

## **Abstract**

*One way in dealing with PTSD disorders is to provide a platform in performing PTSD self-assessment to measure the severity of symptoms as well as a platform to connect with psychologists in form consultations as a step in diagnosing and overcoming PTSD. So it requires a platform in the form of an application devoted to PTSD self-assessment tests and consults directly with psychologists online. This study will use Design and Development (D&D) methods to produce an application that can conduct PTSD self-assessment tests and consult psychologists directly online. This method was chosen because it uses the workflow of the planning, production, and evaluating the validity of the applications that have been produced with the aim of producing products or applications as needed based on existing rules or regulations as well as assessments from users and experts, namely psychologists and active lecturers from the School of Computing at Telkom University. This research resulted in the design and development stages as well as the product in the form of an application with the predicate of "Very Good" with a 100% rating percentage from media experts and material experts and 83.3% from users.*

**Keywords:** *PTSD, self-assessment test, online consultation, psychologist, design and development*