Completing a baseline survey, including questions about PTSD, depression, recovery goals, drug and alcohol use, and physical and mental health.

Completing homework in which the patient practices confronting the memory of the traumatic event. This experience and reducing avoidance of triggering situations.

Completing follow up surveys two and four months after baseline to assess long term outcomes.

The primary outcome for TRANSFORM is a reduction in PTSD symptoms at the two and four month follow up surveys. The secondary outcome is a reduction in depression symptoms at the two and four month surveys.

Limited data are available at this early stage in recruitment, but preliminary early outcomes indicate that participants experience a significant reduction in PTSD symptoms at the two-month mark.

TRANSFORM Study Methods

The TRANSFORM Study has partnered with three Community Health Centers (CHCs) across Michigan to recruit and enroll 50 patients. Participants are screened with the PCL-5, a measure used to assess for symptoms of PTSD, and those who score a 33 or higher are eligible to participate.

Once an eligible patient has been identified, their participation includes:

- Completing a baseline survey, including questions about PTSD, depression, recovery goals, drug and alcohol use, and physical and mental health.
- Attending 4–6 PE-PC sessions via telehealth from University of Michigan to the CHC where the patient receives their primary care.
- Completing homework in which the patient practices confronting the memory of the traumatic experience and reducing avoidance of triggering situations.
- Completing follow up surveys two and four months after baseline to assess long term outcomes.

Early Outcomes

The primary outcome for TRANSFORM is a reduction in PTSD symptoms at the two and four month follow up surveys. The secondary outcome is a reduction in depression symptoms at the two and four month surveys.

Limited data are available at this early stage in recruitment, but preliminary early outcomes indicate that participants experience a significant reduction in PTSD symptoms at the two-month mark.