

Posttraumatic Stress Disorder

Review 8

Seidler, G. H., & Wagner, F. E. (2006). Comparing the efficacy of EMDR and trauma-focused cognitive-behavioral therapy in the treatment of PTSD: A meta-analytic study. *Psychological Medicine*, 36(11), 1515–1522. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/16740177>.

Objectives	Compare the efficacy of eye movement desensitization and reprocessing (EMDR) and trauma-focused cognitive behavioral therapy (TF-CBT) in the treatment of posttraumatic stress disorder (PTSD).
Studies Included	Seven U.S. and international studies published from 1994 to 2005
Participants in the Studies	Adults aged 18 or older diagnosed with PTSD according to the DSM criteria
Settings	Settings were not reported for all the studies.
Outcomes	Clinician- and patient-rated PTSD symptoms, depression, and anxiety symptoms
Limitations of the Studies	The cognitive behavioral therapy (CBT) methods were heterogeneous; large pre-grant differences were not taken into account; large attrition rates were not analyzed or explained; there are unanswered questions about the mechanisms underlying EMDR; unable to determine which type of treatment is superior because of insufficient data.

Results

Previous meta-analyses have demonstrated EMDR and TF-CBT to be effective forms of treatment for adult clients with PTSD. The data from this study are inadequate to determine the superiority of one form of therapy over the other.