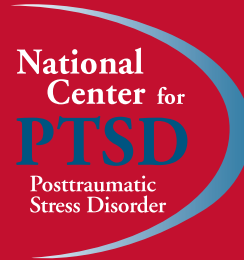




Clinician's Guide for *PE Coach* Android OS



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Background on PE Coach

PE Coach Installation

The app is designed to be installed on the patient's phone and is meant for use during each PE session with their therapist and after each session to support the patient's homework. Because the app is designed to be installed on the patient's phone, therapists will need to ask their patient if they have an Android platform smartphone and, if so, if they would like to incorporate PE Coach as a tool to support treatment. The Android platform PE Coach can be installed by clicking [HERE](#).

If you need assistance learning how to install an Android app, please click [HERE](#).

Organization of PE Coach

The main screen for the app lists the sessions by number. Once a session number is selected, the action bar tabs at the top of the screen divides the content into three options. Session "Activities" are used during the PE session. "Tools" provides options such as psychoeducational material from all PE sessions, the PTSD Checklist (PCL), and administrative tools (i.e. therapist contact information, Clinician's Guide, and information about the app). The "Homework" tab links the user to the homework required between sessions.

The app content and capabilities progress logically and sequentially by treatment session to provide only the functionality that is required at each particular PE session. App tools relevant to the content covered in session 1 appear in the first session screen and tools relevant to the content covered in session 2 are not available until the session 2 screen is activated. In other words, the app serves as a coach by providing relevant app tools at the appropriate point in the protocol. Similarly, homework functionality is provided in accordance with homework assignments in the PE manual. The homework content available for each session corresponds to the homework required by the protocol. In clinical practice, content is sometimes needed out of sequence. For example, a clinician may revisit the rationale for conducting exposure during session 4. In the case that content is needed out of sequence, all psychoeducational materials in the app can be accessed through the "Tools" action bar at the top of the screen.

Use of PE Coach with Patients

Discussing the Rationale for PE Coach with Patients

Using PE Coach requires discussing with your patient whether they would like to install an app on their phone to support therapy. There are several potentially appropriate times for this discussion. One such time would be after the clinical interview and collaborative treatment planning that resulted in the determination that the patient would participate in PE. A provider may describe PE Coach as follows:

"This program includes a number of activities that we will do in session together and activities that you will complete between sessions. A smartphone app is available to make some of these activities more convenient. For example, in this treatment, we audio record every session together. With this app, we can audio record directly onto your device. Also, you will use worksheets to record the homework you complete between sessions. With this app, you can complete these forms on-the-go as you complete the homework. I also like this app. It lets me know what homework you completed, and helps us track your improvement over time. It also gives you a built-in reminder for your next treatment session through the calendar on your phone. It doesn't provide any treatment and won't help you get better on your own but it might make our work together more convenient."





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Data Security

Security of personal information is an important concern for any information related to care. Discussing the security of information created and stored on the patient's device is important. A provider may discuss these issues with a patient as follows:

"Any data created through the use of the PE Coach app is only as secure as your phone/device. You should use the security features on your device if you are concerned about the privacy of your information. Android phones have the capability to be pattern locked or password protected. The app also allows password protection. You are free to share data as you wish, but the data belongs to you. The app does not currently allow you to transmit the data electronically off your phone. HIPAA concerns do not apply while the data is stored or shared. When data is shared with me or another health care provider, then the provider you share it with must then comply with HIPAA rules."

App password protection can be setup from the main session menu. The action bar tabs from this screen include "Sessions", "Tools", and "Settings." Tap "Settings", "Password Protect Application" and you can enter your PE Coach PIN.

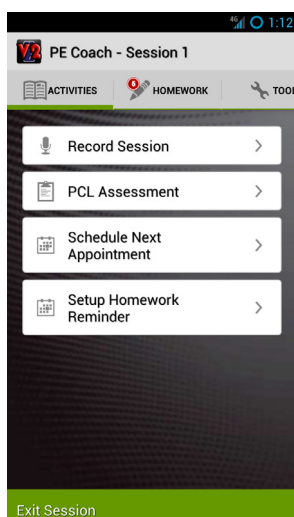
Overview of the Content of PE Coach

This section briefly reviews all of the features and tools available in the PE Coach. The app is designed to be fairly intuitive to those trained in and experienced with the PE protocol. However, these descriptions may be helpful for quick familiarization or for clinicians relatively new to PE.

