Logo, company name

Description automatically generatedEMDR Meta-Analyses and Systematic Reviews

\*Note: Please be aware that this may not be an exhaustive list, email [info@emdria.org](mailto:info@emdria.org) with additions.

Adams, R., Ohlsen, S., & Wood, E. (2020). Eye movement desensitization and reprocessing (EMDR) for the treatment of psychosis: A systematic review. *European Journal of Psychotraumatology, 11*(1): 1711349. Open access: <https://doi.org/10.1080/20008198.2019.1711349> **(PSYCHOSIS)**

Adler-Tapia, R., & Settle, C. (2009). Evidence of the efficacy of EMDR with children and adolescents in individual psychotherapy:A review of the research published in peer-reviewed journals. *Journal of EMDR Practice and Research, 3(*4), 232-247. Open access:<https://doi.org/10.1891/1933-3196.3.4.232>  **(CHILDREN, ADOLESCENTS, PTSD)**

Alshahrani, K. M., Johnson, J., Prudenzi, A., & O’Connor, D. B. (2022). The effectiveness of psychological interventions for reducing PTSD and psychological distress in first responders: A systematic review and meta-analysis. *PLOS ONE, 17*(8): e0272732. Open Access: <https://doi.org/10.1371/journal.pone.0272732> **(FIRST RESPONDERS)**

Baas, M. A., van Pampus, M. G., Braam, L., Stramrood, C. A., & de Jongh, A. (2020). The effects of PTSD treatment during pregnancy: Systematic review and case study. *European Journal of Psychotraumatology, 11(*1), 1762310. Open access: <https://doi.org/10.1080/20008198.2020.1762310> **(PERINATAL ISSUES, PREGNANCY, PTSD)**

Bahji, A., Di Nota, P. M., Groll, D., Carleton, R. N., & Anderson, G. S. (2022). Psychological interventions for post-traumatic stress injuries among public safety personnel: A systematic review and meta-analysis. *BMC Systematic Review, 11*, 255. Open access: <https://doi.org/10.1186/s13643-022-02112-1> **(FIRST RESPONDERS)**

Balbo, M., Zaccagnino, M., Cussino, M., & Civilotti, C. (2017). Eye movement desensitization and reprocessing (EMDR) and eating disorders: A systematic review. *Clinical Neuropsychiatry, 14*(5), 321-329. Open access: <https://www.clinicalneuropsychiatry.org/clinical-neuropsychiatry-volume-14-issue-5-october-2017/> **(EATING DISORDERS)**

Balkin, R. S., Lenz, A. S., Russo, G. M., Powell, B. W., & Gregory, H. M. (2021). Effectiveness of EMDR for decreasing symptoms of over-arousal: A meta-analysis. *Journal of Counseling & Development, 100*(2), 115-122. <https://doi.org/10.1002/jcad.12418>

Barron, I., Bourgaize, C., Lempertz, D., Swinden, C., & Darker-Smith, S. (2019). Eye movement desensitization reprocessing for children with posttraumatic stress disorder: A systematic narrative review. *Journal of EMDR Practice and Research, 13(*4), 270-283. Open access: <http://dx.doi.org/10.1891/1933-3196.13.4.270> **(CHILDREN, ADOLESCENTS, PTSD)**

Bennet, R. S., Denne, M., McGuire, R., & Hiller, R. M. (2020). A systematic review of controlled trials for PTSD in maltreated children and adolescents. *Child Maltreatment 26*(3), 325-343. [https://doi.org/10.1177/1077559520961176](https://doi.org/10.1177%2F1077559520961176) **(CHILDREN, ADOLESCENTS, PTSD)**

Bisson, J. I., Roberts, N. P., Andrew, M., Cooper, R., & Lewis, C. (2013). Psychological therapies for chronic post-traumatic stress disorder (PTSD) in adults. *Cochrane Database of Systematic Reviews, Issue 12,* Article no CD003388. doi:10.1002/14651858.CD003388.pub4. Retrieved from: <https://www.cochrane.org/CD003388/DEPRESSN_psychological-therapies-chronic-post-traumatic-stress-disorder-ptsd-adults> **(PTSD)**

Boccia, M., Piccardi, L., Cordellieri, P., Guariglia, C., & Giannini, A. M. (2015). EMDR therapy for PTSD after motor vehicle accidents: Meta-analytic evidence for specific treatment. *Frontiers in Human Neuroscience,* 00213. Open access: <https://doi.org/10.3389/fnhum.2015.00213> **(MOTOR VEHICLE ACCIDENTS, PTSD)**

Bogolyubova, O. & Lovakov, A. (2022). What do we know about EMDR therapy research? A bibliometric analysis. *Journal of EMDR Practice and Research, 16*(2), 76-91. <http://dx.doi.org/10.1891/EMDR-2021-0008>

