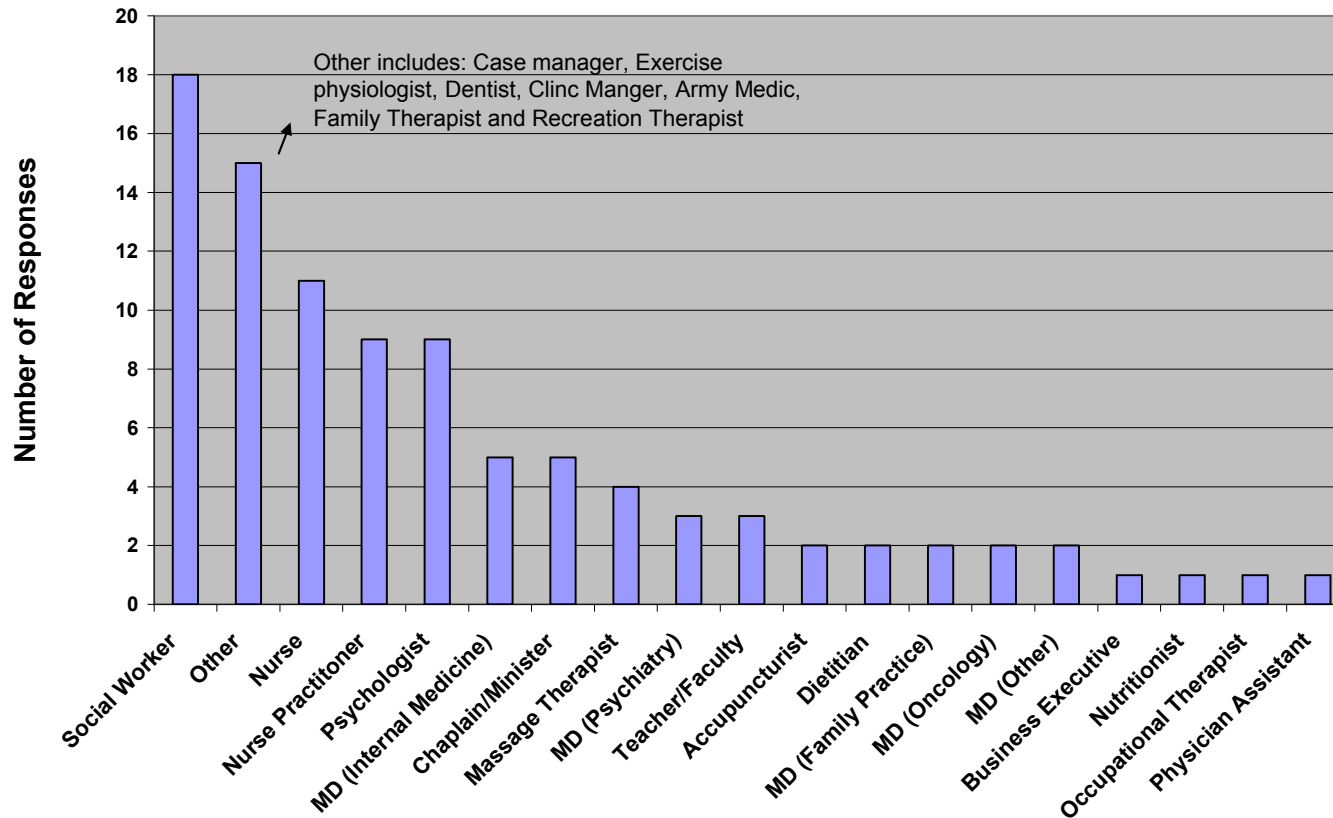


Beneficial Effects of the 2009 Professional Training Program in Mind-Body Medicine on Participants Who Work with Military Populations

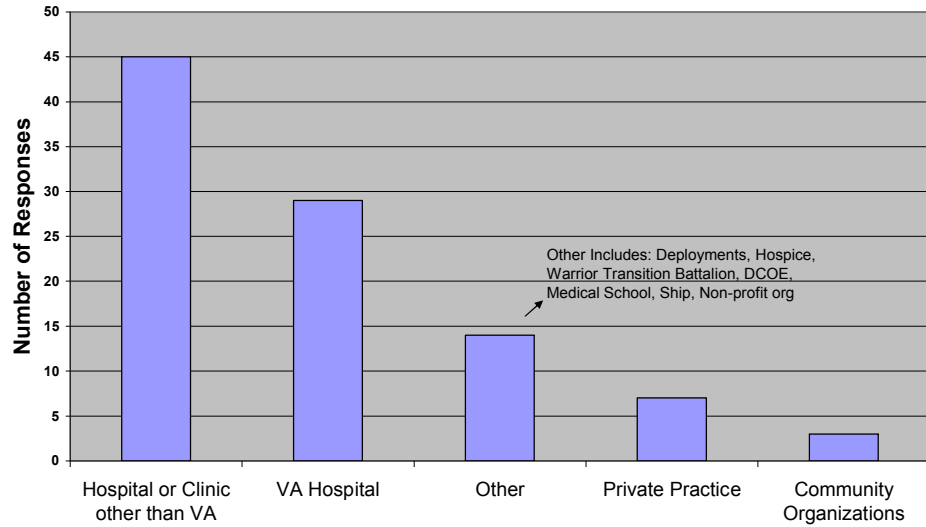
Participant Demographics/Breakdown:

