

Onderzoek

Hieronder is een overzicht te vinden van RCTs en ongecontroleerde studies naar CBCT voor PTSS met een samenvatting van de gevonden impact op cliënten en hun naasten.

RCTs

- Davis, L. W., Luedtke, B. L., Monson, C., Siegel, A., Daggy, J. K., Yang, Z., Bair, M. J., Brustuen, B., & Ertl, M. (2021). Testing adaptations of cognitive-behavioral conjoint therapy for PTSD: A randomized controlled pilot study with veterans. *Couple and Family Psychology: Research and Practice*, 10(2), 71-86. <https://doi.org/10.1037/cfp0000148>
- Monson, C. M., Fredman, S. J., Macdonald, A., Pukay-Martin, N. D., Resick, P. A., & Schnurr, P. P. (2012). Effect of Cognitive-Behavioral Couple Therapy for PTSD: A Randomized Controlled Trial. *JAMA*, 308(7), 700. <https://doi.org/10.1001/jama.2012.9307>
- Monson, C. M., Pukay-Martin, N. D., Wagner, A. C., Crenshaw, A. O., Blount, T. H., Schobitz, R. P., Dondanville, K. A., Young-McCaughan, S., Mintz, J., Riggs, D. S., Brundige, A., Hembree, E. A., Litz, B. T., Roache, J. D., Yarvis, J. S., Peterson, A. L., & for the STRONG STAR Consortium. (2024). Cognitive-behavioural conjoint therapy versus prolonged exposure for PTSD in military service members and veterans: Results and lessons from a randomized controlled trial. *European Journal of Psychotraumatology*, 15(1). <https://doi.org/10.1080/20008066.2024.2330305>
- Morland, L. A., Knopp, K. C., Khalifian, C. E., Macdonald, A., Grubbs, K. M., Mackintosh, M.-A., Becker-Cretu, J. J., Sautter, F. J., Buzzella, B. A., Wrape, E. R., Glassman, L. H., Webster, K., Sohn, M. J., Glynn, S. M., Acierno, R., & Monson, C. M. (2022). A randomized trial of brief couple therapy for PTSD and relationship satisfaction. *Journal of Consulting and Clinical Psychology*, 90(5), 392-404. <https://doi.org/10.1037/ccp0000731>

Ongecontroleerde studies:

- Monson, C. M., Schnurr, P. P., Stevens, S. P., & Guthrie, K. A. (2004). Cognitive-behavioral couple's treatment for posttraumatic stress disorder: Initial findings. *Journal of Traumatic Stress*, 17(4), 341-344. <https://doi.org/10.1023/B:JOTS.0000038483.69570.5b>
- Monson, C. M., Fredman, S. J., Adair, K. C., Stevens, S. P., Resick, P. A., Schnurr, P. P., MacDonald, H. Z., & Macdonald, A. (2011). Cognitive-behavioral conjoint therapy for PTSD: Pilot results from a community sample. *Journal of Traumatic Stress*, 24(1), 97-101. <https://doi.org/10.1002/jts.20604>
- Schumm, J. A., Fredman, S. J., Monson, C. M., & Chard, K. M. (2013). Cognitive-Behavioral Conjoint Therapy for PTSD: Initial Findings for Operations Enduring and

- Iraqi Freedom Male Combat Veterans and Their Partners. *The American Journal of Family Therapy*, 41(4), 277-287. <https://doi.org/10.1080/01926187.2012.701592>
- Pukay-Martin, N. D., Torbit, L., Landy, M. S. H., Wanklyn, S. G., Shnaider, P., Lane, J. E. M., & Monson, C. M. (2015). An Uncontrolled Trial of a Present-Focused Cognitive-Behavioral Conjoint Therapy for Posttraumatic Stress Disorder. *Journal of Clinical Psychology*, 71(4), 302-312. <https://doi.org/10.1002/jclp.22166>
 - Fredman, S. J., Macdonald, A., Monson, C. M., Dondanville, K. A., Blount, T. H., Hall-Clark, B. N., Fina, B. A., Mintz, J., Litz, B. T., Young-McCaughan, S., Hancock, A. K., Rhoades, G. K., Yarvis, J. S., Resick, P. A., Roache, J. D., Le, Y., Wachen, J. S., Niles, B. L., McGeary, C. A., ... Peterson, A. L. (2020). Intensive, Multi-Couple Group Therapy for PTSD: A Nonrandomized Pilot Study With Military and Veteran Dyads. *Behavior Therapy*, 51(5), 700-714. <https://doi.org/10.1016/j.beth.2019.10.003>
 - Monson, C. M., Wagner, A. C., Mithoefer, A. T., Liebman, R. E., Feduccia, A. A., Jerome, L., Yazar-Klosinski, B., Emerson, A., Doblin, R., & Mithoefer, M. C. (2020). MDMA-facilitated cognitive-behavioural conjoint therapy for posttraumatic stress disorder: An uncontrolled trial. *European Journal of Psychotraumatology*, 11(1), 1840123. <https://doi.org/10.1080/20008198.2020.1840123>
 - Monson, C. M., Wagner, A. C., Crenshaw, A. O., Whitfield, K. M., Newnham, C. M., Valela, R., Varma, S., Di Bartolomeo, A. A., Fulham, L., Collins, A., Donkin, V., Mensah, D. H., Landy, M. S. H., Samonas, C., Morland, L., Doss, B. D., & Fitzpatrick, S. (2022). An uncontrolled trial of couple HOPES: A guided online couple intervention for PTSD and relationship enhancement. *Journal of Family Psychology*, 36(6), 1036-1042. <https://doi.org/10.1037/fam0000976>
 - Sippel, L. M., Khalifian, C. E., Knopp, K. C., Webster, K., Maglione, J., Holcomb, J., Flanagan, J. C., Monson, C. M., Holtzheimer, P. E., & Morland, L. A. (2023). Pilot test of intranasal oxytocin as an enhancer of brief couples therapy for posttraumatic stress disorder. *Journal of Psychiatric Research*, 161, 165-169. <https://doi.org/10.1016/j.jpsychires.2023.03.001>
 - Hendriks, L. J., Phee, D., & Murphy, D. (2022). Piloting the feasibility of delivering Cognitive-Behavioral Conjoint Therapy online to military veterans and partners. *Military Psychology*, 34(6), 679-686. <https://doi.org/10.1080/08995605.2022.2054653>

Onderzoek laat verbeteringen zien op:

1. PTSS en comorbide stoornissen (gelijk aan individuele eerstekeusbehandelingen)
2. Welbevinden van de partner
3. Relatiekwaliteit/relatietevredenheid

Met verdere resultaten voor:

- PTSS symptoomclusters
- Schuldgevoelens
- Posttraumatische groei
- Psychosociaal functioneren
- Partneraccommodatie
- Conflicthantering & emotieregulatie
- Dyadische coping & steun
- Tevredenheid en effectiviteit t.a.v ouderschap