Early Single Session Psychological Intervention for adults aimed at preventing, treating or reducing symptoms of traumatic stress

Criteria for considering studies

- Any randomised controlled trial (including cluster and cross-over trials) evaluating the efficacy of psychological interventions aimed at preventing, treating or reducing symptoms of traumatic stress.
- The intervention being evaluated is single session only (two sessions or more interventions are being considered separately).
- Study participants have been exposed to a traumatic event as specified by PTSD diagnostic criteria for either DSM-III, DSM-III-R, DSM-IV, DSM-5, ICD 9, ICD 10 or ICD 11.
- Intervention is not provided pre-trauma.
- Intervention begins no later than 3 months after the traumatic event.
- Eligible comparator interventions: waitlist, treatment as usual, symptom monitoring, repeated assessment, other minimal attention control group or an alternative psychological treatment.
- Study outcomes include a standardised measure of PTSD symptoms (either clinician administered or self-report).
- No restriction on the basis of severity of PTSD symptoms or the type of traumatic event.
- Individual, group and couple interventions.
- No minimum sample size.
- Only studies published in English.
- Unpublished studies eligible.

Proposed studies for inclusion


