CADTH RAPID RESPONSE REPORT: SUMMARY OF ABSTRACTS

Accelerated Resolution Therapy for Post-Traumatic Stress Disorder, Anxiety Disorders, or Mood Disorders: Clinical Effectiveness, Cost-Effectiveness, and Guidelines
SUMMARY OF ABSTRACTS

Accelerated Resolution Therapy for Post-Traumatic Stress Disorder, Anxiety Disorders, or Mood Disorders

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Questions or requests for information about this report can be directed to requests@cadth.ca
Research Questions
1. What is the clinical effectiveness of Accelerated Resolution Therapy (ART) for the treatment of adults with post-traumatic stress disorder, anxiety disorders, or mood disorders?
2. What is the cost-effectiveness of ART for the treatment of adults with post-traumatic stress disorder, anxiety disorders, or mood disorders?
3. What are the evidence-based guidelines surrounding the use of ART for the treatment of adults with post-traumatic stress disorder, anxiety disorders, or mood disorders?

Key Findings
No evidence was identified regarding the clinical effectiveness or cost-effectiveness of ART for the treatment of adults with post-traumatic stress disorder, anxiety disorders, or mood disorders. Furthermore, no evidence-based guidelines were identified regarding the use of ART for the treatment of adults with post-traumatic stress disorder, anxiety disorders, or mood disorders.

Methods
A limited literature search was conducted by an information specialist on key resources including Ovid Medline, PsycINFO, the Cochrane Library, the University of York Centre for Reviews and Dissemination (CRD) databases, the websites of Canadian and major international health technology agencies, as well as a focused Internet search. The search strategy was comprised of both controlled vocabulary, such as the National Library of Medicine’s MeSH (Medical Subject Headings), and keywords. The main search concepts were accelerated resolution therapy. No filters were applied to limit the retrieval by study type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2016 and September 13, 2019. Internet links were provided, where available.

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

Table 1: Selection Criteria
<table>
<thead>
<tr>
<th>Population</th>
<th>Intervention</th>
<th>Comparators</th>
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| Adults with post-traumatic stress disorder, anxiety and/or mood disorders (e.g., depression, panic, anxiety, substance abuse) | Accelerated Resolution Therapy (ART) | Q1-2:  
- Active treatments (Eye Movement Desensitization and Reprocessing, any cognitive behavior therapy, Cognitive Processing Therapy, Prolonged Exposure Therapy)  
- Standard of care (this varies but can include supporting counselling, etc.)  
- Waitlist/no treatment  
Q3: No comparator |
Accelerated Resolution Therapy for Post-Traumatic Stress Disorder, Anxiety Disorders, or Mood Disorders

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>Study Designs</th>
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<tr>
<td>Q1: Clinical effectiveness (e.g., resolution and/or reduction of post-traumatic stress disorder, anxiety, or mood disorders symptoms, symptoms distress, improved quality of life; improvement in dysfunction or impairment)</td>
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<tr>
<td>Q2: Cost-effectiveness (cost per benefit, cost per quality adjusted life year; cost per increased quality of life measures)</td>
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<tr>
<td>Q3: Guidelines</td>
<td>Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies, economic evaluations, evidence-based guidelines</td>
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**Results**

Rapid Response reports are organized so that 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, economic evaluations, and evidence-based guidelines.

No evidence was identified regarding the clinical effectiveness or cost-effectiveness of ART for the treatment of adults with post-traumatic stress disorder, anxiety disorders, or mood disorders. Furthermore, no evidence-based guidelines were identified regarding the use of ART for the treatment of adults with post-traumatic stress disorder, anxiety disorders, or mood disorders.

Additional references of potential interest are provided in the appendix.

**Overall Summary of Findings**

No relevant literature was found regarding the clinical effectiveness or cost-effectiveness of ART for the treatment of adults with post-traumatic stress disorder, anxiety disorders, or mood disorders. Furthermore, no evidence-based guidelines were identified regarding the use of ART for the treatment of adults with post-traumatic stress disorder, anxiety disorders, or mood disorders. Therefore, no summary can be provided.

**References Summarized**

**Health Technology Assessments**

No literature identified.

**Systematic Reviews and Meta-analyses**

No literature identified.

**Randomized Controlled Trials**

No literature identified.

**Non-Randomized Studies**

No literature identified.
Economic Evaluations
No literature identified.

Guidelines and Recommendations
No literature identified.
Appendix — Further Information

Previous CADTH Reports


Randomized Controlled Trials Upcoming


Non-Randomized Studies

Before and After Study


Review Articles


