

What are the benefits?

Veterans who participate may experience a decrease in their PTSD symptoms and an improvement in their quality of life. Although we cannot guarantee any benefits, all participants will have the satisfaction of knowing that they are helping the many other Veterans with this disorder while giving a home to a homeless animal.



Am I required to participate?

No, being in the study is entirely voluntary. You are free not to participate and may withdraw from the study at any time.

How do I learn more about the study?

Please call Dr. Ana Allegretti, the study coordinator, at 210-617-5300, Ext. 16079.

All of us at the VA and the San Antonio Humane Society are looking forward to working together with you in this important study.



SOUTH TEXAS VETERANS
HEALTH CARE SYSTEM
SERVING ONE VETERAN AT A TIME

DO YOU HAVE POSTTRAUMATIC STRESS DISORDER (PTSD)?



SOUTH TEXAS VETERANS
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WE MAKE LIVES BETTER
UT HEALTH SCIENCE CENTER
SAN ANTONIO



If so, you are cordially invited to consider participating in a research study of dog adoption that our team at the VA is conducting together with the San Antonio Humane Society.



What is the goal of the study?

We are interested in examining the potential benefits for Veterans with PTSD of adopting a pet dog from the San Antonio Humane Society. Many Veterans with PTSD have told us how much they have been helped by having a dog. Our project, "A Study of Dog Adoption in Veterans with Post-traumatic Stress Disorder," is funded by the Rehabilitation Research and Development Office of the Department of Veterans Affairs.

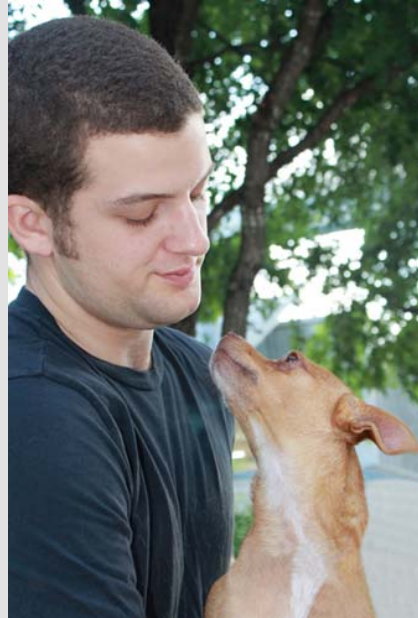


Who is eligible for the study?

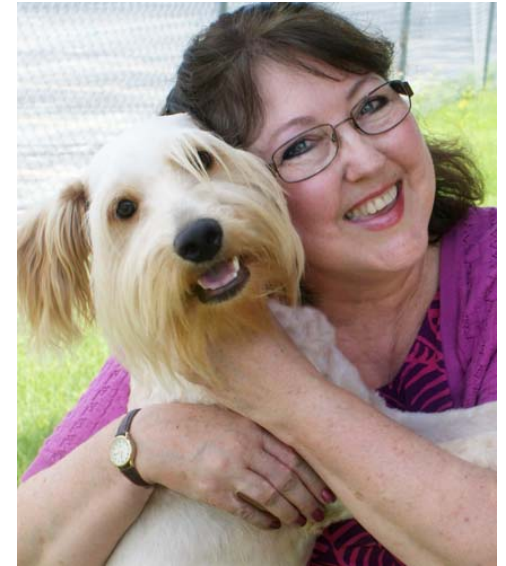
Veterans with PTSD who have had a dog previously but have not had a pet in the past 12 months. There are also other requirements, which the staff of the study will be glad to discuss with you.

What does the study consist of?

Half the Veterans will be randomly assigned, like the flipping of a coin, to adopt a dog immediately, while the other half will adopt a dog after 3 months. The adoption fee will be waived. Veterans will select the dog of their choice (some re-



strictions apply such as animal ages and breeds) and participate in 8 weeks of obedience training at no charge. There will be 5 visits to the Audie L. Murphy VA Hospital over the course of 6 months, each lasting 1-2 hours, 3 scheduled home visits, and 2 veterinary clinic visits, as well as brief phone calls between the visits. Veterans will be responsible for the costs of caring for their pet, except for veterinary care, which will be provided free of charge.



Will I be paid for my time?

Yes, Veterans can receive up to \$490 for completing the 6-month study. Payments will be made regularly as parts of the study are completed.

Will being in the study affect the treatments I receive for my PTSD?

Not at all. Veterans will continue to receive whatever treatments their mental health provider feels are most appropriate for their PTSD.

What are the risks of the study?

The chief risks are fatigue or inconvenience veterans might experience from participating in the study visits.