**Individual Paper/Poster Abstract Submission Title:** From research to reality: My journey studying PTSD among ADF female veterans

**Presenter First and Last Name:** Liz Daly

**Institution Name, Country:** Central Queensland University, Australia

**Insert abstract here (150 – 200 words)**

As a full time Australian Defence Force (ADF) Medical Officer (non-clinical) Liz found herself drawn to helping fill the gaps in Australian research on ADF female veteran mental health needs. In 2019 she commenced a PhD part time through CQUniversity with the with the aim of informing the necessary considerations and requirements in developing a tailored mental health care model.

In 2024 Liz’s doctorate took on a personal significance when she was diagnosed with PTSD following deployment as a UN Peacekeeper during the Israel-Hamas conflict. transitioning from a PhD student using other peoples lived experiences for her research, to becoming a female veteran receiving psychological treatment from the ADF, this experience has significantly shaped Liz’s commitment to the research. This presentation explores the intersection of Liz’s personal journey with scholarly evidence highlighting the critical need for targeted interventions amidst the underexplored landscape of female veteran PTSD research in Australia. Current approaches from the UK, Canadian, and US military alongside insights from the Royal Commission on Suicide, inform the need to implement gender specific best practice guidelines for ADF female veterans.

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**Biography (50 words max):** Liz Daly is a full time Army Medical Officer (non-clinical) and a part-time PhD student. She was commissioned as a Royal Australian Army Medical Corps General Service Officer in 2014. Her doctorate is focused on a tailored mental healthcare model for current and ex-serving female ADF veterans.