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META-ANALYSIS OF DIFFERENT PSYCHOLOGICAL TREATMENTS AND THEIR COMPARATIVE SUCCESS IN RECOVERY OF POSTTRAUMATIC STRESS DISORDER (PTSD)

The goal of this meta-analytical study was to identify the effectiveness of different psychotherapies used in the treatment of posttraumatic stress disorder (PTSD). The study included 19 different studies. The sample used in the research contained a total of 1197 participants, victims of different types of trauma (motor vehicle accidents, violence, abuse, veterans). The sample was taken as heterogeneous; therefore, it was used the random effect model. Effect size was weighted with the sample size. Meta-analysis identified the most significant mean weighted effect size of the Eye Movement Desensitization and Reprocessing (EMDR) therapy ($d=5.5$, $p<0.05$), followed by Trauma Desensitization ($d=1.954$; $p<0.05$), CBT ($d=1.155$; $p<0.05$), Mindfulness Based Cognitive Behavioral Therapy ($d=0.759$; $p<0.05$) and Sertraline medical therapy ($d=0.434$, $p<0.05$). Result of meta-analysis discovered no significant difference in between the effectiveness of research incorporated treatments of PTSD and no specific treatment was identified as more successful comparing to others.

Keywords: PTSD, treatment, effect size, meta-analysis

META-ANALIZA RAZLIČITIH PSIHOLOŠKIH TRETMANA I POREĐENJE NJIHOVE USPEŠNOSTI U LEČENJU POSTTRAUMATSKOG STRESNOG SINDROMA

Cilj ove metaanalize bio je da utvrdi efikasnost različitih psihoterapija koje se koriste u tretmanu post-traumatskog stresnog poremećaja i poređenjem identifikuje onu koja je najefikasnija. Istraživanje je uključilo 19 različitih studija. Uzorak se sastojao od 1197 ispitanika, žrtava različitih vrsta trauma, kao što su saobraćajne nesreće, nasilje, zlostavljanje, kao i učesnika rata. Uzorak je tretiran kao heterogeni, te je stoga korišćen model slučajnih efekata. Veličina efekta bila je ponderisana veličinom uzorka. Metaanalizom je utvrđena najznačajnija veličina efekta kod terapije EMDR, kao post-efekta, ($d=5,5$, $p<0,05$), zatim desenzitacije na traumatu ($d=1,954$; $p<0.05$), kognitivno

bihevioralne terapije CBT ($d=1,155$; $p<0,05$) i kognitivne terapije bazirane na mindfulnessu ($d=0,759$; $p<0,05$). U istaživanju uticaja Sentraline terapije lekovima na sanaciju simptoma PTSP-a, sa „placebo“ grupom, utvrđena je veličina efekta ($d=0,434$, $p<0,05$). Kao krajnji rezultat metaanalize dobijeno je da nema značajnih razlika u efikasnosti tretmana PTSP-a koji su obuhvaćeni ovim istaživanjem.

Ključne reči: PTSP, tretman, veličina efekta, meta-analiza