

## Study on the Trauma Website

**APPROVED**



### **What is the study about?**

We are studying potentially traumatic experiences and recovery from those experiences among people in the community. By participating in this research study, you will help contribute to the understanding of the recovery process from traumatic experiences and learn skills to cope with those experiences. Our study goal is to improve the online support system, called the My Trauma Recovery, for trauma survivors.

### **If you decide to participate:**

You will be invited to three sessions at the Human-Computer Interaction Lab at the University of Colorado Colorado Springs, where we will ask you to work on the My Trauma Recovery website. Each session may take approximately 2 hours. We are looking for a person who:

- a) have experienced at least one potentially traumatic event,
- b) is over 18 years old,
- c) have three or these four symptoms in life.
  - a. had nightmares about a traumatic event or thought about it when you did not want to.
  - b. tried not to think about a traumatic event or went out of your way to avoid situations that remind you of it.
  - c. were consistently on guard, watchful, or easily startled.
  - d. Felt numb or detached from others, activates, or your surroundings.

This study excludes people who have frostbite on their hands, Raynaud's disease, and seizure.

### **What do we get in return?**

You will receive \$20 each time you participate in the laboratory session. You will also learn how to cope with traumatic experiences through these interventions.

### **Questions or Interested in Participating?**

Please call **719-255-3715** or email; [suppnet@uccs.edu](mailto:suppnet@uccs.edu). We will also hold information sessions at the Lane Center at the University of Colorado Colorado Springs.

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