Eighty-eight of the participants at the 2009 training program reported working with military populations. There were 60 women and 206 men (2 did not report gender). The breakdown of professions, military status, and populations they serve are shown in the graphs below.

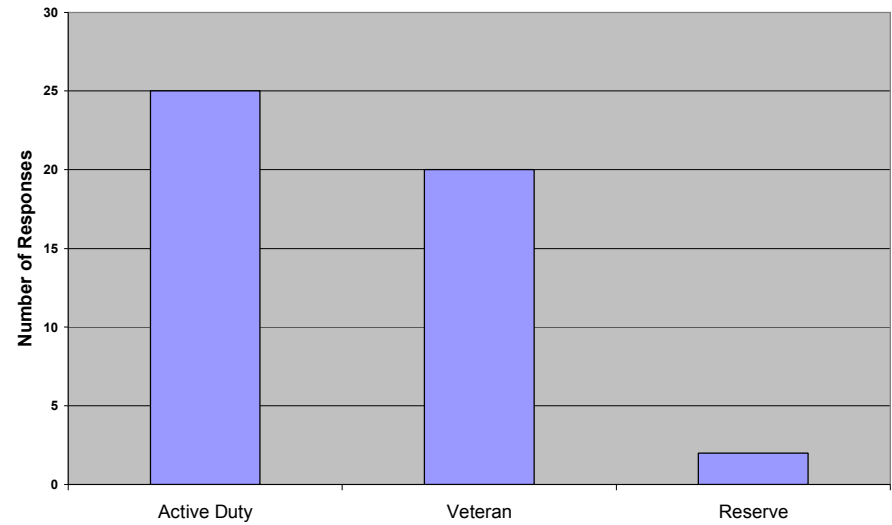
Professions of 2009 PTP Participants Who are in the Military or Work with Military Populations



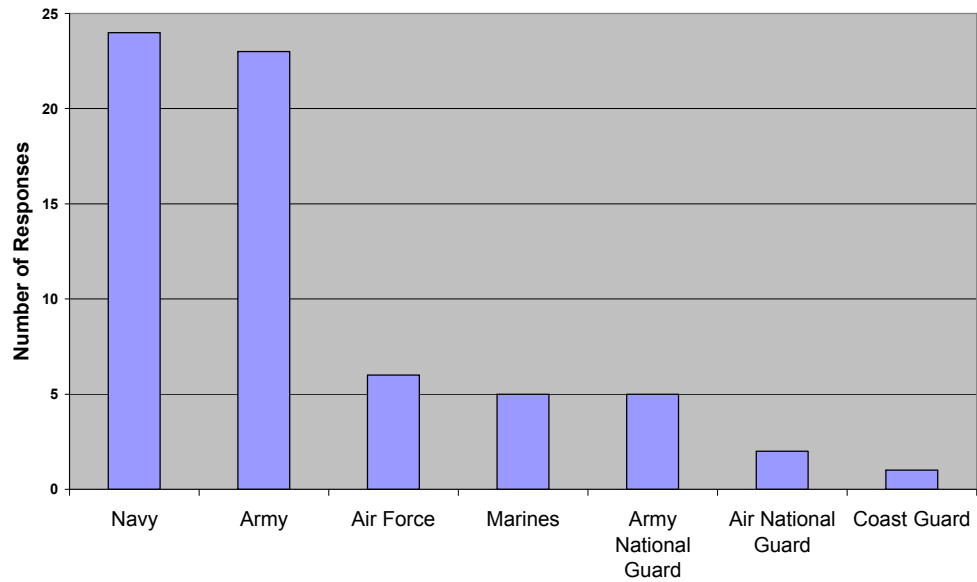
Healthcare Setting of PTP Participants Providing Service to the Military



