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| Schwartze, D., Barkowski, S., Strauss, B., Knaevelsrud, C., & Rosendahl, J. (2019). Efficacy of group psychotherapy for posttraumatic stress disorder: Systematic review and meta-analysis of randomized controlled trials. Psychotherapy Research. 29, 415-431.Verslag: Mark van der Meer |
| **Abstract****Objective**: The present meta-analysis evaluates the efficacy of group psychotherapy for post-traumatic stress disorder (PTSD) in adults directly compared to no treatment or active treatments examined in randomized controlled trials (RCTs). Method: Electronic databases were searched for eligible studies. Effects on PTSD symptoms, depression, and anxiety were extracted. Between- and within-group effect sizes (Hedges’ g) were calculated using a random-effects model. Data were adjusted to account for dependencies among observations in groups. **Results**: Twenty RCTs were included comprising 2244 individuals. Results showed significant effects of group psychotherapy in reducing symptoms of PTSD compared to no-treatment control groups (k = 13; g = 0.70; 95% CI: 0.41; 0.99). No significant differences in efficacy were found between group psychotherapy and other active treatments (k=8; g = 0.13; 95% CI: −0.16; 0.42). Moderator analyses confirmed gender and trauma type as important moderators of within-treatment effects for PTSD. **Conclusions**: Group treatments are associated with improvements in symptoms of PTSD. Particularly, the efficacy of exposure-based cognitive-behavioral group therapy (group CBT) is empirically well demonstrated. Still little is known about the effects of group treatment approaches other than CBT and the comparative efficacy to alternative treatments such as individual therapy or pharmacotherapy. |
| **Wat betekent dit voor de groepspsychotherapie?**Het artikel geeft een empirische basis voor het gebruik van groepspsychotherapie bij de behandeling van PTSS. De auteurs suggereren om hun bevindingen van de review en meta-analyse te gebruiken in het opstellen van praktische richtlijnen voor de behandeling van PTSS en adviseren de internationale richtlijnen aan te passen.In hun review hebben ze ook gekeken naar trauma type en gender als moderators van de uitkomsten van groepstherapie. Mannen met oorlogstrauma’s profiteren minder van met name cognitieve-gedragstherapeutische groepen in vergelijk met vrouwen. Onduidelijk is of mannen meer zouden profiteren van psychodynamische of interpersoonlijke groepspsychotherapieën. |
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