**Effects of guided internet-based trauma-focused intervention Spring on ICD-11 PTSD symptoms: Pilot study results from Lithuania**

**Background:** Internet-based interventions could provide a more accessible and cost-effective alternative to traditional face-to-face treatments for PTSD. Spring, a guided internet-based trauma-focused CBT programme, is a novel and promising intervention for the treatment of moderate PTSD symptoms. However, so far, only the efficacy of the original English version of Spring has been evaluated in the UK.

**Objective:** The aim of the pilot study was to evaluate the changes in PTSD, depression and anxiety symptoms after participation in the Lithuanian version of the Spring intervention in Lithuania.

**Method:** A single group pre-post-intervention design was used in the study. Data from 7 participants with ICD-11 PTSD, diagnosed with the International Trauma Interview (ITI), was analysed. Index traumas for PTSD were various non-repetitive and non-prolonged traumatic experiences. Participants were female, mean age was 45.4 (SD=13.3). All participants fully completed the Spring intervention.

**Results:** A significant reduction of the ICD-11 PTSD, depression and anxiety symptoms, with high effect sizes (r=0.57-0.63), was found at post-intervention. For all participants, the reduction in PTSD symptoms was clinically significant. After the intervention, only one participant was still considered at risk for probable PTSD based on self-report. The overall user satisfaction with the intervention was high.

**Conclusions:** The first results of this feasibility study reveal the potential of Lithuanian Spring intervention for PTSD treatment in Lithuania. The next step is to test the efficacy of the Lithuanian version of the Spring programme in an RCT design study with a larger sample size.