PTSD diagnosis and attended 1-5 therapy sessions



The Study's Findings

Re-engagement in Psychotherapy

- Most veterans re-engaged in therapy for PTSD after 9 months, but the time ranged from 3 months to 4 years to reengage in therapy for PTSD.



Possible Explanations for Re-Engagement in Therapy

- Veterans attending VA appointments have more access to providers that can refer for PTSD therapy within the VA.
- Since Veterans with more severe PTSD tend to seek more medical treatment in outpatient clinics and PTSD symptom severity may be connected to both general uses of VA services & re-engagement in therapy.
- Veterans who seek services at the VA may have fewer barriers to care which can make it easier to re-engage in psychotherapy for their PTSD.



Significance of Findings

- Veterans that were older than 55 years old had a reduction in re-engagement in therapy. This is important to know so that clinicians can reach out to older Veterans and get them proper help.
- By Identifying factors that are connected to re-engagement in psychotherapy, the VA may be able to identify Veterans that may benefit from additional assistance to help re-engage them in psychotherapy.

REFERENCES

Buchholz, K.R., Bohnert, K.M., Pfeiffer, P.N., Valenstein, M., Ganoczy, D., Anderson, R.E., & Sripada, R.K. (2017). Reengagement in PTSD psychotherapy: A case-control study. *General Hospital Psychiatry*, 48, 20-24. doi: 10.1016/j.genhosppsych.2017.06.009