PTSD and Alcohol Use Disorder

John Roache, Ph.D. is conducting a study on the benefits of SSRI medication in combination treatments for veterans who have both Posttraumatic Stress Disorder (PTSD) and Alcohol Use Disorder. The study is being conducted at the South Texas Veterans Health Care System in collaboration with the University of Texas Health Science Center.

- Did you observe or experience life-threatening situations during deployment?
- Do you have disturbing memories that bother you and won’t go away?
- Do you drink alcohol to cope or forget?
- Do people say you drink too much?

If you are having problems because of disturbing memories and are drinking too much, you may benefit from combined treatment and be eligible for this study. To find out more,

Call the Be Well Center at 210-562-5400

Help is available
Please contact us.

Patients: To learn more about the study or schedule a visit, contact the study team by calling the Behavioral Wellness Center at: 210-562-5400

Healthcare Providers:
- Co-sign Dr. Jeslina Raj, Dr. Jennifer Guajardo, or Dr. Anushka Pai on a clinic note, or
- Send a direct consult to Dr. Jennifer Guajardo, so that she will follow-up with the veteran.

Behavioral Wellness Center

Participate in a Research Study where you can get treatment for PTSD and Alcohol Use Disorder and help to improve the care of other veterans with these conditions.

CALL: 210-562-5400

This study is sponsored by the STRONG STAR Multidisciplinary PTSD Research Consortium. To find out more about STRONG STAR, visit www.strongstar.org.
What is PTSD?
Posttraumatic Stress Disorder (PTSD) is a condition that develops after experiencing or witnessing a traumatic, life-threatening, event. Traumatic events include military combat, natural disasters, terrorist incidents, serious accidents, or physical or sexual assault. It’s normal to be bothered or distressed by trauma, but for many people this distress goes away over time. However, some people, develop symptoms such as recurrent nightmares and disturbing memories that persist and won’t go away on their own and intensify over time. This results in avoiding your thoughts, feelings, or situations that remind you about the traumatic events, feeling distant from others, having difficulty falling or staying asleep, feeling irritable, or having outbursts of anger.

If you suffer from these symptoms, you may have PTSD.

What is Alcohol Use Disorder?
Alcohol Use Disorder is drinking beer or alcohol at levels that interfere with physical or mental health and cause problems in your job responsibilities, or in your relationships with people. Drinking 5 of more 12 oz. beers, shots, or glasses of wine in one drinking day is considered heavy drinking. If you are drinking this much, or if people say you drink too much or you may have these kinds of problems, then:

you may have Alcohol Use Disorder.

What is the treatment for people with both PTSD and Alcohol Use Disorder?
The Dual Diagnosis Study is part of the South Texas Research Organizational Network Guiding Studies on Trauma and Resilience (STRONG STAR) and seeks to develop the best treatments for veterans with PTSD and Alcohol Use Disorder.

Study participation offers free medication and a combined treatment providing weekly therapy to address both PTSD and Alcohol Use Disorder in previously deployed veterans. Through research, we hope to improve the care of veterans suffering from the traumas of war. You may be able to help.

Financial Compensation is provided.
As part of the study, you will have weekly visits with your treatment team at the Audie L. Murphy Veterans Hospital. During your visits, you will complete research assessments of your progress, see a psychologist for combined therapy addressing PTSD and Alcohol Use Disorder, and met with a nurse to review your medication treatment.

You may qualify if you:

- are 21-65 years of age
- Have been deployed in a war zone
- Are willing to take Zoloft/sertraline
- have experienced or witnessed actual or threatened death or serious injury, and experience some of the following:
  - Nightmares
  - Irritability
  - Bothersome thoughts that won’t go away
  - Avoid certain situations, such as being in crowds or places with few exits
  - Feel constantly on guard or watchful
  - Feel emotionally numb or detached from others around you
- Drink more than five drinks a day on two or more days per week
- Can come in for 2 hours a week, for 12 weeks of treatment