

Posttraumatic Stress Disorder

Review 11

Kornor, H., Winje, D., Ekeberg, O., Wisaeth, L., Kirkehei, I., Johansen, K., & Steiro, A. (2008). Early trauma-focused cognitive-behavioral therapy to prevent chronic post-traumatic stress disorder and related symptoms: A systematic review and meta-analysis. *BMC Psychiatry*, 8, 81. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/18801204>.

Objectives	Examine the effectiveness of early trauma-focused cognitive behavioral therapy (TF-CBT) on the prevention of chronic posttraumatic stress disorder (PTSD) in high-risk populations with acute stress disorder (ASD) or acute PTSD.
Studies Included	Seven U.S. and international studies published from 1998 to 2006
Participants in the Studies	Adults with ASD or PTSD who began TF-CBT within the first 3 months of trauma (motor-vehicle accidents, industrial accidents, or assaults)
Settings	Settings were not reported for all the studies.
Outcomes	Preventing and reducing PTSD symptoms, anxiety and depression symptoms
Limitations of the Studies	Randomization procedures were not sufficiently described; allocation concealment was not addressed; four of the five studies were carried out by one group of researchers, which impacts generalizability; high attrition rates; heterogeneous study results

Results

The results provide evidence for the effectiveness of TF-CBT compared to supportive counseling in reducing acute PTSD and preventing chronic PTSD in patients with an initial diagnosis of ASD. However, TF-CBT had limited effectiveness in preventing chronic PTSD in a clinically heterogeneous population. Overall, the evidence for the effectiveness of TF-CBT in individuals with ASD seems clinically meaningful enough to have implications for practice. However, the findings originate from one research team, so replications are necessary to assess generalizability.