

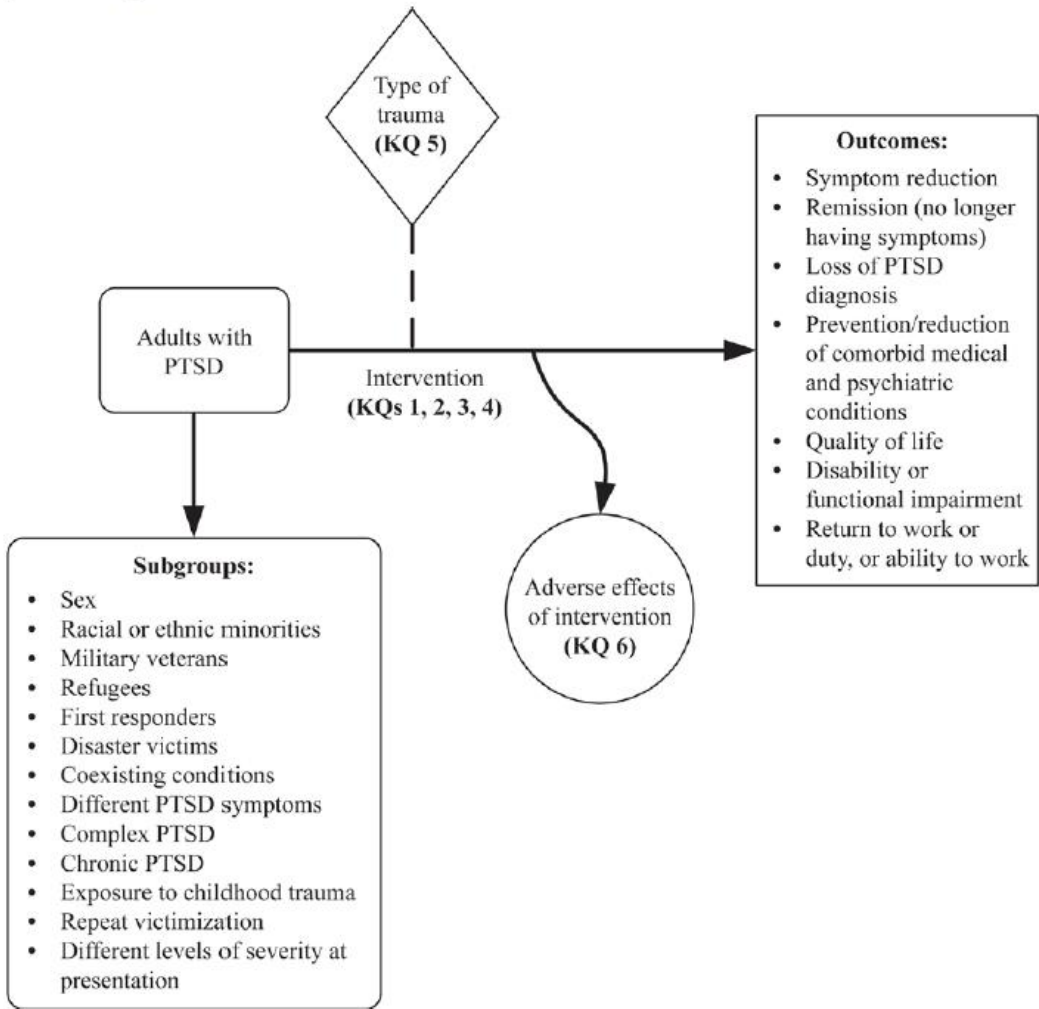
## **Prior Key Questions from the 2013 Systematic Review on Psychological and Pharmacological Treatments for Adults With Posttraumatic Stress Disorder (PTSD)**

### **Scope and Key Questions**

The main objective of the report was to conduct a systematic review and meta-analysis of the efficacy and comparative effectiveness and harms of psychological and pharmacological interventions for adults with post-traumatic stress disorder (PTSD). The Key Questions were:

1. What is the comparative effectiveness of different psychological treatments for adults diagnosed with PTSD?
2. What is the comparative effectiveness of different pharmacological treatments for adults diagnosed with PTSD?
3. What is the comparative effectiveness of different psychological treatments versus pharmacological treatments for adults diagnosed with PTSD?
4. How do combinations of psychological treatments and pharmacological treatments (e.g., CBT plus paroxetine) compare with either one alone (i.e., one psychological or one pharmacological treatment)?
5. Are any of the treatment approaches for PTSD more effective than other approaches for victims of particular types of trauma?
6. What adverse effects are associated with treatments for adults diagnosed with PTSD?

Figure A. Analytic framework for the comparative effectiveness of psychological treatments and pharmacological treatments for adults with PTSD



## Questions to Guide the Scoping Discussion

PCORI will be conducting a targeted update of the prior systematic review. One emphasis for PCORI's new Evidence Synthesis Program is on achieving the relatively rapid deployment of rigorous, relevant, and actionable comparative effectiveness research, placed in context, for a wide variety of stakeholders. For this reason we are seeking your assistance in identifying the current highest priority areas from the prior comprehensive review to refine and focus the scope for this update.

1. The prior review found moderate or high strength of evidence to support the efficacy of a range of psychological treatments in improving PTSD symptoms and achieving loss of PTSD diagnosis (e.g., cognitive processing therapy, cognitive therapy, exposure therapy, cognitive behavioral therapy). Given this, are there ways to focus key question 1 for this update to maximize its potential for providing new information without inadvertently omitting important intervening evidence (e.g., restrict evaluation of non-head-to-head comparative trials to new therapies; repeat the search for direct comparative evidence as to which [or whether a] specific psychological modality was most effective, given the paucity of this evidence in the prior report)?
2. The prior review found moderate strength of evidence for the efficacy of some pharmacologic agents in improving PTSD symptoms, achieving remission, and/or improving depression symptoms. There was little head-to-head evidence to determine whether pharmacologic treatments differ in their efficacy, and a network meta-analysis provided only low strength of evidence to address this question. In what ways, in any, would you recommend refining key question 2 for this update given these findings?
3. How highly would you prioritize key question 4, related to the relative efficacy of combinations of pharmacologic and psychological treatments versus the use of those single interventions alone?
4. We presume that understanding heterogeneity of treatment effect—that is, whether some treatments provide greater benefits to specific subgroups of patients—would be of value. Does key question 5 optimally address this question by framing it in terms of the type of trauma experienced, or are there other patient characteristics that you think are important to be evaluated in this update?
5. What would you say represents the most compelling or controversial clinical question related to PTSD right now?
6. Is there anything that is emerging in PTSD treatment since the prior review that you feel needs to be addressed by this update? Is something critical missing?
7. Do you have any other comments for us on behalf of your organization?

Thank you again on behalf of PCORI for your time and your assistance!