Session 1 Activities

The "Session 1 Activities" screen provides the ability to do 3 basic things:

1. Record Session – This button takes the user to a screen enabling audio recording. After starting the recording the user can press the device back button or "Session Menu" to return to the "Session 1 Activities Screen". Audio recording continues while other app functionality is used. At the end of the session, the user will need to return to the Record Session screen and stop the recording. The audio recording is automatically saved for review during homework.
2. PTSD Checklist (PCL) – The PCL is available for administration and is repeated on the menus of every odd numbered session. Once the final item is completed, the total score and individual item responses are displayed. Results of this assessment are saved and will be available later in the app to support assessment of progress in treatment.



3. Schedule Next Appointment and Setup Homework Reminder – When the patient and provider set the next PE appointment, the time and date of this session is entered into the app and this populates the device calendar. Calendar reminders can be set to help the patient remember and attend the scheduled appointment. Similarly, the patient and provider can create a plan for when homework will be completed and enter the dates and times into the app to populate the device calendar with reminder notifications.

Session 1 Homework

The app capabilities supporting Session 1 homework include:

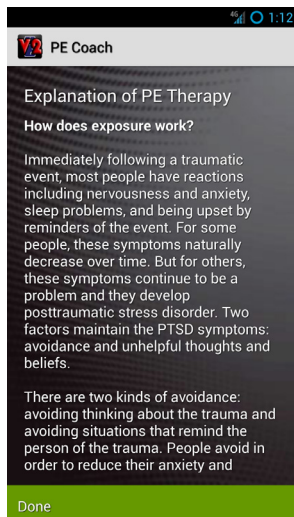
1. Explanation of PE Therapy – All psychoeducation in PE Coach is presented in two formats. One is an audio-visual presentation of the content via a video accessed by YouTube. However, some individuals may not have a good network connection or may simply prefer to read this explanation instead of listen to it. A text version of all content is also provided.



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2. Breathing Retraining – The breathing retraining homework in the app includes three parts.
 - a) Watch Video – this part provides audio-visual presentation of the PE psychoeducation on breathing retraining.
 - b) Read Text – provides text presentation of instructions on conducting breathing retraining.
 - c) Practice – provides an audio-visual “coach” to guide the patient through the breathing retraining exercise. The pace of breathing can be modified by dragging the Speed” bar to the desired location.
3. Listen to Entire Session Recording – This screen allows the patient to listen to the audio recording made during the first PE session.



Session 2 Activities

The app capabilities supporting Session 2 of PE include:

1. Record Session

2. Review Homework from Previous Session – This screen provides the patient and provider with information about homework compliance. The date and amount of time that the app was used for each homework part is displayed on this screen. This information can help support discussions about barriers to homework completion and problem solving, when necessary.

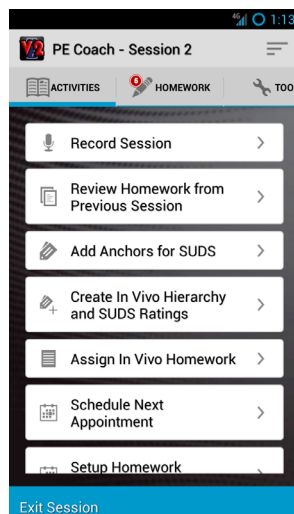
3. Add Anchors for SUDS – This screen allows the input and storage of the SUDS anchors created by the patient. The stored anchors can be reviewed at any time in the future by tapping the “Tools” Action Tab at the top of the screen.



4. Create In Vivo Hierarchy and SUDS Ratings – In session, the

patient and provider can create the in vivo hierarchy directly in the PE Coach app. The advantage of doing so is that the patient will have hip-pocket access to the hierarchy, can add new items as they are identified on-the-go, and the app can populate future in vivo homework assignments with selected in vivo hierarchy items. As the app does not currently allow transfer of data, the clinician may wish to record a paper copy of the in vivo hierarchy for their records as well. After each item is added and the SUDS is entered, tap “Save In Vivo Item”. Press the “Add New In vivo Item” button to add another item to the hierarchy. When the list is complete, use the device back button to return to

the Session 2 Activities screen.



