

Table 2 Psychological treatments versus each other for PTSD

	TFCBT vs EMDR	TFCBT vs stress management	TFCBT vs other therapies	EMDR vs stress management	EMDR vs other therapies	Stress management vs other therapies	Group TFCBT vs group CBT
Clinician-rated symptoms	SMD +0.02, 95% CI -0.5 to +0.55	SMD -0.27, 95% CI -0.71 to +0.16	SMD -0.81, 95% CI -1.19 to -0.42	SMD -0.35, 95% CI -0.90 to +0.19	-	SMD -1.22, 95% CI -2.09 to -0.35	SMD -0.12, 95% CI -0.34 to +0.1
Self-rated symptoms	SMD -0.17, 95% CI -0.45 to +0.11	SMD -0.37, 95% CI -0.74 to +0.01	SMD -1.18, 95% CI -2.32 to -0.03	SMD -0.40, 95% CI -0.86 to +0.06	SMD -0.84, 95% CI -1.21 to -0.47	-	-
PTSD diagnosis	RR 1.14, 95% CI 0.7 to 1.85	RR 0.78, 95% CI 0.61 to 0.99	RR 0.71, 95% CI 0.56 to 0.89	RR 0.69, 95% CI 0.46 to 1.04	RR 0.4, 95% CI 0.19 to 0.84	RR 0.58, 95% CI 0.30 to 1.11	RR 0.98, 95% CI 0.83 to 1.16
Withdrawal	RR 0.87, 95% CI	RR 1.17, 95% CI	RR 1.14, 95% CI	RR 1.03, 95% CI	RR 1.48, 95% CI	RR 0.82, 95% CI	RR 1.38, 95% CI

	Stress management vs other therapies						Group TFCBT vs group CBT
TFCBT vs EMDR	TFCBT vs stress management	TFCBT vs other therapies	EMDR vs stress management	EMDR vs other therapies	EMDR vs stress management	EMDR vs other therapies	
0.58 to 1.30	CI 0.69 to 2.0	CI 0.68 to 1.90	CI 0.37 to 2.88	CI 0.26 to 8.54	CI 0.2 to 3.46	CI 0.2 to 3.46	1.00 to 1.90

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