

Mobile apps released by the VA National Center for PTSD

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<http://www.ptsd.va.gov/professional/materials/apps/>

Treatment Companion Apps



ACT Coach
(iOS)

ACT Coach is for people who are participating in Acceptance and Commitment Therapy (ACT) under the guidance of a healthcare professional. The app is designed to improve rates of patient participation in treatment and help providers adhere to the published treatment protocol.

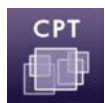
ACT Coach provides six mindfulness exercises to practice the core ACT concepts of acceptance and willingness; tools to help the patient identify personal values and take concrete actions to live by them; and logs to help the patient keep track of useful coping strategies and willingness to practice ACT skills.



CBT-i Coach
(iOS, Android)

CBT-i Coach is for use by people who are having difficulty sleeping and are participating in Cognitive Behavioral Therapy for Insomnia (CBT-i) treatment guided by a healthcare professional.

CBT-i Coach provides a sleep diary for convenient daily logging of sleep habits; assessment of insomnia severity using a validated measure (ISI), with a graph to view progress; comprehensive educational materials about sleep and healthy sleep habits; dynamic tools to improve sleep, including relaxation exercises and sleep hygiene recommendations; and customizable reminders for sleep scheduling and treatment adherence.



CPT Coach
(iOS)

CPT Coach is for people who are participating in Cognitive Processing Therapy (CPT) under the guidance of a healthcare professional. The app is designed to improve rates of patient participation in treatment, help the patient manage CPT worksheets and homework, and assist provider adherence to the published treatment protocol.

CPT Coach supports both the full CPT protocol and cognitive-only CPT-C. The app provides assignments for each therapy session, digital versions of the protocol worksheets, the CPT handouts to support psychoeducation presented in therapy, and the PCL-S assessment for tracking symptoms and progress.



PE Coach
(iOS, Android)

PE Coach is for people currently in Prolonged Exposure (PE) therapy, an evidence-based psychotherapy for post-traumatic stress disorder. The app is designed to improve rates of patient participation in treatment and provider adherence to the PE treatment protocol.

PE Coach guides the patient through the exercises assigned by the therapist and allows the patient to track and record their progress in treatment. The app provides exercises, such as controlled breathing, to help tolerate and decrease distress. Additionally, the patient and therapist can audio record sessions directly onto the patient's phone for review later as part of treatment.



Stay Quit Coach
(iOS)

Stay Quit Coach is designed for people participating in Integrated Care for Smoking Cessation guided by a healthcare professional.

Stay Quit Coach helps with smoking cessation by providing people: plans and tools for coping with urges to smoke; motivational messages and personalized information about the benefits of staying quit; perspectives and coping tools for those who smoke after their quit date; educational materials about quitting smoking; and reminders to take any medications or nicotine replacement therapies.

Provider App



PFA Mobile
(iOS, Android)

PFA Mobile is designed to assist responders who provide psychological first aid (PFA) to adults, families, and children as part of an organized emergency or disaster response effort.

PFA Mobile provides responders with summaries of PFA fundamentals, PFA interventions matched to specific concerns and needs of survivors, mentor tips for applying PFA in the field, a self-assessment of readiness to conduct PFA, and a survivors' needs form for simplified data collection and easy referral.

Self-Help Apps



PTSD Coach (iOS, Android)

PTSD Coach is designed for the self-management of post-traumatic stress disorder (PTSD). It is designed for veterans, service members, and trauma survivors who may be experiencing symptoms of PTSD, as well as for their families and others who would like to learn more about post-traumatic stress.

This app provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. This app can be used by people who are in treatment as well as those who are not.



Concussion Coach (iOS)

Concussion Coach is designed for veterans, service members, and others who have experienced a concussion or mild to moderate traumatic brain injury (TBI) to learn about and cope with their injury.

Concussion Coach provides tools and relaxation exercises for managing problems associated with TBI; a self-assessment tool for measuring symptoms of brain injury, with feedback and a graph for tracking symptoms over time; educational materials about traumatic brain injury and options for treatment by TBI professionals; and immediate access to crisis resources, personal support contacts, or professional mental healthcare.



Mindfulness Coach (iOS)

Mindfulness Coach is designed to support independent mindfulness practice. Healthy people may practice mindfulness to increase their resilience and self-awareness, improve emotional balance, and build positive skills for managing their lives. Mindfulness has also been shown to be effective for reducing stress, anxiety, depression, and chronic pain.

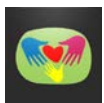
Mindfulness Coach offers nine guided mindfulness exercises, each with both audio and self-guided versions; psychoeducation about the core concepts of mindfulness and the benefits of practice; a log for keeping track of mindfulness practice; and customizable reminders.



Moving Forward (iOS)

Moving Forward is designed to provide practical information and interactive tools for effective problem-solving and stress reduction. With Moving Forward, users are able to recognize their problem solving style and stress levels and learn how to become better problem solvers. The app may be used alone or in combination with the Moving Forward online course (www.startmovingforward.org).

Moving Forward provides problem-solving worksheets with step-by-step guidance to tackle difficult challenges; psychoeducation about effective problem solving and stress management; assessments to learn about problem solving styles and track stress levels; and guided relaxation tools for reducing stress.



Parenting2Go (iOS)

Parenting2Go is designed for veterans and service members to help them reconnect with their families after a deployment or anytime. The app may be used alone or in combination with the Parenting for Service Members and Veterans online course (www.veteranparenting.org).

Parenting2Go provides tools to facilitate the daily transition from a work mindset to a family environment; guided exercises for reducing stress; a tracker to help parents monitor their positive and negative communications with their children; and practical tips for resolving parenting challenges.