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Resona Health PTSD 30-day Improvement Report



RESONA HEALTH

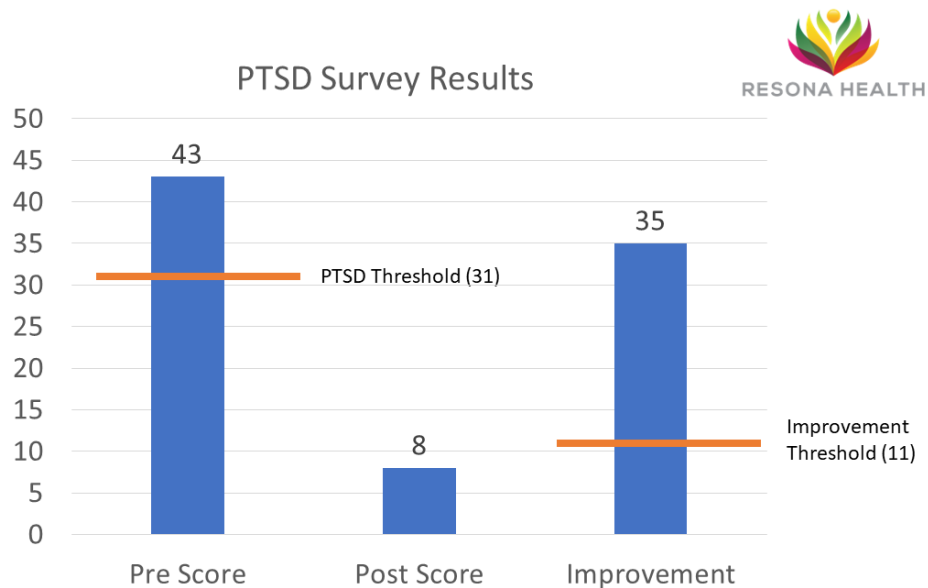
Resona Health uses the same time-tested survey as the Veterans Administration to measure PTSD and Trauma. The survey is called [PCL-5](#) which is widely used by the Veterans Administration (VA) for testing the effectiveness of various interventions. It is also now widely used for trauma because of its accuracy and effectiveness. PTSD doesn't just effect veterans, first responders, and medical workers. Almost all of us will experience some trauma in our lives and will need relief.

The PCL-5 is a 20-question survey with each question having an answer from 0-4. The higher the score, the more likely that person is suffering from PTSD. With 20 questions and the highest answer being a 4, the highest possible score is 80.

The VA has determined if someone scores 31-33 or higher, it is likely they are suffering from PTSD. The VA has also concluded that any score reduction, because of an intervention or therapy, greater than 11 points is considered both clinically and statically significant.

Your **prescore was 43** which puts you right at the PTSD threshold. A **post score of 8** puts you significantly under the threshold.

Your **improvement was 35 points**, which is considerably higher than the 11 points required to claim statistically and clinically significant improvements.



Most importantly is that you feel better!!

Keep using the device as often as you like for continued maintenance and relief. It is different for everyone, but after the initial 30 days of therapy, usually 1-2 times a week will help most people sustain the results. Remember there are no drugs so you cannot overdose. Use it as often as you like.

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