

## PTSD Questionnaire

### *Debrief*

We are a student group at Simon Fraser University conducting research for the purpose of Lumohacks, a 24hr hackathon based on innovating solutions for first responder and military individuals who suffer from PTSD. Through this questionnaire we aim to gauge individual needs for a mobile PTSD solution. This questionnaire should take no longer than 20 minutes. By filling out this questionnaire you agree to have your responses used for this project. None of your responses will be shared with third parties without your consent and will be kept anonymous. Thank you for your time.

- 1. How has PTSD affected your daily activities if at all?**
- 2. How has PTSD affected relationships with your friends and family?**
- 3. How have your friends and family helped you cope?**
- 4. Are you aware of what may trigger symptoms for you (flashbacks, insomnia, aggression, depression, etc)?**
- 5. What would the ideal PTSD solution do for you and/or your family members?** *For example, create opportunities to strengthen relationships, equip you with strategies to better manage your symptoms, bridge family members' understanding of your experience*
- 6. What features do you need in a solution?** *For example, in a mobile app to be able to track your symptoms, receive insights from the frequency of your symptoms, suggest proactive strategies to work on your mental health.*