

**Mantram Repetition for PTSD  
Study Team Includes:**

**Patricia Bone, BSN, RN**  
Study Coordinator  
(858) 552-8585 x2866

**Steven Thorp, PhD**  
Co-Investigator

**Wendy Belding, MA**  
Research Associate

**Madeline Gershwin, MA, RN**  
Group Facilitator

**Ann Kelly, MA, RN**  
Group Facilitator

**Murray Stein, MD, MPH**  
Co-Investigator

**Ariel Lang, PhD**  
Co-Investigator

**Julie Wetherell, PhD**  
Co-Investigator

**Dilip Jeste, MD**  
Collaborator

**Shah Golshan, PhD**  
Statistician/Co-Investigator

**Location:**

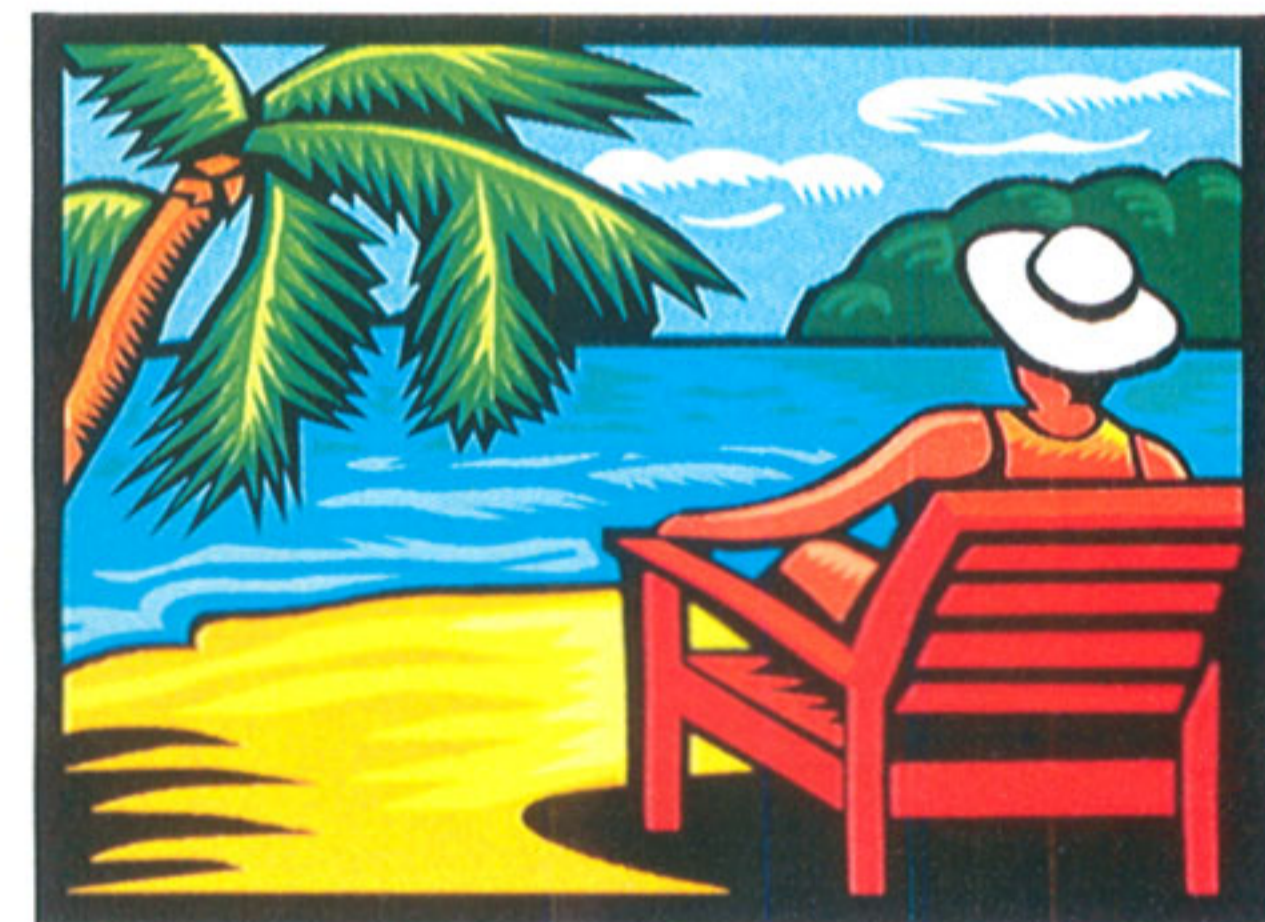
**Mission Valley Outpatient Clinic  
8810 Rio San Diego Drive, 2nd floor  
San Diego, CA 92108**



