

## Posttraumatic Stress Disorder

### Review 18

Rodenburg, R., Benjamin, A., de Roos, C., Meijer, A. M., & Stams, G. J. (2009). Efficacy of EMDR in children: A meta-analysis. *Clinical Psychology Review, 29*(7), 599–606. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/19616353>.

<b>Objectives</b>	Assess the effectiveness of eye movement desensitization and reprocessing (EMDR) in treating posttraumatic stress disorder (PTSD) in children, and examine whether there is incremental effectiveness when comparing EMDR to other trauma treatments.
<b>Studies Included</b>	Seven U.S. and international studies published from 2001 to 2008
<b>Participants in the Studies</b>	Children up to age 18 receiving established trauma treatment, usual care, or in a wait-list control procedure
<b>Settings</b>	Settings were not reported for all the studies.
<b>Outcomes</b>	Posttraumatic stress reactions, child behavior problems, anxiety, depression, internalizing, externalizing
<b>Limitations of the Studies</b>	Because the meta-analysis included only seven studies, the authors were not able to examine the type of traumatic event, which reduces the generalizability of the results for children who may experience trauma of a more chronic nature. All the studies included had small sample sizes. It cannot be concluded whether the children experienced a clinically significant improvement.

### Results

EMDR is moderately effective in reducing PTSD symptoms when EMDR is compared with treatment as usual or no-treatment control groups. EMDR added a small but significant incremental value when children treated with EMDR were compared to children treated with the established trauma treatments of cognitive behavioral therapy. Studies using a combination of parent and child report showed greater benefits than studies using child report only.