**Feasibility and Preliminary Effects of HOPE (Huddinge Online Prolonged Exposure) in a psychiatric setting**

**Background:**Trauma-focused cognitive behavioral therapy, such as prolonged exposure (PE), is established as a frontline treatment for posttraumatic stress disorder (PTSD). However, its availability in regular care is limited. Digital therapy presents a promising solution to this gap, yet its efficacy for severe and complex PTSD remains uncertain.

**Objective:** This study aimed to investigate the feasibility, acceptability, and preliminary effects of a digital therapist-guided PE program, Huddinge Online Prolonged Exposure (HOPE).

**Method:** Thirty participants with moderate to severe PTSD, predominantly reporting symptoms of complex PTSD, underwent HOPE over a ten-week period in a psychiatric outpatient setting. The primary outcome measures focused on treatment feasibility and acceptability and preliminary treatment effects was assessed through Clinician Administered PTSD Scale version 5 (CAPS-5) and self-rated measures during and after treatment.

**Results:** HOPE demonstrated feasibility and efficacy, delivering evidence-based treatment content with reduced therapist involvement. The intervention was well-tolerated, with a modest dropout rate and moderate overall satisfaction reported by participants. Significant reductions in PTSD symptoms were observed, as evidenced by CAPS-5 scores, with effect sizes indicating clinically meaningful changes. These improvements were sustained at the 6-month follow-up.

**Conclusion:** The findings suggest that HOPE holds promise for the treatment of severe and complex PTSD in a digital format, complementing traditional therapeutic approaches. Further large-scale controlled trials are warranted to confirm the specific effects and long-term benefits of this intervention. HOPE represents a step forward in addressing the treatment gap for individuals with severe PTSD, offering a feasible and effective alternative for those in need.