



DATE 6/28/12

ADDRESS [REDACTED]

Dear [REDACTED]

I am writing to tell you about the research study, "A Multisite, Randomized, Controlled, Trial of Mindfulness Meditation Therapy for PTSD", being conducted through the research team at the Atlanta VA Medical Center. I am a clinician who is part of the VA PTSD clinic in Atlanta Georgia.

Although several treatments are available for PTSD, the standard treatments do not always work for everyone and do not always relieve all of the symptoms of PTSD. New treatments, especially ones with fewer side effects, are needed for PTSD. This study explores a new alternative treatment for PTSD. This study evaluates the effectiveness and acceptability of Mindfulness Based Stress Reduction (MBSR) compared to Patient Centered Group Therapy (PCGT) for the treatment of PTSD. Both MBST and PCGT have a "here-and-now" focus that avoids discussion of the trauma that caused your PTSD.

You may be eligible for this study if you have PTSD and are between 18 and 65 years of age. Compensation will be provided for your participation.

It is important to know that this letter is not to tell you to join this study. It is your decision. Your participation is voluntary. Whether or not you participate in this study will have no effect on your relationship with the Atlanta VA Medical Center as a patient.

1. If you would like to learn more about this study, please call [REDACTED] to speak with a research member. If your call is not answered, please leave your name and a phone number to contact you.
2. If you do not wish to hear about this study and do not wish to be contacted again about this study, please call the same number above, [REDACTED], and state you are not interested in the study.

If we do not receive your reply within two weeks a study team member may send you another letter and/or contact you by phone.

Thank you for your time and consideration.

Sincerely,

[REDACTED] M.D.
Director, Mental Health Research, [REDACTED] VAMC

[REDACTED]