

REBOOT Combat Recovery 2017 Outcomes:

Between January and December of 2017, we sampled 155 REBOOT participants from 33 nationwide locations who had completed our 12-week combat trauma healing course. De-identified scores on our outcomes measures, the PROMIS-29, Quality of Life, and the Character Strengths Rating Scale, as well as our REBOOT satisfaction survey, were subjected to statistical analysis by a third-party data analyst. The results are listed below.

PROMIS 29

The PROMIS 29 is an NIH-developed self-report tool which measures health-related quality for physical, mental, and social well-being.

Results: When post intervention measurements were compared to baseline there was a statistically significant reduction in **Anxiety, Depression, Fatigue, Sleep Disturbance**, and improvement in **Ability to Participate in social roles and activities** as measured by the PROMIS 29 instrument.

Character Strengths Rating Scale

The Character Strengths Rating Scale (CSRS) is a self-report questionnaire where individuals rate themselves on 24 character traits in 6 virtue categories. The six virtue categories are wisdom and knowledge, courage, humanity, justice, temperance, and transcendence.

Results: When post intervention measurements were compared to baseline, there was a statistically significant improvement in the domains of **Wisdom and knowledge, Courage, Humanity, Justice, Temperance** (mercy, humility, prudence, and self-control), and **Transcendence** (appreciation, gratitude, hope, humor, and faith).

Quality of Life

We asked participants to rate their quality of life on a scale of 1 to 10 pre- and post- REBOOT. Our findings show an **average quality of life improvement among participants of 27%**.

Satisfaction

- 94% stated they felt "very much" welcome at REBOOT sessions
- 84% stated their opinions on faith/spirituality were "very much" respected by the others at REBOOT
- 89% stated they would "probably" or "definitely" reach out to another member of the group for support (other than their spouse/support person)
- 95% stated they were "quite" or "very" satisfied with their REBOOT experience
- 96% stated they would "probably" or "definitely" recommend REBOOT to a friend in the future
- 41% of graduates stated they would like to train to become a leader
- 85% of graduates stated they would like to stay involved with the program by repeating the course, volunteering, training to become a leader, or participating in ongoing graduate activities

Conclusions

The REBOOT Combat Recovery program appears to have had a positive effect in a selection of PROMIS 29 domains, Quality of Life, as well as all domains of the Character Fitness Rating Scale. Participants reported high levels of satisfaction with the course and a majority reported a desire to stay involved with the program.