



Data Analysis: “Testing the Model”

The 22Zero Follow Me, Inc. focused on the development of the Tactical Resiliency Process (TRP), a non-content intervention to reduce trauma, in April 2020; the application of this protocol was initially offered in March 2020.

The effectiveness of this PTSD-focused intervention was assessed on 100 individuals between April 1, 2020 and September 15, 2020.

Description on the initial 100 individuals who requested this intervention is as follows:

Age:

Ages: 19 to 69 years old. Majority (62%) are between 30 and 49 years of age. Two individuals, whose ages are 89 (male) and 103 (female) requested TRP, for "it is never too late to live trauma-free".

Gender:

44 males and 56 females

Race:

Minorities (African American/Hispanic): **26**

Caucasian: **74**

Professionally, these individuals reflect the spectrum of those who might acknowledge having PTSD-related symptoms:

Veterans (Army, Navy, Marines, Air Force) :30

Active Duty Military :4

First Respondents (Law Enforcement/Firefighter/Medical Care) :17

Law Enforcement :7

Firefighters :6

Medical :4

Mental Health providers (counselors) :19

Other (retail sales, technicians, educators or underemployed):30

100 total

We also included in this sample a cross section of individuals whose jobs were not viewed as purposely exposed them to trauma-related activities (like retail sales, technicians, and/or administrator).

At least 26 of professionals indicated stability and commitment to established roles, with 16 to 45 years in current profession. The majority (65%) of them had worked in current jobs between 1 and 15 years.



Effectiveness of TRP in reducing the acuity of PTSD-related symptoms, as reported via PSSI-5 (self-rated) symptoms, is as follows. No one paid for these TRP interventions; most participants (51) engaged in 1-2 sessions; one person requested 4 sessions, none requested more than 4 sessions. The PSSI-5 is a 24-questions semi-structured interview to assess the acuity of PTSD-related symptoms experienced within the past 30 days. Its total score is based on frequency that each symptom is reported. A diagnosis determination, based on DSM-5 criteria, is based on the severity of such score: the higher the symptoms, the worse one feels. Clinical interventions aim at lowering the acuity of symptoms, which are reflected in the individual's self-reported PSSI-5 scores. In this sample, pre intervention PSSI-5 scores ranged from 20 to 78, moderate to severe, with the majority (86%) of reports falling between 31 to 78 scores. Post intervention, 100% (N=100) of the reported scores were between 0 and 8, which indicates a clinically significant change in trauma-related symptomatology.

Specifically, regarding Law Enforcement Officers, with an average age of 39 years old, their commitment to current role within this profession varied from 8 to 18 yrs.

Average Period of Employment for this sample of 7 LEOs was 9.7 years. All but one of these LEO participants were males, identified work-related issues as source of their trauma-related symptoms, and attended up to 3 TRP sessions (N = 5) voluntarily. The female LEO participant (50 years old, with 8 years in the service) identified personal issues when requesting TRP interventions. The self-reported extent of their reported trauma-related symptoms (average score = 43), ranged from 30 to 74. Upon completion, their trauma-related symptoms dropped the average score to 1.6, including 4 participants with no (0) symptoms According to the LEOs who participated in TRP interventions, defined improvements in daily functioning were sustainable; when asked 3 weeks post TRP interventions, ALL reported having experienced positive improvements in relationships, mood, and selfcare routines. These gains were attained in under 4 TRP sessions.

Respectfully,

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