



# NeuRA

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POST-TRAUMATIC STRESS DISORDER LIBRARY



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## POST-TRAUMATIC STRESS DISORDER Factsheet

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### What is interpersonal psychotherapy?

Traumatic events may disrupt attachments and lead to gradual distancing and avoidance of interpersonal triggers, along with social detachment, emotional negativity, and anger. Interpersonal psychotherapy involves psychoeducation, focussing on factors such as grief, the role of dispute, the role of transition, and interpersonal functioning. The therapy helps patients to understand their response to the emotions that arise from the context of relationships and to use this understanding to strengthen their interpersonal relationships.

### What is the evidence for interpersonal psychotherapy?

Moderate quality evidence found a medium-sized effect of improved PTSD symptoms with interpersonal psychotherapy. The effect size was largest in studies with passive rather than active controls, in studies with >12 rather than ≤12 sessions, in samples with a primary PTSD diagnosis rather than a major depression diagnosis, and in samples with exposure to natural disasters or mass violence rather than exposure to interpersonal trauma.

For more information see the technical table

### 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](https://neura.edu.au/donate)



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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.*