

April 22, 2011 - Topic: Mobile Health

## Defense and Veterans Affairs Departments Launch PTSD App

Veterans and service members can find support for dealing with post-traumatic stress disorder from a new mobile device application developed by the departments of Defense and Veterans Affairs, *Federal Computer Week* reports.

The no-cost **PTSD Coach app** provides:

- Self-assessment tools (Lipowicz, *Federal Computer Week*, 4/21);
- Information about support and treatment options (Goedert, *Health Data Management*, 4/21); and
- Tools for managing stress caused by the condition.

Julia Hoffman -- a clinical psychologist with VA's PTSD center -- said the app aims to help veterans get past barriers in seeking treatment and can be used anonymously (*Federal Computer Week*, 4/21).

The app was developed by the National Center for Telehealth & Technology at DOD and VA's National Center for PTSD (McKinney, *Modern Healthcare*, 4/20).

The app can run on the Apple iPhone, iPad and iPod Touch (*Federal Computer Week*, 4/21).

DOD and VA officials expect an Android version by the end of spring (Sullivan, *Government Health IT*, 4/20).