**Mobile App Portfolio Review**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **App** | **iOS/ Android** | **PTSD Specific** | **Supports OMHSP initiative** | **Down-loads Per Year** | **Target population & # VA patients** | **Efficacy Data for App** | **Easy/ Hard to Maintain** | **Unique gap in care** | **Internal champion** |
| *ACT Coach* |  | No |  |  | Get ACT: | -- |  |  |  |
| **AIMS** |  | Related |  |  | Anger: | -- |  |  |  |
| *CBT-I Coach* |  | Related |  |  | Get CBT-I: | -- |  |  |  |
| *CPT Coach* |  | Yes |  |  | Get CPT: | -- |  |  |  |
| *Concussion Coach* |  | No |  |  | TBI | -- |  |  |  |
| **Couples Coach** |  | Yes |  |  | PTSD couple prob: | -- |  |  |  |
| **Insomnia Coach** |  | Related |  |  | Insomnia: | -- |  |  |  |
| **Mindfulness Coach** |  | No |  |  | ?? | -- |  |  |  |
| **Mood Coach** |  | No |  |  | Depressed: | -- |  |  |  |
| **Moving Forward** |  | No |  |  | Depressed: | -- |  |  |  |
| Parenting2Go |  | No |  |  | Parents: | -- |  |  |  |
| *PE Coach* |  | Yes |  |  | Get PE: | -- |  |  |  |
| **PTSD Coach** |  | Yes |  |  | PTSD: | Yes |  |  |  |
| **PTSD Family Coach** |  | Yes |  |  | PTSD family: | -- |  |  |  |
| *STAIR Coach* |  | Yes |  |  | Get STAIR: | -- |  |  |  |
| *Stay Quit* |  | Related |  |  | PTSD + smoke: | -- |  |  |  |
| VetChange |  | Related |  |  | PTSD + alcohol: | -- |  |  |  |