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**Tidiga interventioner efter en potentiellt traumatiserande händelse. En uppdatering av forskningsläget.**

Maria Bragesjö  
Specialistpsykolog Traumaprogrammet PSV  
Med Dr  
Leg. psykoterapeut  
Trainer i prolonged exposure

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**Påverkan av psykologiskt trauma**



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**Målet med tidiga insatser**

Minska initial stress och lidande i stunden  
Normalisera reaktioner  
Upprätthålla arbetsförmåga  
Känna stöd och trygghet  
Ev goodwill från företag  
Förebygga långvariga besvär som tex. PTSD



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För vem?



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PSYKOLOGISK DEBRIEFING

*its use is not advocated* (ISTSS Guidelines, Foa et al. 2009)

*...Man bör avstå från så kallad psykologisk Debriefing med enskilda personer* (Socialstyrelsen 2008)

*Compulsory debriefing must stop* (Cochrane review)

Carlier et al. 1998; Litz et al. 2002; McNally et al. 2003; Gersons et al. 2006; Bisson et al. 2007; Hobfoll et al. 2007; Friedman et al. 2008

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 > Eur J Psychotraumatol. 2022 Mar 1;13(1):2031829. doi: 10.1080/20008198.2022.2031829.  
 eCollection 2022.

**The ABCDE psychological first aid intervention decreases early PTSD symptoms but does not prevent it: results of a randomized-controlled trial**

Rodrigo Andrés Figueroa<sup>1 2</sup>, Paula Francisca Cortés<sup>2</sup>, Humberto Marín<sup>2</sup>, Alvaro Vergés<sup>2 3</sup>, Rodrigo Gillibrand<sup>4</sup>, Paula Repetto<sup>2 3</sup>

Affiliations + expand  
 PMID: 35251529 PMCID: PMC8890535 DOI: 10.1080/20008198.2022.2031829  
[Free PMC article](#)

  
 EUROPEAN JOURNAL OF PSYCHOTRAUMATOLOGY  
 2019, VOL. 10, 1695486  
<https://doi.org/10.1080/20008198.2019.1695486>

 OPEN ACCESS 

**REVIEW ARTICLE**  
**Early psychological intervention following recent trauma: A systematic review and meta-analysis**

Neil P. Roberts<sup>a,b</sup>, Neil J. Kirchner<sup>c,d</sup>, Justin Kenardy<sup>e,f</sup>, Catrin F. Lewis<sup>e,g</sup> and Jonathan I. Bisson<sup>e,h</sup>

<sup>a</sup>Psychology & Psychological Therapies Directorate, Cardiff & Vale University Health Board, Cardiff, UK; <sup>b</sup>Division of Psychological Medicine and Clinical Neurosciences, Cardiff University, Cardiff, UK; <sup>c</sup>Veterans' NHS Wales, Cardiff & Vale University Health Board, Cardiff, UK; <sup>d</sup>Psychology and Medicine, University of Queensland, Brisbane, Australia

  
 Received: 25 June 2019 | Revised: 4 December 2019 | Accepted: 3 January 2020  
 DOI: 10.1002/da.23015

**RESEARCH ARTICLE**

 ANXIETY AND DEPRESSION  
 ASSOCIATION OF AMERICA WILEY

**Investigation of optimal dose of early intervention to prevent posttraumatic stress disorder: A multiarm randomized trial of one and three sessions of modified prolonged exposure**

Jessica L. Maples-Keller<sup>1</sup> | Loren M. Post<sup>1</sup> | Matthew Price<sup>2</sup> |  
 Jessica M. Goodnight<sup>1</sup> | Mark S. Burton<sup>1</sup> | Carly W. Yasinski<sup>1</sup> |  
 Vasiliki Michopoulos<sup>3,4</sup> | Jennifer S. Stevens<sup>1</sup> | Rebecca Hinrichs<sup>1</sup> |  
 Alex O. Rothbaum<sup>4</sup> | Lauren Hudak<sup>1</sup> | Debra Houry<sup>5</sup> | Tanja Jovanovic<sup>1</sup> |  
 Kerry Ressler<sup>6</sup> | Barbara O. Rothbaum<sup>1</sup>



