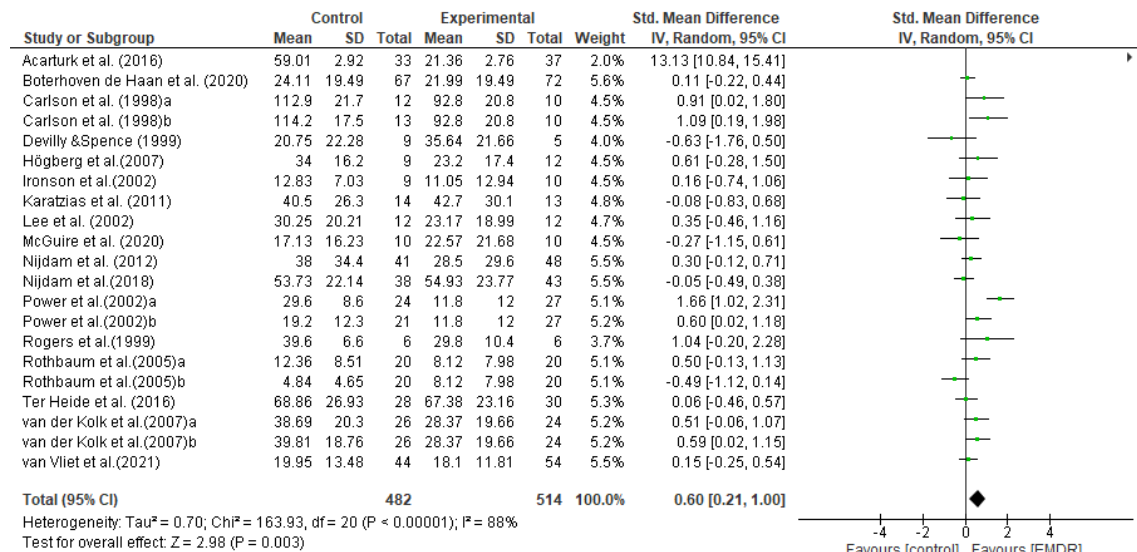SUPPLEMENTARY MATERIAL

EFFICACY OF EMDR IN POST-TRAUMATIC STRESS DISORDER: A SYSTEMATIC REVIEW AND META-ANALYSIS OF RANDOMIZED CLINICAL TRIALS

Rasines Laudes, Pedro and Serrano-Pintado, Isabel

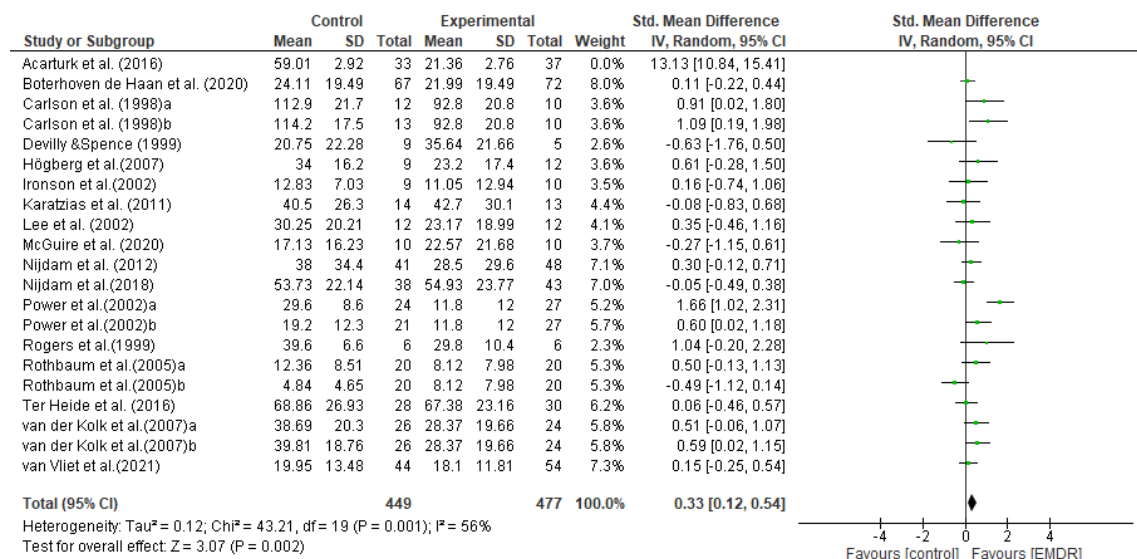# STANDARDIZED MEAN DIFFERENCES, EFFECT SIZES AND FOREST PLOT OF THE META-ANALYSIS

Figure 4

Effect size and forest plot of the meta-analysis of PTSD symptoms at post-treatment, including the Acarturk et al. (2016) study

