

**TABLE 3. EFFICACY OF BRIEF COGNITIVE-BEHAVIOURAL PROGRAMMES
IN ASD AND ACUTE PTSD IN RANDOMIZED CONTROLLED TRIALS**

	N conditions	N sessions	n Treatment	n Control	Post-Treatment		Post-Trauma Follow Up	
					Effect Size	PTSD diagnosis (Tx vs control)	Effect Size	PTSD diagnosis (Tx vs control)
Acute Stress Disorder								
Brief CBT ¹	4	4-5	58	56	1.21	8-13% vs 46-83%	0.83	10-22% vs 22-67%
Imaginal + live exposure ²	3	5	54	53	1.13	12-14% vs 56-71%	1.15	15% vs 67%
Cognitive restructuring ³	1	5	23	21	0.59	52% vs 71%	--	--
Acute PTSD								
Brief CBT ^{a, 4}	--	4	76	76	0.30	30% vs 30%	0.61	10% vs 15%
Brief CBT ⁵	--	4	61	52	0.63	38% vs 61%	0.34	26% vs 44%
Cognitive restructuring + coping skills training ⁶	--	5	10	10	0.82	20% vs 50%	1.03	0 vs 20%

Effect Size = between-groups Cohen's d effect size index

^a Effect sizes reflect outcome in intent-to-treat analyses.

1 = [99-102], 2 = [23, 103, 147], 3 = [147], 4 = [104], 5 = [148], 6 = [149]