A comparison of IGPT-EMDR and TF-CBT for treating abused children's PTSD and depression symptomatology

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Abstract

Background: Child Abuse is associated with the development of a variety of child mental health disorders, which need urgent treatment interventions. Eye Movement Desensitization Reprocessing Integrative Group Treatment Protocol (EMDR-IGTP) is an established treatment for children with traumatic experience in group settings. Objective: This study examined the effect of EMDR-IGTP on reducing the Posttraumatic Stress (PTSD) Disorder and depression symptoms of a sample of abused children in Jordan. Methods: eighteen abused children (aged 9-10 years mean = 9.5) suffered from PTSD symptoms and depression, were equally randomly assigned to two trial conditions (treatment group and waitlist group). Posttraumatic Stress Symptoms in Children tool (PTSS-C) and Children Depression Inventory (CDI) were used to assess the study outcomes. Results: series of MANCOVA's demonstrated that significant PTSD and depression post treatment improvements had occurred for EMDR-IGTP group. Also the analyses of Covariance (ANOVA) and one group paired (t) test results indicated sustainability of the treatment gains for the EMDR-IGTP group for 4 month follow ups. Conclusions: EMDR-IGTP was effective in improving participants PTSD and depression symptoms.