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POST-TRAUMATIC STRESS DISORDER Factsheet

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What is self-help treatment?

Self-help treatment has traditionally been offered through written manuals or books, but several internet and computer-based self-help programs have now been developed. Self-help programs use a standardised psychological treatment protocol comprising guidance for applying the treatment. The protocol is typically composed of relevant information, explanations, and exercises. The patients do most of the intervention on their own, with contact with a therapist being either non-existent or minimal and only facilitative or supportive in nature.

What is the evidence for self-help treatment?

Moderate to high quality evidence found a medium-sized improvement in PTSD symptoms with self-help treatments compared to waitlist/placebo (supportive counselling). However, moderate to low quality evidence found a large effect of less improvement in PTSD symptoms with self-help treatments compared to face-to-face cognitive behavioural therapy.

For more information see the technical table



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