

## **Couple HOPES - Frequently Asked Questions (FAQ)**

### **What is the purpose of the Couple HOPES research study?**

- The goal of this study is to test an online, guided, self-help program for individuals with posttraumatic stress disorder (PTSD) symptoms and their intimate partners: Couple HOPES (Helping Overcome PTSD and Enhance Satisfaction). Additional goals of this guided self-help program are to increase access to interventions that may improve PTSD symptoms, enhance relationships, and improve individual mental health and well-being.

### **Can the information I provide while taking part in the Couple HOPES research study (including the screening survey) be given to my employer or other institutions?**

- No, information collected for the purpose of this research study will be kept confidential, as required by law. To safeguard your confidentiality, numerous measures have been taken.

### **How will the information from the Couple HOPES research study be shared?**

- The results of this study may be published for scientific purposes, but your records or identity will not be revealed unless required by law. You may voluntarily choose to withdraw your data from this study up until the publication of results.

### **Has ethics approval been granted for this study?**

- This study was approved by Ryerson University and York University Research Ethics Boards. (Ryerson REB 2019-475)

### **Who is funding the Couple HOPES research study?**

- This research is funded by the [Canadian Institutes of Health Research](#), the [Canadian Institutes for Military and Veteran Health Research](#), and the [Department of National Defence](#). This clinical trial is registered on [www.clinicaltrials.gov](http://www.clinicaltrials.gov).

### **How much does it cost to take part in the Couple HOPES, research study?**

- Currently we are offering the program for FREE for any couples who screen eligible to take part in the program.
- We are not offering a paid version of the Couple HOPES program at this time.
- Additionally, participants will be compensated up to \$52.50 in Tim Hortons or Starbucks gift cards, the participant may choose which card they receive

### **How long does a couple have to complete the Couple HOPES program?**

- Each couple is granted 8 weeks to complete the Couple HOPES program.
- The average time couples take to complete the Couple HOPES program is anywhere from 6 to 8 weeks. However, we have had a select few couples who have completed the Couple HOPES program sooner.
- We encourage couples to move through the Couple HOPES program at a pace that works for them, our coaches are trained to identify that pace with each couple.

**Who are the Couple HOPES coaches?**

- The Couple HOPES coaches are trained members of the research team, each member has an educational background in psychology and has been trained to utilize the Couple HOPES platform.
- **It is important to stress that your coach is not a clinical psychologist, therapist, or a clinician, and will not be providing therapy. They are trained to help you use the self-help program to get the most out of it.**

**How many people have gone through the Couple HOPES, research study so far?**

- We are proud to say that 13 couples have completed the Couple HOPES research study!

**The Couple HOPES screening survey asks me about my experiences with trauma. It is my partner who has PTSD or traumatic experiences, I do not have any traumatic experiences. What should I do?**

- Before our screening survey is conducted, our team does not know which partner (within the couple) has had a traumatic experience, therefore we ask both partners about their traumatic experiences. If you do not have a traumatic experience, please note that within your screening survey.

**Can any first responders enroll into the Couple HOPES research study?**

- Any type of first responder can sign up. However all individuals must complete a brief screening survey and meet eligibility requirements to participate in the research study.
- For example, some of the first responders that have signed up for the Couple HOPES program: police officers, 911 call dispatchers, firefighters, paramedics, search and rescue professionals, and corrections professionals.

**What is the maximum number of couples you plan to enroll into the Couple HOPES research study? Will you enroll more participants after you reach that goal?**

- Our team is working to enroll 140 couples into the Couple HOPES research study.
- After our team reaches this goal we plan to build additional working capacity to open to the program to additional couples.

**How can we help you to promote the Couple HOPES program?**

- Spreading our Couple HOPES flyer is the simplest way to support our research. Whether that is through email to a listserv, or attached/linked to a social media post. You know and understand your audience best, and encourage you to utilize whatever avenue of approach you feel your audience would appreciate.
- Our goal is not recruitment, our goal is to increase the public's awareness of Couple HOPES. If our alternative intervention method works for your audience as they look for help or support, awesome, if not, that is okay too. Couple HOPES will not be for everyone, we get that.
- We hope at the very least Couple HOPES helps couples and individuals realize that there are many different forms of interventions and treatments that can work for them.