

Australian Guidelines for the Prevention and Treatment of Acute Stress Disorder, Posttraumatic Stress Disorder and Complex PTSD

Summary of recommendation changes

Intervention	2020 recommendation	2021 recommendation
Brief Individual Trauma Processing therapies	<p style="background-color: #FFD700; display: inline-block; padding: 2px;">Insufficient evidence</p> <p style="color: #C00000;">For adults within the first three months following exposure to a potentially traumatic event, there was insufficient evidence to make a recommendation on brief individual trauma processing therapy.</p>	<p style="background-color: #00A68F; color: white; display: inline-block; padding: 2px;">Research recommendation</p> <p>For adults within the first three months following exposure to a potentially traumatic event, we suggest usual practice in preference to brief individual trauma processing therapy.</p> <p>There is emerging evidence for brief individual trauma processing therapy for adults within the first three months following exposure to a potentially traumatic event, and this could be used in a research context.</p>
Exercise for adults with PTSD	<p style="background-color: #00A68F; color: white; display: inline-block; padding: 2px;">Research recommendation</p> <p style="color: #C00000;">For adults with PTSD we recommend offering TF-CBT, PE, CT, CPT or EMDR in preference to exercise.</p> <p style="color: #C00000;">There is emerging evidence for exercise and this could be used in a research context.</p>	<p style="background-color: #ADD8E6; display: inline-block; padding: 2px;">Practice statement</p> <p>The Guideline Development Group supports the use of exercise to promote general wellbeing.</p>

Brief 3MDR for adults with PTSD	N/A	<p>Research recommendation</p> <p>For adults with PTSD we recommend offering TF-CBT, PE, CT, CPT, or EMDR in preference to 3MDR.</p> <p>There is emerging evidence for 3MDR and this could be used in a research context.</p>
TF-CBT for adults with PTSD delivered via telehealth (videoconferencing)	N/A	<p>Conditional</p> <p>For adults with PTSD where face-to-face trauma-focused cognitive behavioural therapies or EMDR are unavailable or unacceptable, we suggest offering TF-CBT delivered via telehealth.</p> <p>Research recommendation</p> <p>Further research is needed to better understand the factors affecting patient preferences for delivery of face-to-face TF-CBT versus telehealth.</p>
TF- CBT for adults with comorbid PTSD and severe mental illness	N/A	<p>Research recommendation</p> <p>There is emerging evidence for TF-CBT for adults with comorbid PTSD and severe mental illness, and this could be used in a research context.</p>
TF- CBT for adults with comorbid PTSD and Substance Use Disorder	N/A	<p>Conditional</p> <p>For adults with comorbid PTSD and Substance Use Disorder, we suggest TF-CBT in preference to treatment as usual.</p>
Non-TF-CBT for adults with comorbid PTSD and Substance Use Disorder	N/A	<p>Conditional</p> <p>For adults with comorbid PTSD and Substance Use disorder, where TF-CBT is unavailable or unacceptable, we suggest non-TF-CBT (Seeking Safety or Integrated CBT).</p>

NHMRC note - these recommendations are designed to be viewed in MAGICApp, an online guideline development and publication tool (app.magicapp.org) where the acronyms used above are explained. For clarity the acronyms used are: 3MDR - Multi-modular Memory Desensitization and Reconsolidation, EMDR - Eye Movement Desensitization and Reprocessing, TF-CBT – Trauma-focussed cognitive behavioural therapy, PE – Prolonged Exposure, CT – Cognitive Therapy, CPT – Cognitive Processing Therapy