

## Evidence Profile

Authors & year	Design	Sample	Intervention	Intervention delivery method, frequency, duration, (delivered to)	Outcomes (Measure(s))	Participants randomised
<b>Treatment Studies</b>						
Artra, 2014	Single group pre-post design	Veterans diagnosed with combat-related PTSD  Age range 35-67 Male 100% male	Art-based intervention ( <i>The Warrior's Journey</i> )	5 daily 8 h group-based sessions	- Posttraumatic Stress Disorder Checklist- Military version (PCL-M) -Complicated grief – thematic analysis only i.e., no qualitative analysis	N=8
<p>At post-treatment (i.e., at Day 5), seven out of eight participants demonstrated clinically significant reductions in PTSD symptoms (<math>t(7)=5.71</math>; <math>p&lt;.001</math>). The changes in PCL-M score from pre- to post-treatment ranged between -14 to -48 points.</p>						
Gray et al, 2012	Single group pre-post design	US active-duty marines and Navy Corps personnel with PTSD diagnosis	Adaptive disclosure	Six weekly 1.5 h individual sessions	- Posttraumatic Stress Disorder Checklist- Military version (PCL-M) - Depression (PHQ-9) - Alcohol use (AUDIT)	N=44

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		Age: 73% between 17-29 years Male 95%			-Traumatic appraisal (PTCI) - Posttraumatic Growth Inventory (PTGI)	
<p>At post-treatment, participants reported significant improvements in PTSD (d=.79), depressive symptoms (d=.71) and posttraumatic cognitions (d=.64). In particular participants reported significant changes in negative self-belief (d=.57) and world-belief (d=.69), while there were no significant changes reported on self-blame subscale. In addition, there was a small increase in posttraumatic growth (d=.33), while there was no significant change reported for alcohol use.</p>						