Study or Subgroup	Control Mean	Control SD	Control Total	Experimental Mean	Experimental SD	Experimental Total	Weight	Std. Mean Difference IV, Random, 95% CI
Acarturk et al. (2016)	59.01	2.92	33	21.36	2.76	37	2.0%	13.13 [10.84, 15.41]
Boterhoven de Haan et al. (2020)	24.11	19.49	67	21.99	19.49	72	5.6%	0.11 [-0.22, 0.44]
Carlson et al. (1998)a	112.9	21.7	12	92.8	20.8	10	4.5%	0.91 [0.02, 1.80]
Carlson et al. (1998)b	114.2	17.5	13	92.8	20.8	10	4.5%	1.09 [0.19, 1.98]
Devilly &Spence (1999)	20.75	22.28	9	35.64	21.66	5	4.0%	-0.63 [-1.76, 0.50]
Högberg et al.(2007)	34	16.2	9	23.2	17.4	12	4.5%	0.61 [-0.28, 1.50]
Ironson et al.(2002)	12.83	7.03	9	11.05	12.94	10	4.5%	0.16 [-0.74, 1.06]
Karatzias et al. (2011)	40.5	26.3	14	42.7	30.1	13	4.8%	-0.08 [-0.83, 0.68]
Lee et al. (2002)	30.25	20.21	12	23.17	18.99	12	4.7%	0.35 [-0.46, 1.16]
McGuire et al. (2020)	17.13	16.23	10	22.57	21.68	10	4.5%	-0.27 [-1.15, 0.61]
Nijdam et al. (2012)	38	34.4	41	28.5	29.6	48	5.5%	0.30 [-0.12, 0.71]
Nijdam et al.(2018)	53.73	22.14	38	54.93	23.77	43	5.5%	-0.05 [-0.49, 0.38]
Power et al.(2002)a	29.6	8.6	24	11.8	12	27	5.1%	1.66 [1.02, 2.31]
Power et al.(2002)b	19.2	12.3	21	11.8	12	27	5.2%	0.60 [0.02, 1.18]
Rogers et al.(1999)	39.6	6.6	6	29.8	10.4	6	3.7%	1.04 [-0.20, 2.28]
Rothbaum et al.(2005)a	12.36	8.51	20	8.12	7.98	20	5.1%	0.50 [-0.13, 1.13]
Rothbaum et al.(2005)b	4.84	4.65	20	8.12	7.98	20	5.1%	-0.49 [-1.12, 0.14]
Ter Heide et al. (2016)	68.86	26.93	28	67.38	23.16	30	5.3%	0.06 [-0.46, 0.57]
van der Kolk et al.(2007)a	38.69	20.3	26	28.37	19.66	24	5.2%	0.51 [-0.06, 1.07]
van der Kolk et al.(2007)b	39.81	18.76	26	28.37	19.66	24	5.2%	0.59 [0.02, 1.15]
van Vliet et al.(2021)	19.95	13.48	44	18.1	11.81	54	5.5%	0.15 [-0.25, 0.54]
Total (95% CI)			**482**			**514**	**100.0%**	**0.60 [0.21, 1.00]**

Heterogeneity: Tau² = 0.70; Chi² = 163.93, df = 20 (P < 0.00001); I² = 88%
Test for overall effect: Z = 2.98 (P = 0.003)
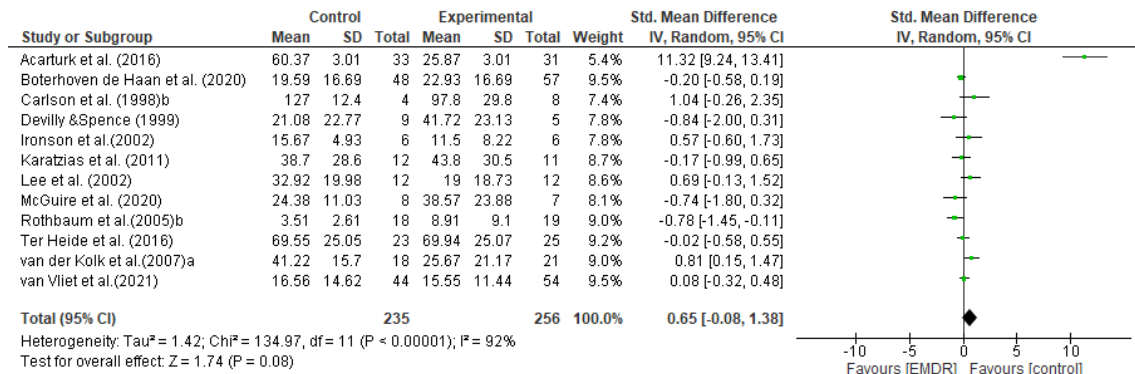
Favours [control] Favours [EMDR]