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## Results

Feasible study procedures and provision of the intervention

Mean login in the digital platform almost daily

The majority of participants completed all modules

All participants reported being 'very satisfied' or 'satisfied' with the intervention and would recommend the intervention to others

Intervention overall appropriate, tolerable, effective and coherent

No serious adverse events



**European Journal of Psychotraumatology**

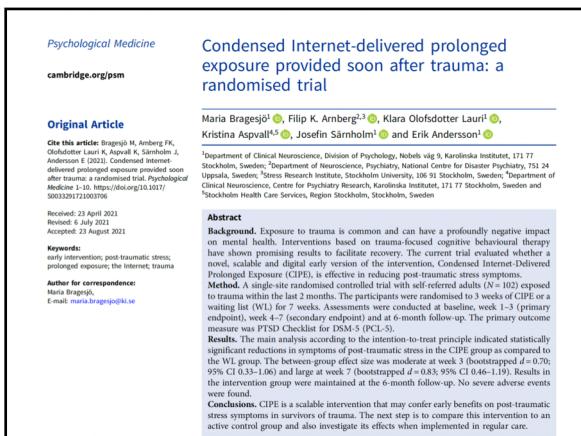
**Demanding and effective: participants' experiences of internet-delivered prolonged exposure provided within two months after exposure to trauma**

Maria Bragesjö, Filip K. Arnborg, Anna Jelbring, Johannes Nolkrantz, Josefin Särnholm, Klara Olofsdotter Lauri, Camilla von Below & Erik Andersson

To cite this article: Maria Bragesjö, Filip K. Arnborg, Anna Jelbring, Johannes Nolkrantz, Josefin Särnholm, Klara Olofsdotter Lauri, Camilla von Below & Erik Andersson (2021) Demanding and effective: participants' experiences of internet-delivered prolonged exposure provided within two months after exposure to trauma. European Journal of Psychotraumatology, 12:1, 1885193, DOI: 10.1080/20008198.2021.1885193

To link to this article: <https://doi.org/10.1080/20008198.2021.1885193>

Maria Bragesjö 4 October 2021



**Psychological Medicine**

[cambridge.org/psm](http://cambridge.org/psm)

**Original Article**

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**Author for correspondence:**  
Maria Bragesjö,  
E-mail: maria.bragesjo@ki.se

**Condensed Internet-delivered prolonged exposure provided soon after trauma: a randomised trial**

Maria Bragesjö<sup>1</sup>, Filip K. Arnborg<sup>2,3</sup>, Klara Olofsdotter Lauri<sup>1</sup>, Kristina Aspval<sup>4,5</sup>, Josefin Särnholm<sup>1</sup> and Erik Andersson<sup>1</sup>

<sup>1</sup>Department of Clinical Neuroscience, Division of Psychology, Nobels väg 9, Karolinska Institutet, 171 77 Stockholm, Sweden; <sup>2</sup>Department of Neuroscience, Psychiatry, National Centre for Disaster Psychiatry, 753 24 Uppsala, Sweden; <sup>3</sup>Stress Research Institute, Stockholm University, 106 91 Stockholm, Sweden; <sup>4</sup>Department of Clinical Neuroscience, Centre for Psychiatry Research, Karolinska Institutet, 171 77 Stockholm, Sweden and <sup>5</sup>Stockholm Health Care Services, Region Stockholm, Stockholm, Sweden

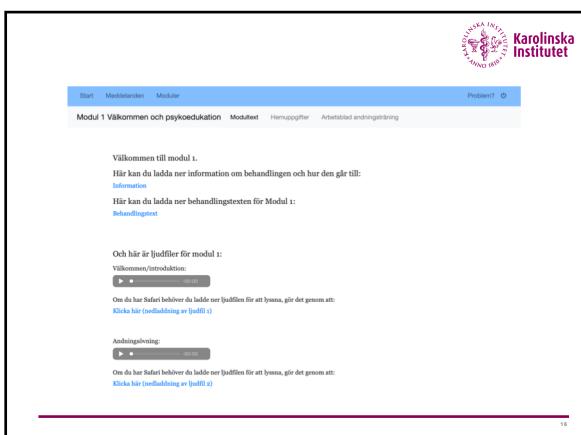
**Abstract**

**Background.** Exposure to trauma is common and can have a potentially negative impact on mental health. Internet-based cognitive behavioral therapy have shown promising results to facilitate recovery. The current trial evaluated whether a novel, scalable and digital early version of the intervention Condensed Internet-Delivered Prolonged Exposure (CIPEx), is effective in reducing post-traumatic stress symptoms.

