



POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

What is stress management?

Stress management is a broad term for interventions that mainly involve relaxation. These use imagery, biofeedback, muscle relaxation, and breathing exercises to assist the individual to manage their stress related to the traumatic event. In most clinical trials for PTSD, stress management is used as a control condition.

What is the evidence for stress management for PTSD?

Moderate quality evidence found a medium-sized improvement in PTSD symptoms with stress management compared to waitlist/no treatment. However, stress management was less effective for symptoms than cognitive therapies, exposure therapies, cognitive behavioural therapies, and eye movement desensitisation and reprocessing. There were no differences in symptoms when stress management was compared to supportive counselling.

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