TITLE: Humour Interventions and Laughter Yoga for Secondary Traumatic Stress: Clinical Effectiveness

DATE: 31 July 2015

RESEARCH QUESTIONS

1. What is the clinical effectiveness of humour interventions for physical and mental stress in individuals experiencing secondary traumatic stress?

2. What is the clinical effectiveness of laughter yoga for physical and mental stress in individuals experiencing secondary traumatic stress?

KEY FINDINGS

One relevant non-randomized study was identified regarding laughter yoga for physical and mental stress in individuals experiencing secondary traumatic stress.

METHODS

A limited literature search was conducted on key resources including PubMed, PsycInfo, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. 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, 2005 and July 27, 2015. 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>Individuals experiencing secondary traumatic stress, anxiety, or depression (including, but not limited to, nurses, health care workers, police officers, emergency responders, first responders)</th>
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</table>
| Intervention                                                              | Q1: Humour interventions, humour therapy  
Q2: Laughter yoga                                                      |
| Comparator                                                                | No comparator; Any comparator                                               |
| Outcomes                                                                  | Q1 & 2: clinical effectiveness, reduction in physical and mental stress, change in mood |
| Study Designs                                                              | Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies |

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 and non-randomized studies.

One relevant non-randomized study was identified regarding laughter yoga for physical and mental stress in individuals experiencing secondary traumatic stress. No relevant health technology assessments, systematic reviews, meta-analyses, or randomized controlled trials were identified. No relevant studies were identified regarding humour interventions for physical and mental stress in individuals experiencing secondary traumatic stress.

Additional references of potential interest are provided in the appendix.

Health Technology Assessments
No literature identified.

Systematic Reviews and Meta-analyses
No literature identified.

Randomized Controlled Trials
No literature identified.

Non-Randomized Studies


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APPENDIX – FURTHER INFORMATION:

Systematic Reviews and Meta-analyses – Intervention Not Specified


Randomized Controlled Trials – Laughter Therapy as Comparator


Qualitative Studies


Additional References

