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

Maria Bragesjö  
Specialistpsykiolog 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)*

Cartier 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](#)

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




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

REVIEW ARTICLE OPEN ACCESS [Check for updates](#)

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

Neil P. Roberts , Neil J. Kitchiner , Justin Kenardy , Catrin E. Lewis  and Jonathan I. Bisson 

<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

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





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



ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA WILEY

RESEARCH ARTICLE

**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>1,3</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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### Resultat

		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*	Large effectsize
	hyperarousal	0.43*	0.54*	Small effectsize
	cognitions/mood	0.64*	0.83*	Moderate effectsize

\*p < .05

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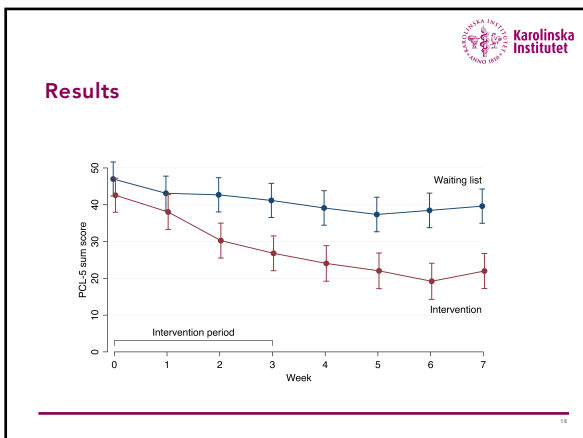
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### SAMMANFATTNING

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**Erbjudanden via Natur och Kultur**

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

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