**Method.** A single-site randomised controlled trial with a waiting-list control ( $N = 10$ ) exposed to trauma within the last 2 months. Participants were randomised to 3 weeks of CIPEx or a waiting list (WL) for 7 weeks. Assessments were conducted at baseline, week 1–3 (primary endpoint), week 4–7 (secondary endpoint) and at 6-month follow-up. The primary outcome measure was PTSD Checklist for DSM-5 (PCL-5).

**Results.** Results showed that CIPEx was more effective than the control group. In terms of effect size, statistically significant reductions in symptoms of post-traumatic stress in the CIPEx group as compared to the WL group. The between group effect size was moderate at week 3 (bootstrapped  $d = 0.70$ ; 95% CI 0.33–1.06) and large at week 7 (bootstrapped  $d = 0.83$ ; 95% CI 0.46–1.19). Results in the intervention group were maintained at the 6-month follow-up. No severe adverse events were reported.

**Conclusions.** CIPEx is a scalable intervention that may confer early benefits on post-traumatic stress symptoms in survivors of trauma. The next step is to compare this intervention to an active control group and also investigate its effects when implemented in regular care.



Välkommen till modul 1.  
Här kan du ladda ner information om behandlingen och hur den går till:  
**Hantering**  
Här kan du ladda ner behandlingstexten för Modul 1:  
**Behandlingsplan**

Och här är ljudfiler för modul 1:  
**Välkommen/introduction**  
On du har Safari behöver du ladda ner ljudfilen för att lyssna, gör det genom att:  
Klicka här (meddelande av [info] 1)

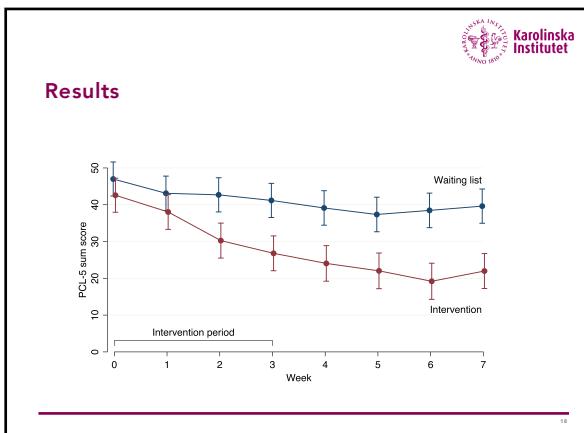
Ambulansläggning:  
On du har Safari behöver du ladda ner ljudfilen för att lyssna, gör det genom att:  
Klicka här (meddelande av [info] 2)

**Resultat**

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		Cohens d week 3	Cohens d week 7	
PCL-5	sum	0.71*	0.83*	Large effectsize
	intrusions	0.64*	0.78*	Moderate effectsize
	avoidance	0.96*	0.93*	
	hyperarousal	0.43*	0.54*	Small effectsize
	cognitions/mood	0.64*	0.83*	

\* $p < .05$



## SAMMANFATTNING



Erbjudanden via Natur och Kultur

Köp böckerna "Prolonged exposure" och "Ta tillbaka ditt liv" med 25 % rabatt på [nok.se!](#) Ange koden **ptsd** så dras rabatten. Erbjudandet gäller t.o.m. 31/3 2022.

Edna B. Foa  
Elizabeth A. Cashman  
Stephen J. Jaycox  
Sheila A. McRee

Prolonged exposure terapeutmanual  
2:a utgåvan  
Emotionell bearbetning vid ptsd

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