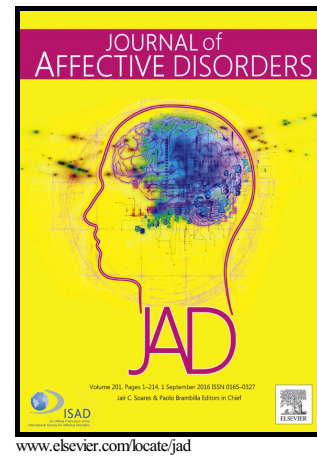


Turning wounds into wisdom: Posttraumatic growth over the course of two types of trauma-focused psychotherapy in patients with PTSD

Mirjam J. Nijdam, Christianne A.I. van der Meer, Mirjam van Zuiden, Pasha Dashtgard, Daniël Medema, Yulan Qing, Paul Zhutovsky, Anne Bakker, Miranda Olff



PII: S0165-0327(17)31212-0
DOI: <https://doi.org/10.1016/j.jad.2017.11.031>
Reference: JAD9345

To appear in: *Journal of Affective Disorders*

Received date: 14 June 2017
Revised date: 6 September 2017
Accepted date: 8 November 2017

Cite this article as: Mirjam J. Nijdam, Christianne A.I. van der Meer, Mirjam van Zuiden, Pasha Dashtgard, Daniël Medema, Yulan Qing, Paul Zhutovsky, Anne Bakker and Miranda Olff, Turning wounds into wisdom: Posttraumatic growth over the course of two types of trauma-focused psychotherapy in patients with PTSD, *Journal of Affective Disorders*, <https://doi.org/10.1016/j.jad.2017.11.031>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

Turning wounds into wisdom: posttraumatic growth over the course of two types of trauma-focused psychotherapy in patients with PTSD

Mirjam J. Nijdam^{1,2}, Christianne A.I. van der Meer¹, Mirjam van Zuiden¹, Pasha Dashtgard¹, Daniël Medema^{1,2}, Yulan Qing¹, Paul Zhutovsky¹, Anne Bakker¹, Miranda Olff^{1,2}

¹Center for Psychological Trauma, Department of Psychiatry, Academic Medical Center at the University of Amsterdam, Amsterdam, The Netherlands.

²Arq Psychotrauma Expert Group, Diemen, The Netherlands

***Corresponding author.** Mirjam J. Nijdam, Ph.D., Center for Psychological Trauma, Department of Psychiatry, Academic Medical Center of the University of Amsterdam, Meibergdreef 5, 1105 AZ, Amsterdam. ph: +31-20-8913632; fax: +31-20-8913701. e-mail: m.j.nijdam@amc.uva.nl

Abstract

Background

Treatment studies in PTSD patients have mostly focused on adverse psychopathological outcomes whereas positive outcomes have received less attention. Objectives of this study were to investigate posttraumatic growth in response to two different psychotherapies, to examine the relationship between symptom improvement and growth, and to determine if posttraumatic growth predicted treatment response.

Methods

Outpatients diagnosed with PTSD after various types of trauma (n= 116) participated in a randomized controlled trial that compared Brief Eclectic Psychotherapy for PTSD (BEP) and Eye Movement Desensitization and Reprocessing therapy (EMDR). Posttraumatic growth was assessed pre- and post-treatment. PTSD severity was measured weekly.

Results

Download English Version:

<https://daneshyari.com/en/article/8815914>

Download Persian Version:

<https://daneshyari.com/article/8815914>

[Daneshyari.com](https://daneshyari.com)