

Global Case study: The effects of TRE on perceived stress, flourishing and chronic pain self-efficacy

At a Glance: Summary of Findings

Measure	Pre-TRE/4-Weeks-Post TRE (n=22)		Pre-TRE/12-Weeks-Post TRE (n=17)		Pre-TRE/4-Wks/12-Wks-Post TRE (n=14)	
	Statistical Significance ^d	Practical Significance ^e	Statistical Significance ^d	Practical Significance ^e	Statistical Significance ^d	Practical Significance ^e
PSS ^a	Yes	Yes	Yes	Yes	No	Yes
FS ^b	No	Yes	Yes	Yes	Yes	Yes
PSEQ ^c	No	Yes	No	Yes	No	Yes

^a PSS=Perceived Stress Scale.

^b FS=Flourishing Scale.

^c PSEQ=Pain Self-Efficacy Questionnaire.

^d **Statistical Significance** means that the results are likely to have occurred because of the TRE intervention, rather than having occurred randomly, by chance alone. Statistical significance does not necessarily mean that the effect of the intervention is practical in the real world.

Results can be statistically significant without being practically significant.

^e **Practical or clinical significance** refers to the magnitude or size, of the difference (e.g. of pre-TRE scores in relation to post-TRE scores), which is known as the *effect size*. Results are practically significant when the difference is large enough to be meaningful in real life. What is meaningful may be subjective and may depend on the context. In summary, whether or not this effect has practical implications in the real world.

Conclusion

There was a statistically significant decrease in perceived stress at 4-weeks ($n=22$) and 12 weeks ($n=17$) following TRE training. There was practical significance in perceived stress across all time points with all matched pairs.

There was a statically significant improvement in flourishing (growth) at 12 weeks ($n=17$) and for those who completed all questionnaires at 12 weeks ($n=14$), with practical significance across all time points and matched pairs.

There was no statistically significant improvement in pain self-efficacy at any time point in any of the matched pairs, however there was practical significance across all time points, in all matched pairs.

This is particularly important because most of the results were collected in 2020 in the middle the COVID-19 pandemic.

Refer to full study for details: Beattie, J and Berceli, D (2021). *Global Case study: The effects of TRE on perceived stress, flourishing and chronic pain self-efficacy*. TRE Research Page <https://traumaprevention.com/research/> (Unpublished Paper).