



## Resources and References for the DCoE May 2014 Psychological Health Webinar

### Understanding Changes to Posttraumatic Stress Disorder and Acute Stress Disorder Diagnoses in DSM-5

#### 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 Clinical Administered PTSD Scale for DSM-5 ([CAPS-5](#)) is the PTSD assessment gold standard. In addition to assessing the 20 DSM PTSD symptoms (PCL-5), CAPS-5 questions specifically target the onset and duration of symptoms, subjective distress, and impact of symptoms on social/occupational functioning and overall PTSD severity.

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 most important goal of the [VA/DoD Clinical Practice Guideline for the Management of Post-Traumatic Stress](#) is to provide scientific evidence-based practice evaluations and interventions to assist 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. Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management.

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