

## Posttraumatic Stress Disorder

### Review 10

Goodson, J., Helstrom, A., Halpern, J. M., Ferenschak, M. P., Gillihan, S. J., & Powers, M. B. (2011). Treatment of posttraumatic stress disorder in U.S. combat veterans: A meta-analytic review. *Psychological Reports, 109*(2), 573–599. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/22238857>.

<b>Objectives</b>	Assess the effectiveness of Veterans Administration (VA) treatments for combat-related posttraumatic stress disorder (PTSD) and estimate the effectiveness of specific modalities of VA treatments for combat-related PTSD.
<b>Studies Included</b>	Twenty-four studies published from 1986 to 2009
<b>Participants in the Studies</b>	Combat veterans with a diagnosis of PTSD
<b>Settings</b>	VA settings
<b>Outcomes</b>	PTSD symptoms
<b>Limitations of the Studies</b>	Lack of intent-to-treat analyses, which can result in overestimation of treatment effect sizes; the authors used a liberal definition of exposure (i.e., eye movement desensitization and reprocessing [EMDR] and systematic desensitization were classified as exposure-based treatments instead of separating them into separate categories)

### Results

Overall, VA treatments were moderately effective in reducing PTSD symptoms in combat veterans. The average participant receiving active treatment fared better than more than half the patients in the control conditions at posttreatment. The overall effectiveness of inpatient treatment interventions was very small. However, treatments with significant exposure-based components were the most effective in treating combat-related PTSD.