Figure 5

Effect size and forest plot of the meta-analysis of PTSD symptoms at post-treatment, without the study of the Acarturk et al. (2016) study

Study or Subgroup	Control Mean	Control SD	Control Total	Experimental Mean	Experimental SD	Experimental Total	Weight	Std. Mean Difference IV, Random, 95% CI
Acarturk et al. (2016)	59.01	2.92	33	21.36	2.76	37	0.0%	13.13 [10.84, 15.41]
Boterhoven de Haan et al. (2020)	24.11	19.49	67	21.99	19.49	72	8.0%	0.11 [-0.22, 0.44]
Carlson et al. (1998)a	112.9	21.7	12	92.8	20.8	10	3.6%	0.91 [0.02, 1.80]
Carlson et al. (1998)b	114.2	17.5	13	92.8	20.8	10	3.6%	1.09 [0.19, 1.98]
Devilly &Spence (1999)	20.75	22.28	9	35.64	21.66	5	2.6%	-0.63 [-1.76, 0.50]
Högberg et al.(2007)	34	16.2	9	23.2	17.4	12	3.6%	0.61 [-0.28, 1.50]
Ironson et al.(2002)	12.83	7.03	9	11.05	12.94	10	3.5%	0.16 [-0.74, 1.06]
Karatzias et al. (2011)	40.5	26.3	14	42.7	30.1	13	4.4%	-0.08 [-0.83, 0.68]
Lee et al. (2002)	30.25	20.21	12	23.17	18.99	12	4.1%	0.35 [-0.46, 1.16]
McGuire et al. (2020)	17.13	16.23	10	22.57	21.68	10	3.7%	-0.27 [-1.15, 0.61]
Nijdam et al. (2012)	38	34.4	41	28.5	29.6	48	7.1%	0.30 [-0.12, 0.71]
Nijdam et al.(2018)	53.73	22.14	38	54.93	23.77	43	7.0%	-0.05 [-0.49, 0.38]
Power et al.(2002)a	29.6	8.6	24	11.8	12	27	5.2%	1.66 [1.02, 2.31]
Power et al.(2002)b	19.2	12.3	21	11.8	12	27	5.7%	0.60 [0.02, 1.18]
Rogers et al.(1999)	39.6	6.6	6	29.8	10.4	6	2.3%	1.04 [-0.20, 2.28]
Rothbaum et al.(2005)a	12.36	8.51	20	8.12	7.98	20	5.3%	0.50 [-0.13, 1.13]
Rothbaum et al.(2005)b	4.84	4.65	20	8.12	7.98	20	5.3%	-0.49 [-1.12, 0.14]
Ter Heide et al. (2016)	68.86	26.93	28	67.38	23.16	30	6.2%	0.06 [-0.46, 0.57]
van der Kolk et al.(2007)a	38.69	20.3	26	28.37	19.66	24	5.8%	0.51 [-0.06, 1.07]
van der Kolk et al.(2007)b	39.81	18.76	26	28.37	19.66	24	5.8%	0.59 [0.02, 1.15]
van Vliet et al.(2021)	19.95	13.48	44	18.1	11.81	54	7.3%	0.15 [-0.25, 0.54]
Total (95% CI)			**449**			**477**	**100.0%**	**0.33 [0.12, 0.54]**

Heterogeneity: Tau² = 0.12; Chi² = 43.21, df = 19 (P = 0.001); I² = 56%
Test for overall effect: Z = 3.07 (P = 0.002)

Favours [control] Favours [EMDR]