Military Status of PTP Participants



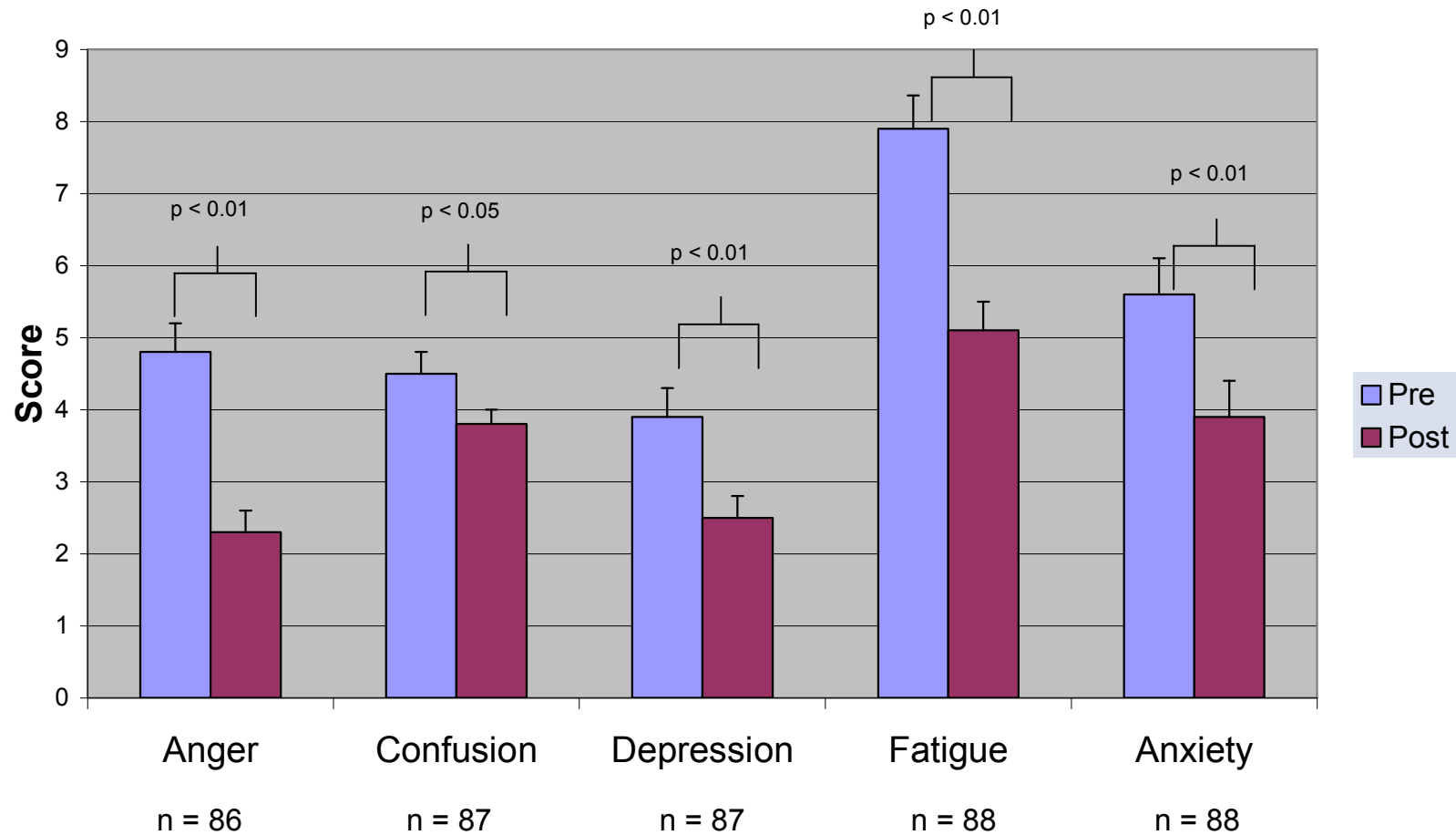
Branch of Military Served by PTP Participants



Mood States:

There were statistically significant improvements in the mood states of anger, depression, anxiety, fatigue and vigor after the training. The greatest changes were measured in the Anger-Hostility (52% decrease), Depression-Dejection (36% decrease), Fatigue (35% decrease) subscales. There was also a significant increase (14%) in Vigor (not shown on graph).

Profile of Mood States (POMS)



Posttraumatic Growth Inventory:

This is a measure of positive psychological changes that can result from traumatic experiences or stressful life events. Before and after the training participants were asked “the degree to which this change occurred in your life as a result of your experiences in the military, or working with veterans or people in the military”. The graph below shows the changes in attitudes on posttraumatic growth before and after the training program. This reflects how participants viewed the impact of their experiences in the military or working with the military. There was significant improvement on all the subscales. The subscale with the most improvement was Relating to Others (28% improvement).

