

Have you experienced a stressful event?

Have you had:

Troubling memories?

Sleep problems or nightmares?

Nervousness, jumpiness, or anxiety?

Difficulty concentrating?

GETSmart!



Please join our research study to try to lessen stress symptoms after combat, domestic attack or natural disaster. We hope to show that **smart phones apps** can help you relax, reduce stress, and enhance resilience.

You may be eligible if:

- You do NOT have a current diagnosis of PTSD
- You are NOT thinking of suicide
- You have a smart phone with text messaging service

If eligible, you may be asked to take part in a **6-week research study**, in which

- **All will receive daily text messages and be asked to answer questionnaires on a website once each week**
- Some will get detailed lessons on using phone apps
- Some will be able to have an MRI and physiology assessment

All information is strictly confidential.

For those doing an in-person study visit, it will be at the National Intrepid Center of Excellence, Walter Reed National Military Medical Center, Bethesda, Maryland.

USUHS IRB APPROVED
17 JULY 2014
Expires: 07 August 2015

Protocol Title: GETSmart: Guided Education & Training via Smart Phones to Promote Resilience
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