



Title	Psychosocial Interventions After Large Accidents and Disasters
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Aim

To systematically review the effects of psychosocial interventions after crises, accidents, and disasters.

Conclusions and results

The report included 14 studies: 6 randomized controlled trials (RCTs), 6 controlled before-and-after studies, and 2 cohort studies.

Four RCTs investigated the effects of psychological debriefing (PD) after major traumatic events. Two of these reported reductions in psychological distress after PD, but none of the studies were sufficiently methodologically robust to produce reliable effect estimates.

The remaining 10 studies included various other therapeutic modalities, from specific interventions such as Eye Movement Desensitization and Reprocessing (EMDR) and Experimental Mastery Technique to more general group psychotherapy. No or marginal differences in psychological distress between the intervention and control groups were observed.

A major trend appeared to show that several types of psychosocial interventions could be beneficial. However, the potential effects of these interventions remain uncertain due to poor study quality, low number of studies, small samples and heterogeneity.

Methods

We assembled an external expert panel consisting of 5 persons to assist in the systematic review. It was decided to focus exclusively on interventions after major accidents (transport or industrial accidents) and disasters. We carried out systematic searches in international research databases, using set criteria to select studies, checklists to assess study quality, and summaries based on standardized data collection forms. Results from the included studies were summarized in text only.