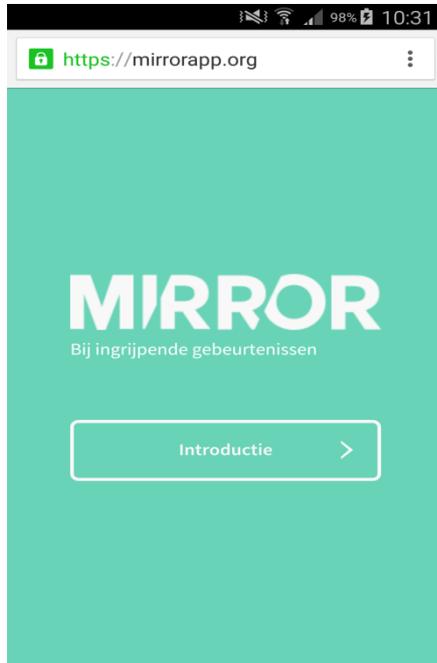


The applications of Arq Psychotrauma Expert Group



MIRROR

MIRROR stands for **M**obile **I**nsight in **R**isk, **R**esilience and **O**nline **R**eferral.

This webbased app gives a direct and personal insight into someone's risks, complaints, resilience and needs after a shocking event. By means of a brief questionnaire, the app makes a quick scan of psychotrauma complaints and resilience, gives specific advice on possible further diagnostics or support and offers the possibility of receiving (online/mobile) coaching towards the desired



next step.

At the moment the MIRROR is only available in Dutch.

Check: mirrorapp.org.



SAM

The **S**mart **A**ssessment on your **M**obile (SAM) is an webbased application which screens people on resilience and psychic problems, like PTSD, anxiety and depression. The app screens tailormade because it only asks further questions if it's necessary. The application uses factors as 'social support', 'resilience experience', 'physical health', 'previous psychological problems' and ongoing stress to map the mental balance of the end user.

Currently the application is being tested and researched by the University of Amsterdam. Testaccounts are available.

Support Coach



The Support Coach is a native app and helps to better understand the effects of a PTSS and to deal with it. The app is based on recent scientific research and is originally made by the U.S. Department of Veterans Affairs. The Academical Medical Center in Amsterdam made some improvements, translated the application in Dutch and made it accesible not only for veterans but 'normal people' as well.

The content of the application includes among other things information about PTSS-treatments, a symptom management tools, information were to get the right mental care and a planner to make an appointment with a healthcare professional.

Currently the application is being tested and researched by the University of Amsterdam. It's possible to provide a testversion (this version is only available in Dutch).

DIPP

The **D**igital **I**ndication for **P**sychological **P**roblems (DIPP) is a webbased decision tool for the general practioner (GP) to decide whether or not not someone needs mental health care. The tool measures complaints using the 4DSQ. In addition, a risk assessment is made (suicide, psychosis) and the use of drink, drugs and medication is probed into. If there are any psychological complaints, then recommendations as to indication will be given on the basis of an algorithm (which also includes comorbidity and previous care, whether or not successful). Via EDIFACT (Caremail) the information is returned to the GP.

Currently the application is used by GP's in the Netherlands. A testaccount in Dutch is available.





Agression app

The webbased Aggression app is a standard part of all aggression trainings offered by the Institute for Psychotrauma and helps employers arm themselves against aggression (in the work place) by means of short films, exercises, psycho-education and tests.

Check: <http://ivp.server.tjuna.com/>.

More info?

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