

# PTSD ONLINE

## A Treatment Program for Posttraumatic Stress Disorder

### PTSD ONLINE

The PTSD Online research project is an invaluable opportunity for people with Posttraumatic Stress Disorder (PTSD) to receive readily accessible and convenient psychological treatment assistance. We are currently evaluating PTSD Online – which is an internet-based treatment program, which includes therapist-assistance, for the treatment of PTSD.

The project is being conducted by Swinburne University of Technology, Faculty of Life and Social Sciences and is supported by the Australian Rotary Health Research Fund. The program offers access to a cost-free internet-based cognitive behavioural therapy (CBT) treatment program for posttraumatic stress disorder. Participants will also be provided with email support from a psychologist for the duration of the 10-week treatment program. CBT has been shown to be an effective and recommended treatment for PTSD. This research follows on from the success from our other successful internet-based CBT treatment programs such as – ‘Panic Online’ – (for the treatment of panic disorder).

### WHO IS ELIGIBLE?

If you would like to know if you are eligible for our study, please contact our research team who will screen you to assess your eligibility. As a quick guide, if you meet all the following criteria you may be eligible for the study:

- Aged 18 years or over
- Meet criteria for a primary diagnosis of posttraumatic stress disorder
- Are not involved in a medico-legal claim or on work cover related to the trauma
- Are not currently seeing a mental health professional for the trauma.

### WHAT DOES IT INVOLVE?

While the study is cost-free, it will require your time to complete a number of interviews, online questionnaires and the online treatment program. The key steps of the study are:

- Step 1** Register your interest online at [www.ptsd-online.org](http://www.ptsd-online.org)
- Step 2** Complete a screening and pre-assessment interview and online questionnaires
- Step 3** Complete a 10-week internet-based CBT treatment program
- Step 4** Complete a post-assessment interview and online questionnaires
- Step 5** Complete a 3-month follow-up interview and online questionnaires

### CONTACT

To find out more and register your interest in **PTSD ONLINE** go to:

**[www.ptsd-online.org](http://www.ptsd-online.org)**

Or contact the Chief Investigator, Dr Britt Klein:

**Tel. (03) 9214 8851 or [bklein@swin.edu.au](mailto:bklein@swin.edu.au)**