



Title	Complementary and Alternative Therapies for Post Traumatic Stress Disorder
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Reference	VA Technology Assessment Program Brief Overview, November 2009. www.va.gov/vatap

Aim

To systematically review the medical literature on the efficacy of complementary and alternative medicine (CAM) therapies for post traumatic stress disorder (PTSD).

Conclusions and results

Five articles met the inclusion criteria. Although promising results were seen using mantram repetition or acupuncture to treat PTSD, these studies were preliminary and not proven to be universal for all patients. Due to insufficient evidence, no conclusions regarding the benefit of complementary and alternative medicine therapies could be made.

Recommendations

The VA's PTSD patients should be aware that the benefits of complementary and alternative treatments are uncertain.

Methods

Using 29 CAM modalities combined with several combat terms, a literature search for articles published in English was conducted in the following databases: MEDLINE, EMBASE, and CurrentContents.

Further research/reviews required

Larger randomized controlled trials need to study the effect of complementary and alternative treatments in young Veterans with recent combat experience.