



## Media Release

Attention: News Editors

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### **Help online for post traumatic stress sufferers**

People suffering from post traumatic stress disorder can now get help online through an innovative website developed by Monash University and the Australian Rotary Health Research Fund.

The Trauma Assist Online website provides information about traumatic events, responses to trauma, self-care following exposure to trauma, and treatment of the disorder.

Visitors to the website may also register to be involved in a Monash research study on the treatment of post traumatic stress disorder.

Dr Britt Klein, a Senior Research Fellow in the Department of General Practice, is leading the research team that is investigating the effectiveness of internet delivery of a post traumatic stress disorder program. The 10-week cognitive behavioural therapy treatment program is delivered via the internet with email support from a psychologist.

This research follows the success last year of a similar Monash research study, Panic Online, for the treatment of panic disorder.

Dr Klein said Trauma Assist Online was a ground-breaking initiative that made help readily available to sufferers of post traumatic stress disorder. "It provides a community-based treatment that has the potential to provide increased cost-effective access to treatment for people suffering from the disorder," she said.

"It is low cost because it is accessible from any computer, anytime, with no need for the patient to travel to a therapist."

Dr Klein said 60 per cent of Australians would be exposed to a traumatic event in their lifetime and two to three per cent of those people would go on to develop post traumatic stress disorder.

For more information visit the Trauma Assist Online website [www.trauma-assist-online.org](http://www.trauma-assist-online.org)

**For comment, contact Dr Britt Klein on +61 3 8575 2249 or Ms Joanna Mitchell on +61 3 8575 2296. For further information contact Ms Robyn Anns, Media Communications, on +61 3 9905 9317 or 0417 658 781.**