

Information on Intranet and Internet Websites



Evaluation of the PTSD Coach Australia mobile phone application

Defence is collaborating with the Department of Veterans' Affairs (DVA) to conduct an evaluation of PTSD Coach Australia mobile phone application, which was developed to help serving and ex-serving Australian Defence Force (ADF) members understand and manage symptoms of post-traumatic stress disorder (PTSD). This project assesses whether the app is meeting the needs of ADF members, and identifies any ways the app may be improved.

The evaluation is being conducted by researchers from Queensland University of Technology. Up to 1500 serving and ex-serving ADF members are needed to volunteer to do an anonymous online survey about the app, which takes 10-15 minutes. Members who complete the survey do not need to have used the app or have any experience of trauma or posttraumatic symptoms, but the survey does ask about any symptoms they may have.

Smaller numbers of ADF members are needed to undertake a 20-40 minute telephone interview about the app, or to attend a 2-hour workshop in Brisbane, where they use the app and talk about the experience. Family members are also invited to do the telephone interview or attend a workshop.

Participation in all aspects of the evaluation is voluntary. Results from the evaluation will improve our understanding of ways that digital and online resources may help ADF members understand and manage mental health symptoms.

If you or one of your family members wishes to participate, register your interest by calling toll free to 1300 300 164, email ptsdcoach@qut.edu.au or go to

<http://survey.qut.edu.au/f/190063/105b/>

ADF members are also encouraged to let former ADF colleagues and their family members know about the project.

For further information about the project, visit research.qut.edu.au/aepr/projects/evaluation-of-the-ptsd-coach-australia-mobile-app/



Australian Government
Department of Defence
Department of Veterans' Affairs

- Information about mental health services available for ADF personnel can be found at www.defence.gov.au/Health/HealthPortal