The National Crisis of Post-Traumatic Stress Disorder (PTSD)

*PTSD affects 12-20% of active duty US military personnel returning from Operation Enduring Freedom and Operation Iraqi Freedom.

*Over 500,000 U.S. troops deployed to Afghanistan and Iraq since 2001 suffer from post-traumatic stress.

*Only 50% of those enrolled in “gold standard” psycho-therapeutic treatments achieve meaningful benefits.
A Randomized, Controlled Trial of Transcendental Meditation Compared to Prolonged Exposure Therapy and Education Control on PTSD in Veterans

Sponsored by the Department of Defense

$2.4 million over four years awarded to

Maharishi University of Management Research Institute and VA San Diego Healthcare System
# PTSD Study Investigators and Staff

**VA San Diego Healthcare System**
- Dr. Tom Rutledge, Partner PI
- Dr. Pia Heppner, Co-I
- Two fulltime staff coordinators
- Half-time data manager
- TM Teachers
- Prolonged Exposure Study Therapist
- PTSD Health Educator
- Grants Administrator

**Maharishi University of Management Research Institute**
- Dr. Sandy Nidich, Study PI
- Dr. Robert Schneider, Co-I
- Dr. John Salerno, Co-I
- Dr. M. Rainforth, Co-I
- Dr. Carolyn King, Co-I
- Dr. N. Rosenthal, consultant
- Dr. James Brooks, consultant
- Linda Heaton, Grants Administrator
- Laura Alcorn & Carol Jarvis, Administrative Assistants
- Dr. C. Elder, Medical Monitor (Kaiser Permanente, OR)

**University of California at San Diego**
- Dr. Paul Mills, Co-I
- Lab technicians
Study Design

* Randomized Controlled Phase II Trial

* Total of 210 subjects assigned to either:
  1) Transcendental Meditation program (N=70)
  2) Prolonged Exposure therapy – “gold standard” of practice (N=70)
  3) Health Education control (N=70)

* Three-month intervention period

**Primary Outcome:**
Clinician Administered PTSD Scale (CAPS)

**Secondary Outcomes:**
Self-report assessments of PTSD symptoms (PCL-M), depression, mood disturbance, quality of life, substance usage and other behavioral factors, and physiological/biochemical mechanisms (BP, catecholamines, cortisol, CRP, TNF-a, and IL-6)
# PTSD Study Timeline

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Note: 210 Subjects, Three-Month Study Intervention with Rolling Cohorts