

- 1) Based on your catalyst grant research, what did we learn (in 1-3 sentences) that could be shared with knowledge users in reference to:
- a. What did we learn from the research? **We learned that virtual Narrative Exposure Therapy (eNET) can be safely delivered by appropriately trained and supervised paraprofessionals to firefighters with PTSD and that firefighters were very satisfied with the intervention.**
 - b. Why is the knowledge gained relevant academically? **By addressing safety concerns and showing preliminary efficacy and feasibility, this study paves the way for a clinical trial more rigorously investigating the effectiveness of eNET delivered by paraprofessionals in reducing PTSD symptoms among PSP.**
 - c. Most importantly, why is the knowledge gained relevant to the lives of PSP? **The knowledge gained will help us develop an accessible and effective intervention to help treat PTSD in PSP. Qualitative study results can also be used to help PSP know what to expect in such an intervention and perhaps make seeking such an intervention more palatable to those in need.**
 - d. Are there practical or policy implications you would recommend based on your research? **At this point, more rigorous testing on eNET's effectiveness is needed before widely recommending it be integrated into existing policy. Perhaps the most appropriate recommendation at this point would be that study findings all point toward the importance of continued investment in testing this intervention, as it seems to have quite a lot of promise.**
 - e. How do you see your research contributing to PSP mental health and wellness in the future? **After completing future research on the effectiveness of eNET delivered by**



paraprofessionals, this intervention could be integrated into existing mental health care systems for PSP. Its effectiveness in reducing PTSD symptoms could have a positive impact on PSP mental health.