

Research Study: Cognitive Processing Therapy for PTSD

Recruiting participants through the end of 2026.

Contact: Please call or text “Interested” to **617-390-3397** to learn more.

Are you a veteran looking for help with PTSD?

Researchers at VA Boston are studying ways to help Veterans better remember what they learn in therapy. Study participants receive therapy for PTSD and compensation for assessments.

You can participate from your home!

Frequently Asked Questions

Q: Who can participate?

- Veterans struggling from the effect of a traumatic experience may qualify.
- We are recruiting veterans of any age, gender, and service era who are interested in therapy for trauma-related difficulties

Q: What is involved in the study?

- An initial interview and questionnaires about your mental health to determine your eligibility.
- 12 or more weekly, one-hour, individual therapy sessions.
- An assessment of your symptoms halfway through therapy, at the end of therapy, and 3 months after your last session to track your progress.
- Completion of a series of learning and memory tasks before and after treatment.

Q: Do I have to go to the VA Boston?

- No. All parts of the study can be completed remotely through online videoconferencing.
- You will have the option of receiving therapy in-person if that is your preference.

Q: What is the treatment?

- All participants in the study receive Cognitive Processing Therapy (CPT). You would either receive CPT as it usually delivered, or a version of CPT that includes strategies designed to improve memory of treatment. Cognitive Processing Therapy is a first-line treatment for PTSD frequently delivered at the VA. You can read more about CPT [here](#).

Q: Will I be compensated?

- If you qualify, you can earn \$280-310 in prepaid Visa cards for completing all study procedures.

Contact

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Our study staff will answer any questions you may have and help you decide if this research opportunity is a good fit for you. If so, they will complete a brief phone screen before scheduling an appointment to review the study in detail. You may choose not to participate at any point in the screening process.