



The Limits of Adaptive Coping: Neurobiology of Extreme Stress

Resources and References

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Resources

PTSD Checklist for DSM-5 ([PCL-5](#)) assesses 20 DSM-5 symptoms using a 20-item self-report tool. Reasons for using the PCL-5 include screening individuals for PTSD, making a provisional PTSD diagnosis and monitoring PTSD symptom change during and after treatment.

The [Center for the Study of Traumatic Stress](#) has a mission to improve the psychological health, resilience and post deployment function of service members through identification of biomarkers and other genetic components involved in PTSD and suicide, as well as discovery of novel pharmacologic interventions to prevent and eradicate PTSD symptoms.

The [VA/DoD Clinical Practice Guideline for the Management of Post-Traumatic Stress](#) assists clinicians and facilities in implementing processes of care that are evidence-based and designed to achieve maximum functionality and independence, as well as improve patient and family quality of life.

The Department of Veterans Affairs National Center for PTSD, in collaboration with T2, developed the [PTSD Coach](#) mobile app to assist individuals in tracking and managing PTSD symptoms.

[Breathe2Relax](#) is a portable stress management tool. The app is a hands-on diaphragmatic breathing exercise. Breathing exercises help decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control and anxiety management.

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