5. Assign In Vivo Homework – The in vivo hierarchy is brought up and the clinician and patient collaboratively select the items from the list for in vivo exposure. Items are selected by selecting the “check box” of the corresponding item. These items will then populate the Session 2 in vivo homework screen of the app.

6. Schedule Next Appointment/Set Up Homework Reminders.



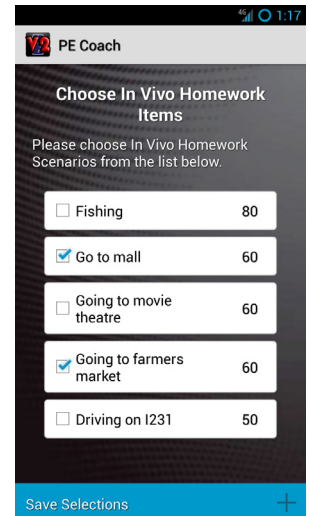
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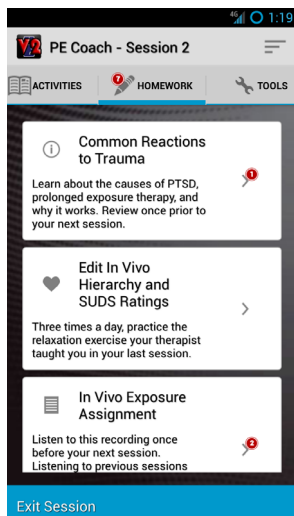
Session 2 Homework

The activities supporting Session 2 Homework of PE include:

1. Common Reactions to Trauma – Audio-visual or text psychoeducation is provided for common reactions to trauma. For the audio-visual option, users can either view all common reactions or select specific categories of common reactions.
2. Edit In Vivo Hierarchy and SUDS Ratings – This brings up the previously created in vivo hierarchy and provides the opportunity to add newly identified items.
3. In Vivo Exposure Assignment – The items selected during session 2 for in vivo homework populate this screen. The patient can select the item with which they are about to do exposure. In the case that they are completing an item from the hierarchy that was not selected for homework in session, they can pull up the entire hierarchy to select another item. Users are then given the opportunity to enter pre, post, and peak SUDS, which are stored by the



app for referencing later. The user can also tap the box in the lower half of the screen to take a picture of their environment to share with their therapist in session.



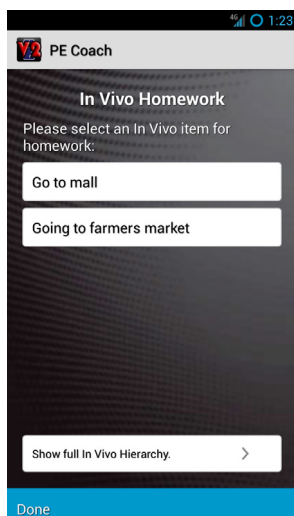
4. Breathing Retraining
5. Listen to Entire Session Recording

Session 3 Activities

The app capabilities supporting Session 3 of PE include:

1. Record Session – As session 3 is the first time imaginal exposure is conducted, the audio record functionality is modified from session 3 forward. Specifically, the user begins recording at the start of every session. At the point at which the imaginal exposure begins, the user toggles the “Imaginal Exposure” button from “Off” to “On” while the recording

continues. Doing so will create a new audio track that can later be used when the patient is listening to the imaginal exposure recording during homework (see session 3 Homework below). Similarly at the end of imaginal exposure, the patient toggles the “Imaginal Exposure” button again to “Off” to terminate the imaginal exposure audio track but continue the full recording track. At the end of the session, press the “Pause/Stop” button to end the full session audio recording.