**VA SAN DIEGO  
HEALTHCARE SYSTEM**



*A Division of VA Desert Pacific  
Healthcare Network*



**Mantram Repetition for  
Military Veterans with  
Posttraumatic Stress  
Disorder  
(PTSD) Study**

**Research Study  
Principal Investigator  
Jill Bormann, PhD, RN**

**Sponsored by Veterans Office of  
Research and Development  
UCSD Human Research  
Protections Program # 04-1397**

Are you a military veteran suffering from intrusive thoughts, nightmares, or insomnia?



**Mantram Repetition for PTSD is a research study using mind, body, and spiritual techniques to lessen symptoms of military posttraumatic stress disorder.**

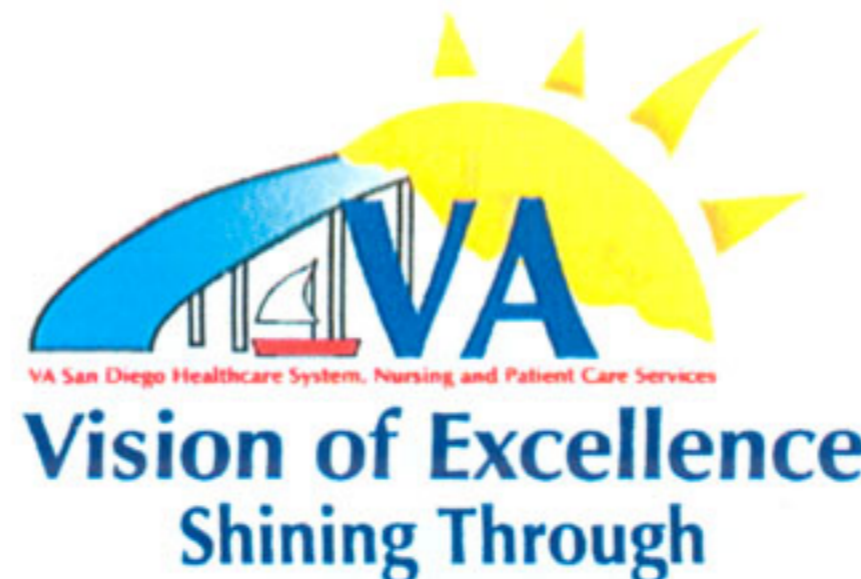
**The goal of this study is to learn a technique to tap your inner resources for peace of mind.**

#### **What happens if I participate?**

If you participate you will be assessed for posttraumatic stress disorder (PTSD) and how you feel mentally and physically. Questions will be asked about issues like anxiety and difficulty sleeping and concentrating.

#### **What is the study procedure?**

If you meet criteria for the study you will receive Mantram Repetition training. This includes 6 weeks of classes where you will learn new techniques to manage PTSD symptoms. You will be interviewed and asked to fill out questionnaires. You will receive weekly phone calls.



#### **What is included.**

- You will receive the study procedures at no cost to you.
- The results of this study may add to our knowledge about military veterans with PTSD.
- \$150 for completing all study requirements, if eligible.

You must be a veteran with PTSD and have a healthcare provider.

Participation is voluntary. You can quit at anytime, and this will not affect the medical care you receive or loss of benefits to which you are entitled.

#### **How can I get more information?**

For more information about the Mantram Repetition for PTSD study, please call:

**Patricia Bone, BSN, RN**  
**Study Coordinator**  
**(858) 552-8585 x 2866**