
PSYCHOSOCIAL GROUP INTERVENTIONS ON BAM EARTHQUAKE RELATED PTSD SYMPTOMS IN ADOLESCENTS

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Introduction: Psychological debriefing is a way for prevention and reducing post traumatic stress disorder (PTSD) symptoms. Many studies have shown the efficacy of cognitive behavioral therapy in treatment of PTSD. Few evidence is available for using of these techniques in large scale disasters.

Objective&Aims: This study was carried out to evaluate the efficacy of psychological debriefing and cognitive-behavioral group therapy combination on Bam earthquake-related PTSD symptoms in adolescents.

Methods: In a before-after trial, we evaluated the efficacy of one session psychological debriefing and three sessions of group cognitive-behavioral therapy in Bam earthquake adolescents survivors with PTSD symptoms. The mean age of participants was 16.4 years and no one had severe PTSD or other psychiatric disorder that needed pharmacological intervention. Before, immediately and 3 months after interventions we evaluated PTSD symptoms using Clinical Administrated PTSD Scale for DSM-IV and analyzed them.

Results: 30 persons were included in the study, 8 of whom were excluded during interventions because of migration. The mean frequency of PTSD symptoms reduced immediately after interventions which was statistically significant ($P < 0.05$). There was no efficacy for intensity and severity.

Conclusions: Psychological debriefing and group cognitive-behavioral therapy may be effective in reducing the frequency of avoidance symptoms.