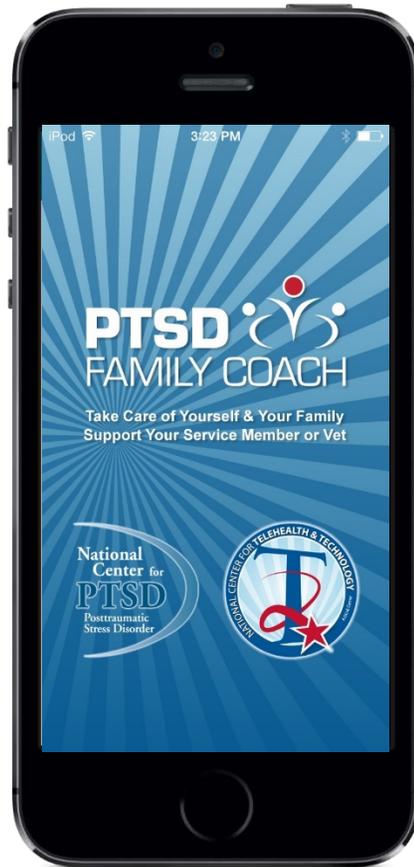


# PTSD Family Coach Mobile App

PTSD Family Coach is a smartphone application for partners, family members, and other loved ones of individuals who have PTSD. The app provides psychoeducation, assessment and tracking of stress levels, tools to help manage daily stresses, and support for the individual, her or his family, and the loved one with PTSD. It can be used as a standalone intervention or in conjunction with face-to-face treatment.



PTSD Family 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, how to help a loved one seek care, what treatment options are available, and how to find them
- Self-Assessment using the Perceived Stress Scale (PSS), allowing users to track symptoms over time
- Evidence-based self-help tools for managing stress levels
- Quick access to support, including personal contacts and national hotlines

# PTSD Family Coach Features

This FREE, evidence-based app will be available for iOS and Android in Fall 2014.

Tools can be personalized to include the user's contacts, photos, and music.

The Self Assessment feature allows users to:

- Measure stress levels using 10-item Perceived Stress Scale
- Monitor stress levels and track progress over time
- Schedule future assessments

Users can learn about:

- PTSD Basics
- Self-Care Tips
- Caring for an intimate partner or children impacted by PTSD
- Communication tips for encouraging treatment, types of treatment providers, counseling options, & overcoming barriers to seeking care

PTSD Family Coach helps users identify problem areas that cause distress and provides immediate access to coping tools grounded in Cognitive Behavioral Therapy.

The user rates distress levels before and after using a 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.

Users can quickly access resources for:

- Immediate services in emergency situations
- Loved ones with PTSD
- Children or family members affected by PTSD
- Veterans & Service Members



PTSD Family Coach was developed by subject matter experts from the Department of Veterans Affairs National Center for PTSD (NCPTSD) and the Department of Defense National Center for Telehealth & Technology (T2).