



# NeuRA

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POST-TRAUMATIC STRESS DISORDER LIBRARY



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## POST-TRAUMATIC STRESS DISORDER Factsheet

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### What are the main treatments for PTSD?

Several beneficial treatments for PTSD are available, including pharmaceutical and psychological approaches. Treatment guidelines typically recommend psychological therapies as first-line PTSD treatment, although some antidepressants in particular may be used as first-line treatment. It remains uncertain whether benefit increases when combining pharmacological and psychological treatments. This summary table presents the evidence for all pharmaceutical treatments compared to all psychosocial and combination therapies for PTSD.

### What is the evidence on pharmaceutical versus psychological and combination interventions for PTSD?

Moderate to low quality evidence found large effects of greater improvement in PTSD symptoms by last follow-up with psychological and psychological + medication treatments compared to medications alone. There were no differences between these three treatment options immediately following treatment, and no differences between combined and psychological therapies at last follow-up. There were no differences in drop-outs rates, indicating similar tolerability of all treatments.

Note that last follow-up time frames were not reported in the reviewed evidence, and treatments were not all necessarily maintained to last follow-up, so these results must be interpreted with caution.

For more information see the technical table



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*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.*

### HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [neura.edu.au/donate](http://neura.edu.au/donate)