

## Posttraumatic Stress Disorder

### Review 4

Crumlish, N., & O'Rourke, K. (2010). A systematic review of treatments for post-traumatic stress disorder among refugees and asylum-seekers. *The Journal of Nervous and Mental Disease*, 198(4), 237–251. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/20386252>.

<b>Objectives</b>	Evaluate randomized controlled trials of treatment of posttraumatic stress disorder (PTSD) among refugees and asylum seekers.
<b>Studies Included</b>	Ten U.S. and international studies from 2001 to 2009
<b>Participants in the Studies</b>	Refugees and asylum seekers of any age diagnosed with PTSD according to the DSM-IV
<b>Settings</b>	Some of the reported settings were refugee camps and clinics.
<b>Outcomes</b>	PTSD symptom reduction/remission
<b>Limitations of the Studies</b>	Small sample sizes; inadequate allocation concealment and blinding; no trial adequately reporting adverse effects; outcome measures not culturally validated; high heterogeneity of the population, making clear conclusions difficult to draw; interventions not developed within the culture of the refugees themselves; local refugees trained to be therapists; power analyses not reported in most studies

### Results

The effect of narrative exposure therapy (NET), supportive counseling, psychoeducation, trauma counseling, no-treatment monitoring group, stress inoculation therapy (SIT), and cognitive behavioral therapy (CBT) on PTSD symptoms was examined. No treatment for PTSD among refugees or asylum seekers had a solid evidence base given the heterogeneity of the populations investigated. However, NET was probably the most effective treatment.