Aims and Objectives

The aim of this research is to determine if trauma-focused guided self help (GSH) using a web-based programme provides a faster and cheaper treatment for Post-Traumatic Stress Disorder (PTSD) than individual trauma-focused cognitive behavioural therapy (TFCBT), whilst being equally effective.

Inclusion:

• Aged 18 or over.
• Screen positive for PTSD on the Traumatic Screening Questionnaire following a single traumatic event experienced at any age.
• Regular access to the internet in order to complete the modules and homework required by the Guided Self Help programme.
• After a two week monitoring period, continue to meet Clinician Administered PTSD Scale (CAPS-5) criteria for mild to moderate PTSD (less than 50 on the CAPS-5).

Exclusion:

• Inability to read and write fluently in English.
• Previous completion of a course of trauma-focused psychological therapy for PTSD.
• Currently engaged in a psychological therapy.
• Change in psychotropic medication in last four weeks.
• Psychosis.
• Substance dependence.
• Active suicide risk.

Chief Investigator
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Principal Investigator
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Start Date
16/10/2017

End Date
31/12/2019