

Efficacy of the STEP-Home transdiagnostic reintegration group workshop to improve anger and impulse control in post-9/11 U.S. Veterans: A Randomized Clinical Trial

Highlights:

- This study suggests that STEP-Home is an effective treatment to improve anger, impulse control, and adjustment to civilian life after military service in US Veterans.
- STEP-Home addresses an important gap in transdiagnostic interventions to improve daily function in Veterans that suffer from multiple co-occurring health conditions common after serving in the U.S. military.
- Transdiagnostic interventions can alleviate symptoms and shorten treatment wait times, offering a cost-effective, efficient, often more acceptable alternative to single modality treatment approaches.