PTSD Coach Mobile App

This mobile application (app) provides psychoeducation and self-help intervention strategies for individuals with PTSD. Patients often encounter barriers to obtaining the wide range of information and treatment that is available for PTSD, and this app helps mitigate these barriers by increasing users’ access to important information. It can be used as a standalone intervention or in conjunction with face-to-face treatment.

PTSD Coach can be personalized using media from the user’s phone and provides on-the-go tools that are easily accessible when they are needed most, including:

- Education on PTSD course and development, when to seek professional care, and what treatment options are available and how to find them.
- Evidence-based self-help tools for managing symptoms of PTSD.
- Self-Assessment using the PTSD Checklist (PCL), allowing users to track symptoms over time.
- Quick access to support, including personal contacts and national hotlines.
PTSD Coach Features

Provides user with comprehensive psychoeducation about PTSD and professional care.

User can learn about the course and development of PTSD and related problems, who is affected by PTSD, and options for treatment. Answers to frequently asked questions, like what to expect in treatment, how to find help, and practical questions about cost and scheduling, are provided.

User is presented with an evidence-based self-help coping strategy to be used in the moment a symptom is experienced based on the common PTSD symptom category user selects.

User rates anxiety level before and after using the tool, and can indicate whether or not it was effective by giving it a “thumbs up” or “thumbs down,” making it more or less likely to be suggested in the future.

The 17-item PCL is presented one question per screen, and user is provided a score of Low, Medium, or High.

Interpretive feedback is presented based on total score and symptom acuity.

User can create a reminder to take the assessment again, choosing from options of weekly, every two weeks, monthly, or every three months.

Symptom history over time can be viewed on a graph.

Displays crisis resources, including 911, Veterans Crisis Line, and personal contacts previously entered during setup so support can be quickly and easily accessed. Options for help finding a provider and support for someone just wanting to talk are provided.

The award-winning PTSD Coach was developed by the VA’s National Center for Posttraumatic Stress Disorder and the DoD’s National Center for Telehealth & Technology.