

Research Study

Participants Needed



Veterans ≤ 55 years of age are needed for a study examining a new 10-week treatment known as Cognitively Augmented Behavioral Activation (CABA) for Veterans with mild traumatic brain injury (mTBI) and posttraumatic stress disorder (PTSD).

You may be eligible if:

- You are a veteran ≤ 55 years of age
- You have screened positive for mild traumatic brain injury (mTBI) and posttraumatic stress disorder (PTSD)
- You are willing to participate in telehealth, audio-recorded sessions
- You are not currently using illegal drugs or alcohol dependent
- **Women and members of minority groups are encouraged to participate**

If you would like more information, or if you think you might want to participate, please call the study coordinator at **(206) 277-5061**

Call the VA Central IRB toll free number (1-877-254-3130) to verify the validity of this VA study.

CABA V.9, 10.22.2020

Participants will be selected at random into one of two conditions: 1) the CABA intervention condition and 2) treatment as usual (TAU) condition in which participants will NOT receive the intervention during the study but will be offered to participate in the CABA intervention after completion of the study.

Time required:

- ALL participants will attend 3 telehealth evaluations which will involve the completion of cognitive tests, questionnaires, and interviews that evaluate current PTSD and TBI symptom severity and psychological functioning.
- Participants in the CABA condition will also complete 10 weekly 90-minute individual treatment sessions via telehealth.

Costs/Benefits of participation: The CABA intervention may decrease PTSD symptoms and promote increased cognitive and adaptive functioning. **Participants will be paid \$50 per evaluation (total of \$150).** There is no cost to participate in this study.

About CABA: CABA is a new treatment for mTBI and PTSD under investigation in this study and is therefore being offered for research purposes only. CABA involves learning strategies to work around your cognitive deficits such as learning and remembering information by using acronyms or visual imagery, using day planners to organize daily tasks, and many more. In addition, CABA will help you to identify and engage in meaningful goals and activities that reduce PTSD-related withdrawal and avoidance and improve overall quality of life. This intervention is being offered via telehealth.

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