Psychological and pharmacological treatments for adults with Posttraumatic Stress Disorder (PTSD)

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The purpose of this review is to assess efficacy, comparative effectiveness, and harms of psychological and pharmacological treatments for adults with PTSD. Results support the efficacy of exposure therapy for improving PTSD symptoms cognitive processing therapy (CPT), cognitive therapy (CT), cognitive behavioral therapy (CBT)-mixed therapies, eye movement desensitization and reprocessing (EMDR), and narrative exposure therapy for improving PTSD symptoms and/or achieving loss of diagnosis. Evidence also supports the efficacy of the medications fluoxetine, paroxetine, sertraline, topiramate, and venlafaxine for improving PTSD symptoms.

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