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Byrne, G. (2020). A systematic review of treatment interventions for individuals with intellectual disability and trauma symptoms: A review of the recent literature. *Trauma, Violence, and Abuse,* *23*(2), 541-554. [https://doi.org/10.1177/1524838020960219](https://doi.org/10.1177%2F1524838020960219) **(IDD)**

Carletto, S., Malandrone, F., Berchialla, P., Oliva, F., Colombi, N., Hase, M., Hofmann, A., & Ostacoli, L. (2021). Eye movement desensitization and reprocessing for depression: A systematic review and meta-analysis. *European Journal of Psychotraumatology, 12*, 1894736. Open access: <https://doi.org/10.1080/20008198.2021.1894736> **(DEPRESSION)**

Carletto, S., Ostacoli, L., Colombi, N., Calorio, L., Oliva, F., Fernandez, I., & Hofmann, A. (2017). EMDR for depression: A systematic review of controlled studies. *Clinical Neuropsychiatry, 14*(5), 306-312. Open access: <https://www.clinicalneuropsychiatry.org/clinical-neuropsychiatry-volume-14-issue-5-october-2017/> **(DEPRESSION)**

Castelli Gattinara, P., & Pallini, S. (2017). The use of EMDR with refugees and asylum seekers: A review of research studies. *Clinical Neuropsychiatry, 14*(5), 341-344. Open access: <https://www.clinicalneuropsychiatry.org/clinical-neuropsychiatry-volume-14-issue-5-october-2017/> **(REFUGEE)**

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Chen, R., Hung, K. W., Tsai, J. C., Chu, H., Chung, M. H., Chen, S. R., Liao, Y. M., Ou, K. L., Chang, Y. C., & Chou, K. R. (2014). Efficacy of eye-movement desensitization and reprocessing for patients with posttraumatic-stress disorder: A meta-analysis of randomized controlled trials. *PloS one, 9*(9), e103676. Open access: <https://doi.org/10.1371/journal.pone.0103676>. **(PTSD)**

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de Jongh, A., Resick, P. A., Zoellner, L. A., van Minnen, A., Lee, C. W., Monson, C. M., Foa, E. B., Wheeler, K., ten Broeke, E., Feeny, N., Rauch, S. A. M., Chard, K., Mueser, K. T., Sloan, D. M., van der Gaag, M., Rothbaum, B. O., Neuner, F., de Roos, C., Hehenkamp, L. M. J., Rosner, R., & Bicanic, I. A. E. (2016). Critical analysis of the current treatment guidelines for complex PTSD in adults. *Depression and Anxiety, 33*(5), 359-369. <https://doi.org/10.1002/da.22469> **(COMPLEX PTSD, ADULTS)**

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Faretta, E., & Leeds, A. (2017). EMDR therapy of panic disorder and agoraphobia: A review of the existing literature. *Clinical Neuropsychiatry, 14*(5), 330-340. Open access: <https://www.clinicalneuropsychiatry.org/clinical-neuropsychiatry-volume-14-issue-5-october-2017/> **(PHOBIA, PANIC DISORDER)**

Gillies, D., Maiocchi, L., Bhandari, A P., Taylor, F., Gray, C., & O’Brien, L. (2016). Psychological therapies for children and adolescents exposed to trauma. *Cochrane Database of Systematic Reviews, 10, CD012371.* Open access: <https://doi.org/10.1002/14651858.CD012371> **(CHILDREN, ADOLESCENTS, PTSD)**

Gillies, D., Taylor, F., Gray, C., O’Brien, L., & D’Abrew, N. (2013). Psychological therapies for the treatment of post-traumatic stress disorder in children and adolescents (Review). *Evidence-Based Child Health: A Cochrane Review Journal, 8(*3), 1004-1116. <https://doi.org/10.1002/ebch.1916> **(CHILDREN, ADOLESCENTS, PTSD)**

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Grubaugh, A. L., Brown, W. J., Wojtalik, J. A., Myers, U. S., & Mack, S. M. (2021). Meta-analysis of the treatment of posttraumatic stress disorder in adults with comorbid severe mental illness. *The Journal of Clinical Psychiatry*, *82*(3), 20r13584. Open access: <https://doi.org/10.4088/jcp.20r13584> **(PTSD)**

Haerizadeh, M., Sumner, J. A., Birk, J. L., Gonzalez, C., Heyman-Kantor, R., Falzon, L., Gershengoren, L., Shapiro, P., & Kronish, I. M. (2019). Interventions for posttraumatic stress disorder symptoms induced by medical events: A systematic review. *Journal of Psychosomatic Research, 129*(1), 109908. <https://doi.org/10.1016/j.jpsychores.2019.109908> **(MEDICAL EVENTS, PTSD)**

