

Research Team

VA Principal Investigator:

Lisa Brenner, Ph.D., ABPP

Co-Principal Investigator:

Grahame Simpson, Ph.D.

Co-Investigators:

Bridget Matarazzo, Psy.D.

Gina Signoracci, Ph.D.

Jeri Harwood, Ph.D.

Study Clinician/Recruitment Coordinator:

Tracy Clemans, Psy.D.

Study Coordinator:

Adam Hoffberg, M.H.S.

Medical Monitor:

Hal Wortzel, M.D.

Resources

Clinical Trials Registry:

www.ClinicalTrials.gov

Military Suicide Research Consortium:

<https://msrc.fsu.edu/>

Military Operational Medicine
Research Program:

<https://momrp.amedd.army.mil/>



Denver VAMC VISN19 MIRECC
1055 Clermont St.
Denver, CO 80220

CONTACT PERSON:
Adam Hoffberg

CONTACT PHONE:
303.399.8020 x 4645
<http://www.mirecc.va.gov/visn19>

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Current as of May 2012

**Window to Hope:
Evaluating a Psychological Treatment for Hopelessness among Veterans with Traumatic Brain Injury**

COMIRB #12-0127



CURRENT RESEARCH:
Examining the impact of group therapy for those with Traumatic Brain Injury (TBI)

Veterans Integrated Service Network (VISN) 19
Mental Illness Research, Education, & Clinical Center (MIRECC)

Funding for this study is provided by:
The Military Suicide Research Consortium, Department of Defense, Military Operational Medicine Research Program (MOMRP) through the U.S. Army Medical Research & Material Command.
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Study Description & Background

This project addresses the nexus between two significant challenges currently faced by the United States (U.S.) military:

1. The elevated rates of suicide among U.S. military personnel.
2. The increased rates of individuals who have sustained traumatic brain injuries (TBIs) while deployed.

Hopelessness is widely observed among people with TBI, & is a strong risk factor for suicidality, with greater predictive power than even depression itself.

The Window to Hope (WtoH) program is a ten session group therapy designed to promote hopefulness and other positive outcomes among individuals who have experienced a TBI.

The central metaphor is a Window of Hope, with the four window panes representing the four core therapeutic strategies of behavioral activation, cognitive restructuring, problem-solving, & relapse prevention. Building hope & dealing with feeling down are specifically targeted across all four sections of the program.

Hypotheses, Study Aims, & Short-term Goals

The **Primary Aims** of this study are to:

1. Adapt the Window to Hope (WtoH) intervention for U.S. military personnel/Veterans.
2. Implement the adapted intervention in a Randomized Clinical Trial (RCT) at the Denver VA Medical Center.
3. Replicate the promising results from the original Australian civilian trial in this novel context with a larger sample size.



Progress Report

- A Consensus conference was attended by TBI experts & Veteran/family stakeholders to facilitate the adaptation of the treatment manual.
- Four pilot groups have been completed.
- We are currently amending regulatory documents based on feedback from the Consensus conference & pilot groups.
- We will commence recruitment & enrollment of participants for the trial proper this summer (2012).

Long-term Goals: Putting Research into Practice

We believe that the findings from this trial will impact suicide prevention among Veterans with traumatic brain injury, including providing data on a specific psychotherapy intervention to reduce hopelessness & other associated outcomes. We are also hopeful that the trial will contribute to the growing body of literature documenting promising interventions to reduce suicidal thoughts & behavior among Veteran & civilian TBI populations.