2. PCL Assessment
3. Review Homework from Previous Session – This screen provides the patient and provider with information about homework compliance since the last session. The amount of time that the app was used for each homework part is displayed on this screen. Two items on this screen are links to get more detailed information about what the patient did. “Review of Added In Vivo Items” launches the full in vivo hierarchy in order to review items added since the last session. “In Vivo Assignments” activates a screen showing what in vivo exercises were completed. If a photo was taken during an in vivo exposure exercise, it will display on this screen as a thumbnail, which can be selected to view a larger image.
4. Assign In Vivo Homework Items



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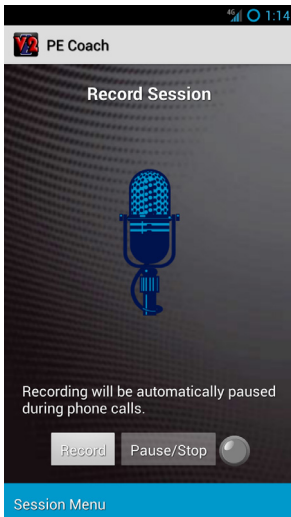
5. Schedule Next Appointment/Setup Homework Reminder

Session 3 Homework

The app capabilities for Session 3 Homework include:

1. In Vivo Exposure Assignment
2. Breathing Retrainer
4. Listen to Entire Session Recording
5. Listen to Imaginal Exposure – This will play the audio recording of just the

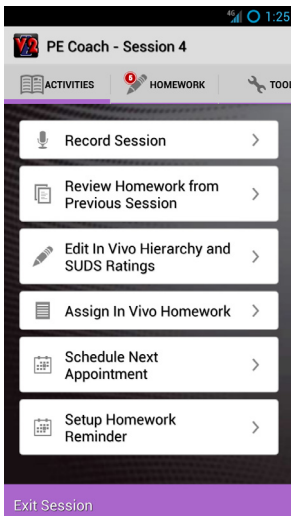
imaginal exposure portion of the previous session. When “play” is activated the patient will be prompted to immediately enter pre-exposure SUDS and is then allowed to start play back. When finished, the patient completes the post and peak SUDS.



Session 4 Tasks

The app capabilities supporting Session 4 of PE include:

1. Record Session
2. Review Homework from Previous Session – In addition to the previous capabilities to review homework completed on the app, the homework review now includes the dates and amount of time spent listening to full session audio recording and the imaginal exposure recording. SUDS entered while listening to imaginal exposure are also available on this screen.
3. Edit In Vivo Hierarchy and SUDS Ratings
4. Assign In Vivo Homework
5. Schedule Next Appointment/Setup Homework Reminder

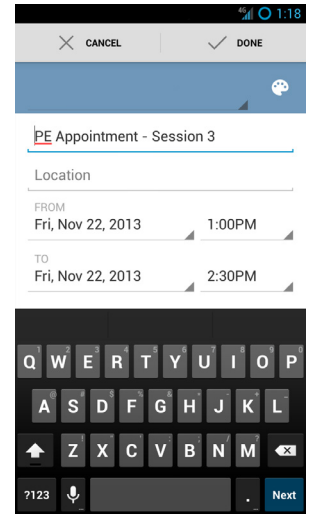


Session 4 Homework Until Final Session

Same as Session 3 Homework

Session 5 Tasks Until Final Session

Same as Session 4 Tasks





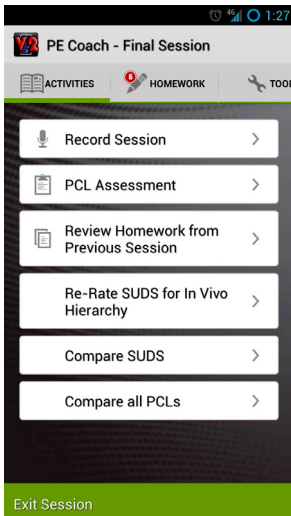
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Final Session

The Final Session of the app provides the functionality to:

1. Record Session



2. PCL Assessment

3. Review Homework from Previous Session

4. Re-rate SUDS for In Vivo Hierarchy – The full in vivo hierarchy is displayed and the patient can re-rate their current SUDS for each item on the list.

5. Compare SUDS – The session 2 SUDS and Final Session SUDS are listed. This can support a discussion of progress made in treatment, as well as work that remains to be done. If a visual display of this comparison is desired, tap the “Chart View” tab at the top of the screen.

6. Compare all PCLs – The dates and total PCL scores for all PCLs taken during treatment are displayed in a table. If desired, individual PCL item lists with responses can be displayed by tapping on an individual PCL row.

7. Listen to Session Recording

