

# THE RESTORE TRIAL TREATING COMPLEX PTSD

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# ICD-11 COMPLEX PTSD

Symptoms

**PTSD**



**DISTURBANCES IN  
SELF-ORGANISATION**



heightened threat



avoidance



re-experiencing

ffective dysregulation



negative self-concept



relationship disturbances



# COMPLEX PTSD

Risk Factors and Comorbidities for CPTSD (*Prevalence: 57% CPTSD vs 14% PTSD*)

## Risk Factors

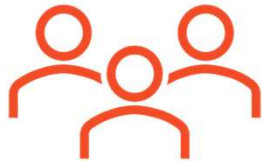


## Comorbidities significantly higher compared to PTSD

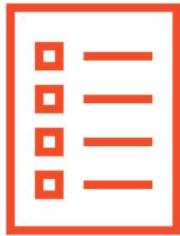
- Common Mental Health Difficulties (GHQ-12)
- Anger (DAR-5)
- Dissociation (DSS)
- Moral Injury (EMIS)
- Functioning: loneliness and sleeping difficulties

# RESTORE TRIAL

CPTSD RCT: Feasibility and Efficacy



50 treatment-seeking veterans with CPTSD (25 ESTAIR vs 25 TAU)  
Randomised control trial, block randomisation



CPTSD (International Trauma Questionnaire)

Depression (PHQ-9)

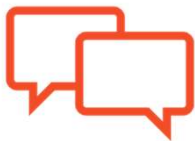
Anxiety (GAD-7)

Somatisation (PHQ-15)

Alcohol use (AUDIT-C)

Moral Injury (MIOS)

Adverse events




Acceptability  
Improvement Suggestions  
Qualitative Data

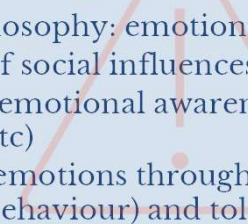
# RESTORE TRIAL

## ESTAIR Modular Treatment


### PTSD

- Rationale of narrative work
  - Practice narrative work with neutral memory
  - Narrative work with debriefing
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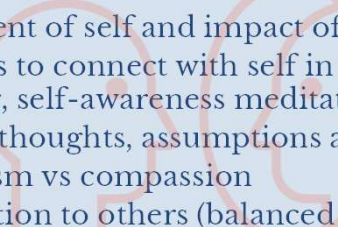
### Emotional Regulation

- STAIR Philosophy: emotions have a function
  - Thinking of social influences on emotions
  - Increasing emotional awareness (monitoring; rating intensity; etc)
  - Managing emotions through channels (body, thoughts, behaviour) and tolerating distress
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### Interpersonal Relationships

- Understanding relationship patterns and links to emotion regulation
  - Assertiveness and using it to change relationship patterns
  - Managing power balances
  - Increasing closeness and respect
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### Self-Concept

- Development of self and impact of trauma
  - Techniques to connect with self in the moment (grounding, self-awareness meditation, etc)
  - Automatic thoughts, assumptions and core beliefs
  - Self-criticism vs compassion
  - Self in relation to others (balanced self)
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# RESTORE TRIAL

ESTAIR: Enhances Skills Training in Affective and Interpersonal Regulation



# **PRELIMINARY FINDING**

**UNFORTUNATLY WE CANT SHARE  
THESE AT THIS STAGE**

## RESEARCH TEAM

PIs: Prof Thanos Karatzias (Edinburgh Napier Uni) & Prof Dominic Murphy (Combat Stress & KCL)

CI: Prof Marylene Cloitre (NYU) & Prof Mark Shevlin (Ulster Uni)

Research Team @ Combat Stress: Laura Hendrikx, Natasha Biscoe & Katherine Graham

**COMBAT STRESS**  
FOR VETERANS' MENTAL HEALTH

# THANKS FOR LISTENING

References for papers discussed available at  
[combatstress.org/research](https://combatstress.org/research)

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