**Digital guided therapy for post-traumatic stress disorder (PTSD) for military veterans**

**Background:** Post-traumatic stress disorder (PTSD) is an important mental illness amongst military veterans with an estimated prevalence of around 7%. Many veterans have complex presentations and do not always respond as well as other populations to standard evidence-based treatments.

**Objective:** To develop and pilot test a bespoke version of the Spring guided self-help programme for PTSD with military veterans that retains its effective components but focuses on the typical experiences and presentations of veterans with PTSD.

**Method:** We conducted focus groups with military veterans to inform a prototype intervention. We then pilot tested the intervention with 10 military veterans with PTSD seeking treatment though Veterans’ NHS Wales service. We have collected and analysed quantitative outcome measures and data from qualitative interviews with veterans and therapists.

**Results:** This work has resulted in a digital guided therapy for military veterans with PTSD that has been co-produced with lived experience experts and refined through pilot testing. The quantitative and qualitative results from the pilot will help us plan a feasibility RCT of Military Spring.

**Conclusions:** We have created a treatment option for veterans with PTSD that is ready to be further evaluated and implemented to reduce treatment waiting times and offer a less expensive, flexible alternative to face-to-face treatment.