EMDR Current Research Listing

A project of the EMDR Research Foundation to provide a listing of EMDR Therapy research projects currently in process worldwide. This list is intended to include all current research projects related to EMDR Therapy and is not limited to projects supported by the Foundation.

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Publish E-mail Address in listing?	Yes
Country/Region	Australia, Germany and Netherlands
Contact Information	Arnoud Arntz Department of Clinical Psychology University of Amsterdam the Netherlands PO Box 15933 1001 NK Amsterdam the Netherlands
Project Title	The IREM trial: Imagery Rescripting (ImRs) vs. Eye Movement Desensitization and Reprocessing (EMDR) as treatment of childhood-trauma related PTSD in adults.
Date of Report	03/17/2016
Date of Report	Initial
Brief project description:	An international RCT comparing EMDR and Imagery Rescripting as treatment for PTSD related to childhood trauma. The study aims to compare effects and mechanisms of change, as well assess views of patients on the treatment.
Project Summary/Description	There is little evidence regarding the best approach to treatment for adults with PTSD related to childhood trauma experiences. Researchers have suggested that these individuals have complex symptom presentations which impact treatment efficacy. EMDR and Imagery Rescripting are trauma-focused treatments which are considered well tolerable for individuals as there is no extensive exposure to traumatic material. Therefore, the purpose of this project is to compare EMDR and Imagery Rescripting for treatment adults with PTSD related to childhood trauma experiences before the age of 16. This project is an international randomized clinical trial which will investigate effectiveness of treatment on PTSD and other symptoms associated with childhood trauma experiences. In addition this research will also seek to explore the underlying mechanisms of the treatment processes. Lastly, views of patients on treatment will be studied using in-depth interviews to help better understand what treatment mechanisms are and to improve the treatment protocols. The project aims to recruit 142 participants and assessment will be from baseline until 1-year follow up. Anticipated completion date of 2018.

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	Participants that meet DSM-IV criteria for PTSD, as assessed with the SCID-I or MINI, with the index trauma happened before the age of 16 will be recruited in sites in Australia, Germany and the Netherlands. After assessing in- and exclusion criteria, they will be centrally randomized by an independent person to treatment. In times there is natural waitlist at the site, assessments at start and end of waitlist will be done, to form a naturalistic comparison condition for time effects. Randomization to treatment condition is done after wait. Both treatments consist of 12 sessions of max. 90 minutes each twice a week. The CAPS-5 is the primary outcome. Secondary outcomes include: 1. Self-reported PTSD-symptoms assessed with the Impact of Events Scale – Revised (IES-R, Creamer et al., 2003), at every assessment as well as at start of every session. 2. Depression is assessed with the BDI-II. 3. PTSD-related cognitions is assessed with the PTCI. 4. Guilt will be assessed with the Trauma-Related Guilt Inventory (TRGI). 5. Shame will be assessed with the Trauma-Related Shame Inventory (TRSI) 6. Anger will be assessed with the Self Expression and Control Scale (SECS)), and with the hostility subscale of the SCL-90. 7. General, social and societal functioning will be assessed with the WHODAS, as interview taken by the research assistant who is blind for condition. 8. Remoralization is measured with the Remoralization questionnaire. 9. Happiness is assessed with the 1-item happiness question. 10. Dissociative Experiences Scale (DES-T) 11. Medication use will be monitored during treatment and at one-year follow-up. 12. Vividness, valence and encapsulated belief(s) will be assessed by having the participants rate these aspects on a 0-100% scale immediately after shortly imagining their memory of the index trauma. With a sample size of N=128 the study is powered at 80% to detect a medium effect size of Cohen's d = .5 at a two-tailed significance level of .05. To replace early dropouts (estimated 10%) the sample size is increased to N=142. There is a couple of ancillary studies that are executed along the trial but not presented here.
Funding Source(s)	participating institutes
Anticipated end date	12-31-2018
Conceptualization and Design	Completed

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Data Collection	In Progress
Data Analysis	In Progress
Writing the Study	In Progress
Presented as a Poster or Presentation	Not Planned
Poster or presentation citation	
Handout file	
Dissertation or thesis	
Dissertation or thesis	
Submitted for Publication	No
Name(s) of Publications submitted	
Accepted for Publication	
Publication citation	
Publication	
General comments:	
Listing Notes	

Go to www.emdrresearchfoundation.org/emdr-current-research-listing to see other ongoing EMDR therapy research projects that have been submitted and to view any updates submitted by the principal investigator of this study. We invite all researchers to submit information about current EMDR research.