CPT Coach Mobile App

This smartphone application (app) is designed for patients currently participating in Cognitive Processing Therapy (CPT), an evidence-based psychotherapy for post-traumatic stress disorder (PTSD). It is designed to be used interactively by both clinician and patient as an adjunct to face-to-face psychotherapeutic treatment using CPT principles. It is not intended to be used as a self-help tool for patients and does not provide training in CPT for providers.

CPT Coach is based on the therapy manual *Cognitive Processing Therapy Veteran/Military Version* prepared by Patricia Resick, Candice Monson, & Kathleen Chard. CPT Coach augments therapy by making it easier for patients to complete the necessary practice assignments, as well as by providing convenient educational material, support, and reminders.

The features of CPT Coach include:

- The PCL-S assessment for tracking symptoms and progress
- Cognitive Processing Therapy homework assignments and worksheets for each session
- Reminders for therapy sessions
- Educational materials about CPT and its treatment components
Session assignments are based on either CPT or CPT-C depending on which version is being used. User is provided with a description of each session assignment, as well as the accompanying readings and worksheets, and can schedule a time to complete it. Use can check off each part of the assignment as it is finished and can add notes for their provider.

Worksheets, completed in and between sessions, constitute the main action of CPT. Includes:
- Stuck Point Log
- A-B-C
- Challenging Questions
- Patterns of Problematic Thinking
- Challenging Beliefs

Each category button takes user to a log of past completed worksheets and allows user to add a new worksheet.

In face-to-face care, items from logs must be copied into other worksheets, but in the app, user can select items to be moved between worksheets.

Offers the CPT handouts to support psychoeducation presented during therapy, including:
- PTSD Recovery or Non-Recovery
- Stuck Points
- Identifying Emotions
- Safety Issues
- Trust Issues
- Power and Control Issues
- Giving and Taking Power
- Esteem Issues
- Intimacy Issues

User can connect with their provider and can track their weekly CPT session appointments.

The 17-item PCL-S self-report is presented one question per screen, and user is provided with a total score and individual scores for each of the items. User can view previous assessment results on a graph as well as view each past administration. User can schedule future assessments to correspond each week with the face-to-face session.

CPT Coach was developed by subject matter experts from the Department of Veterans Affairs National Center for PTSD (NCPTSD), the Department of Veterans Affairs Sierra Pacific Mental Illness Research, Education, and Clinical Center (VISN21 MIRECC), and the Department of Defense National Center for Telehealth & Technology (T2).