TITLE: Narrative Exposure Therapy for the Treatment of Post-Traumatic Stress Disorder: Clinical Effectiveness and Guidelines

DATE: 08 November 2016

RESEARCH QUESTIONS

1. What is the clinical effectiveness of narrative exposure therapy for the treatment of post-traumatic stress disorder in adult patients with or without comorbidities?

2. What are the evidence-based guidelines regarding the clinical effectiveness of narrative exposure therapy for the treatment of post-traumatic stress disorder in adult patients with or without comorbidities?

KEY FINDINGS

Five systematic reviews and meta-analyses, 12 randomized controlled trials, and five non-randomized studies were identified regarding the use of narrative exposure therapy for the treatment of post-traumatic stress disorder in adult patients with or without comorbidities.

METHODS

A limited literature search was conducted on key resources including PubMed, Medline and PsycInfo on the OVID platform, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Health Devices Gold (ECRI), Canadian and major international health technology agencies, as well as a focused Internet search. Methodological filters were applied to limit the retrieval to health technology assessments, systematic reviews, meta analyses, randomized controlled trials, non-randomized studies, and guidelines. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2006 and November 2, 2016. Internet links were provided, where available.

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SELECTION CRITERIA

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

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<th>Table 1: Selection Criteria</th>
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<td><strong>Population</strong></td>
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<td><strong>Intervention</strong></td>
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| **Comparator** | Active Comparators:  
- Cognitive Processing Therapy (CPT)  
- Prolonged Exposure Therapy (PE)  
- Cognitive Behavioural Therapy (CBT)  
- Eye Movement Desensitization and Reprocessing Therapy (EMDR)  
Non-active comparators:  
- Before/After NET  
- Wait List |
| **Outcomes** | Q1: Clinical Effectiveness and Safety  
(PTSD symptom decrease discharge, remission/change in diagnosis by DSM or other criteria, improved quality of life, release from service due to lack of response, treatment drop out, non-competence)  
Q2: guidelines regarding the use of NET for adults with PTSD. |
| **Study Designs** | Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies, evidence-based guidelines |

RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, non-randomized studies, and evidence-based guidelines.

Five systematic reviews and meta-analyses, 12 randomized controlled trials, and five non-randomized studies were identified regarding the use of narrative exposure therapy for the treatment of post-traumatic stress disorder in adult patients with or without comorbidities. No relevant health technology assessments or evidence-based guidelines were identified.

Additional references of potential interest are provided in the appendix.

Health Technology Assessments
No literature identified.

Systematic Reviews and Meta-analyses


Randomized Controlled Trials


NET versus Wait List


Non-Randomized Studies


Before and After NET


Guidelines and Recommendations
No literature identified.

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APPENDIX – FURTHER INFORMATION:

Review Articles


Additional References