Han, H-R., Miller, H. N., Nkimbeng, M., Budhathoki, C., Mikhael, T., Rivers, E., Gray, J., Trimble, K., Chow, S., & Wilson, P. (2021). Trauma informed interventions: A systematic review. *PLOS One, 16*(6), e0252747. <https://doi.org/10.1371/journal.pone.0252747> **(TRAUMA-INFORMED INTERVENTIONS)**

Ho, M. S. K., & Lee, C. W. (2012). Cognitive behaviour therapy versus eye movement desensitization and reprocessing for post-traumatic disorder – Is it all in the homework then? *European Review of Applied Psychology/Revue Europeenne de Psychologie Appliquee, 62*(4), 253-260. <https://doi.org/10.1016/j.erap.2012.08.001>

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Hoffman, V., Middleton, J. C., Feltner, C., Gaynes, B. N., Weber, R. P., Bann, C., Viswanathan, M., Lohr, K. N., Phil, M., M. A., Baker, C., & Green, J. (2018). *Psychological and pharmacological treatments for adults with posttraumatic stress disorder: A systematic review update.* Comparative Effectiveness Review, Number 207. (Prepared by the RTI International-University of North Carolina at Chapel Hill Evidence—based Practice Center under Contract NO. 290-2015-00011-I for AHRQ and PCORI). AHRQ Publication No. 18-EHC011-EF. PCORE Publication No. 2018-SR-01. Rockville, MD: Agency for Healthcare Research and Quality. Open access: <https://doi.org/10.23970/AHRQEPCCER207> **(PTSD)**

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Khan, A. M., Dar, S., Ahmed, R., Bachu, R., Adnan, M., & Kotapati, V. P. (2018). Cognitive behavioral therapy versus eye movement desensitization and reprocessing in patients with post-traumatic stress disorder: Systematic review and meta-analysis of randomized clinical trials. *Cureus, 10*(9). Open access: <http://dx.doi.org/10.7759/cureus.3250> **(PTSD)**

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Lewis, C., Roberts, N. P., Gibson, S., & Bisson, J. I. (2020). Dropout from psychological therapies for post-traumatic stress disorder (PTSD) in adults: Systematic review and meta-analysis. European *Journal of Psychotraumatology, 11*(1)*,* 1709709. Open access: <https://doi.org/10.1080/20008198.2019.1709709> **(PTSD)**

Lewey, J. H., Smith, C. L., Burcham, B., Saunders, N. L., Elfallal, D., & O’Toole, S. K. (2018). Comparing the effectiveness of EMDR and TF-CBT for children and adolescents: A meta-analysis. *Journal of Child & Adolescent Trauma, 11*(4), 457-472. <https://doi.org/10.1007/s40653-018-0212-1> **(CHILDREN, ADOLECENT)**

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Lohr, J. M., Kleinknecht, R. A., Tolin, D. F., & Barrett, R. H. (1995). The empirical status of the clinical application of eye movement desensitization and reprocessing. *Journal of Behavior Therapy and Experimental Psychiatry, 26*(4), 285-302. <https://doi.org/10.1016/0005-7916(95)00041-0>

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Macgowan, M. J., Naseh, M., & Rafieifar, M. (2022). Eye movement and reprocessing to reduce post-traumatic stress disorder and related symptoms among forcibly displaced people: A systematic review and meta-analysis. *Research on Social Work Practice, 32*(8), 863-877. <https://doi.org/10.1177%2F10497315221082223> **(PTSD, REFUGEE)**

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Maglione, M. A., Chen, C., Bialas, A., Motala, A., Chang, J., Akinniranye, O., & Hempel, S. (2021). Combat and operational stress control interventions and PTSD: A systematic review and meta-analysis. *Military Medicine,* usab310. <https://doi.org/10.1093/milmed/usab310> **(PTSD, MILITARY)**

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Mavranezouli, I., Megnin-Viggars, O., Daly, C., Dias, S., Welton, N. J., Stockton, S., Bhutani, G., Grey, N., Leach, J., Greenberg, N., Katona, C., El-Leithy, S., & Pilling, S. (2020). Psychological treatments for post-traumatic stress disorder in adults: A network meta-analysis. *Psychological Medicine, 50*(4), 542-555*.* <https://doi.org/10.1017/S0033291720000070> **(PTSD)**

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**Dissertations:**

Hammond, M. (2022). *Client and clinician experiences of eye movement desensitization and reprocessing (EMDR) therapy.* [DClinPsych Theses, University College Cork]. Open access: <https://creativecommons.org/licenses/by-nc-nd/4.0/>