

Best Evidence Summaries of Topics in Mental Healthcare

BEST in MH *clinical question-answering service*

Question

“In patients with Post-Traumatic Stress Disorder (PTSD), how effective are Trauma-Releasing Exercises (TRE) for treating PTSD?”

Clarification of question using PICO structure

Patients: Patients with PTSD
Intervention: Trauma-Releasing Exercises
Comparator: Any
Outcome: Any PTSD-related outcomes

Clinical and research implications

No relevant systematic review and randomised controlled trial evidence was found to answer this question.

What does the evidence say?

Number of included studies/reviews (number of participants)

N/A

Main Findings

N/A

Authors Conclusions

N/A

Reliability of conclusions/Strength of evidence

N/A

What do guidelines say?

Neither National Institute for Health and Care Excellence (NICE) nor Scottish Intercollegiate Guidelines Network (SIGN) guidelines comment upon the use of trauma-releasing exercises for treating PTSD.

Date question received: 23/12/2014

Date searches conducted: 07/01/2015

Date answer completed: 07/01/2015

Search Details

Source	Search Strategy	Number of hits	Relevant evidence identified
<i>SRs and Guidelines</i>			
NICE	ptsd trauma releasing excercise	3	0
DARE	1 (PTSD OR (post-traumatic) OR (post adj2 traumatic)) IN DARE 215 Delete 2 MeSH DESCRIPTOR Stress Disorders, Post-Traumatic EXPLODE ALL TREES 125 Delete 3 (exercise* OR physical*) IN DARE 4215 Delete 4 MeSH DESCRIPTOR Exercise EXPLODE ALL TREES 1022 Delete 5 MeSH DESCRIPTOR Exercise Movement Techniques EXPLODE ALL TREES 227 Delete 6 MeSH DESCRIPTOR Exercise Therapy EXPLODE ALL TREES 958 Delete 7 #1 OR #2 251 Delete 8 #3 OR #4 OR #5 OR #6 4687 Delete 9 #7 AND #8 31 Delete	31	0
<i>Primary studies</i>			
CENTRAL	#1 "trauma releasing exercise" 0 #2 "trauma releas*" 1 #3 "stress releas*" 2 #4 TRE 173 #5 #2 or #3 or #4 176 #6 "POST TRAUMATIC STRESS DISORDER" 615 #7 PTSD 1373 #8 #6 or #7 1638 #9 #8 and #5 2 Central only 1	1	0
PsycINFO	1. PsycINFO; POSTTRAUMATIC STRESS DISORDER/; 22695 results.	7	0

	<p>2. PsycINFO; PTSD.ti,ab; 20937 results.</p> <p>3. PsycINFO; 1 OR 2; 26461 results.</p> <p>4. PsycINFO; "Trauma releasing exercise*".ti,ab; 1 results.</p> <p>5. PsycINFO; TRE.ti,ab; 70 results.</p> <p>6. PsycINFO; "trauma release*".ti,ab; 2 results.</p> <p>7. PsycINFO; "stress release*".ti,ab; 31 results.</p> <p>8. PsycINFO; 4 OR 5 OR 6 OR 7; 104 results.</p> <p>9. PsycINFO; 3 AND 8; 7 results.</p>		
Embase	<p>20. EMBASE; "Trauma releasing exercise*".ti,ab; 0 results.</p> <p>21. EMBASE; POSTTRAUMATIC STRESS DISORDER/; 36496 results.</p> <p>22. EMBASE; PTSD.ti,ab; 16824 results.</p> <p>23. EMBASE; 21 OR 22; 37232 results.</p> <p>24. EMBASE; "Trauma releasing exercise*".ti,ab; 0 results.</p> <p>25. EMBASE; TRE.ti,ab; 2205 results.</p> <p>26. EMBASE; "trauma release*".ti,ab; 23 results.</p> <p>27. EMBASE; "stress release*".ti,ab; 159 results.</p> <p>28. EMBASE; 24 OR 25 OR 26 OR 27; 2387 results.</p> <p>29. EMBASE; 23 AND 28; 6 results.</p> <p>30. EMBASE; "trauma releas*".ti,ab; 23 results.</p>	23	0
Medline	<p>10. MEDLINE; POSTTRAUMATIC STRESS DISORDER/; 23188 results.</p> <p>11. MEDLINE; PTSD.ti,ab; 14162 results.</p> <p>12. MEDLINE; 10 OR 11; 26140 results.</p> <p>13. MEDLINE; "Trauma releasing exercise*".ti,ab; 0 results.</p> <p>14. MEDLINE; TRE.ti,ab; 2139 results.</p> <p>15. MEDLINE; "trauma release*".ti,ab; 15 results.</p> <p>16. MEDLINE; "stress release*".ti,ab; 157 results.</p> <p>17. MEDLINE; 13 OR 14 OR 15 OR 16; 2311 results.</p> <p>18. MEDLINE; 12 AND 17; 3 results.</p> <p>19. MEDLINE; "trauma releas*".ti,ab; 15 results.</p>	15	0
Summary	NA	NA	

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