

Table 1 Psychological treatments versus waiting list/usual care for PTSD

	TFCBT	EMDR	Stress management	Group CBT	Other therapies
Clinician-rated symptoms	SMD -1.4, 95% CI -1.89 to -0.91	SMD -1.51, 95% CI -1.87 to -1.15	SMD -1.14, 95% CI -1.62 to -0.67	SMD -0.72, 95% CI -1.14 to -0.31	SMD -0.43, 95% CI -0.9 to +0.04
Self-rated symptoms	SMD -1.7, 95% CI -2.17 to -1.24	SMD -1.13, 95% CI -2.13 to -0.13	SMD -0.33, 95% CI -0.47 to +1.14	SMD -0.71, 95% CI -1.2 to -0.22	SMD -0.61, 95% CI -0.98 to -0.24
PTSD diagnosis	RR 0.44, 95% CI 0.35 to 0.57	RR 0.49, 95% CI 0.28 to 0.86	RR 0.64, 95% CI 0.47 to 0.87	RR 0.56, 95% CI 0.31 to 1.01	RR 0.79, 95% CI 0.53 to 1.18
Withdrawal	RR 1.42, 95% CI 1.05 to 1.94	RR 1.21, 95% CI 0.66 to 2.22	RR 2.19, 95% CI 0.71 to 6.73	RR 3.82, 95% CI 1.19 to 12.29	RR 1.00, 95% CI 0.64 to 1.56

PTSD post-traumatic stress disorder; TFCBT trauma-focused cognitive behavioural therapy EMDR eye movement desensitisation and reprocessing; SMD standardised mean difference; RR relative risk.