Figure 6

Effect size and forest plot of the meta-analysis of PTSD symptoms in maintenance, with the study of the Acarturk et al. (2016) study
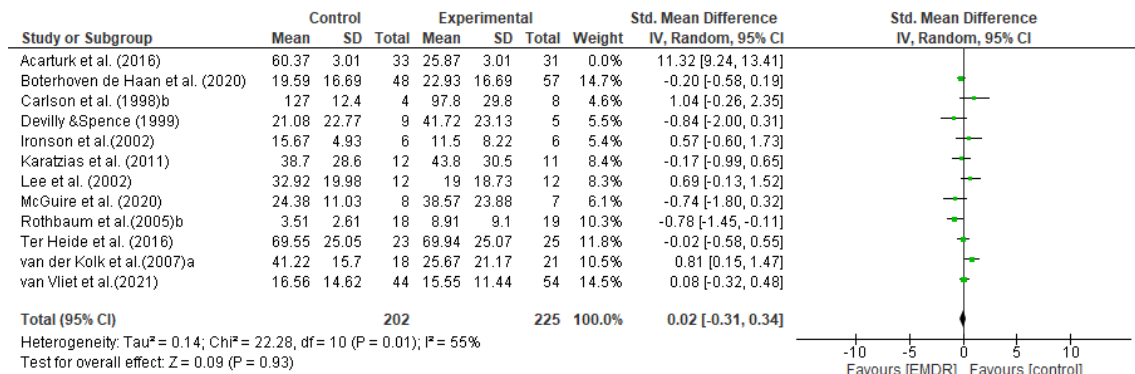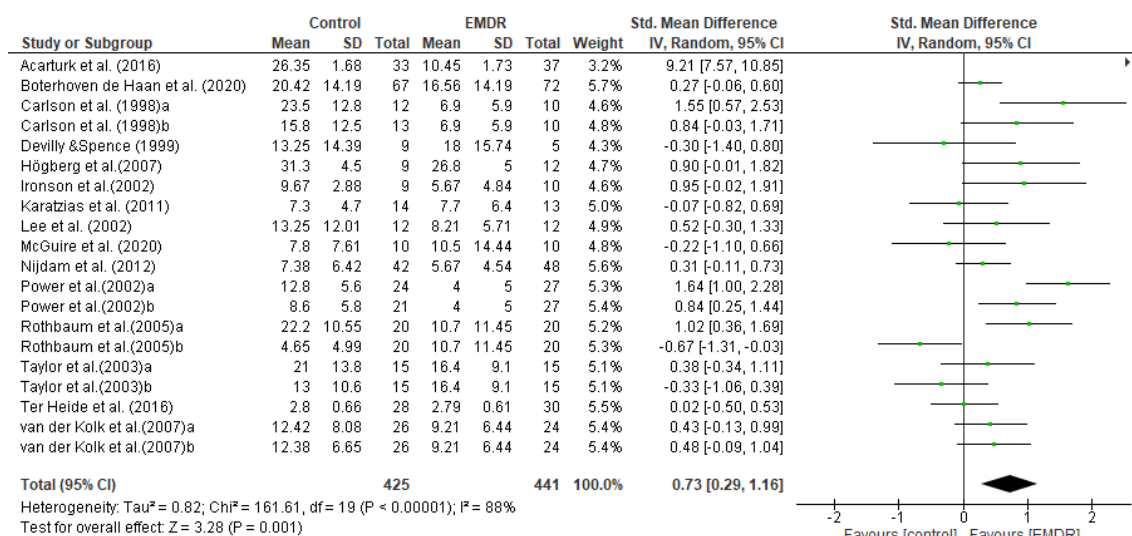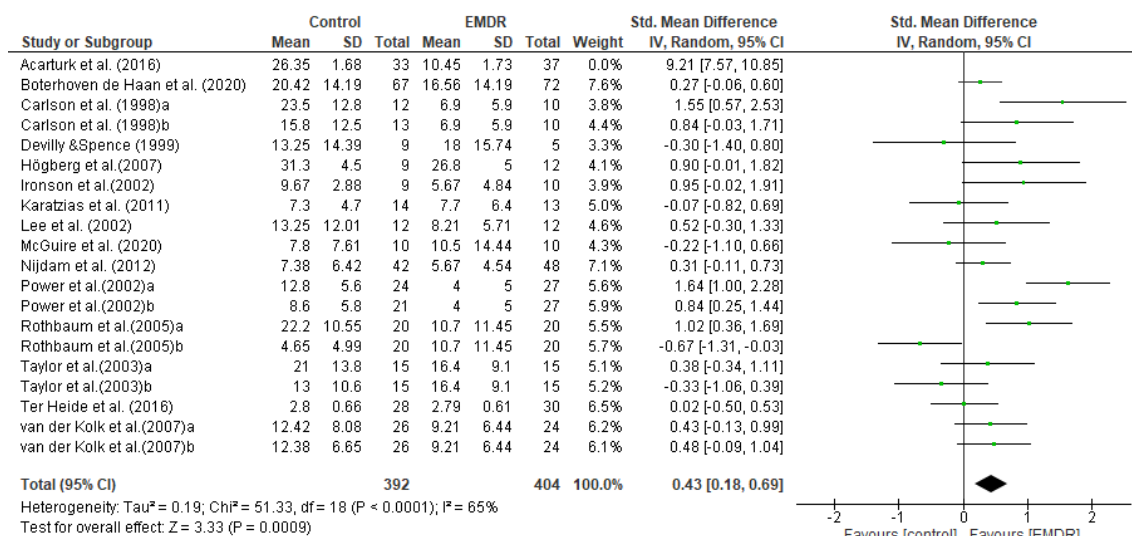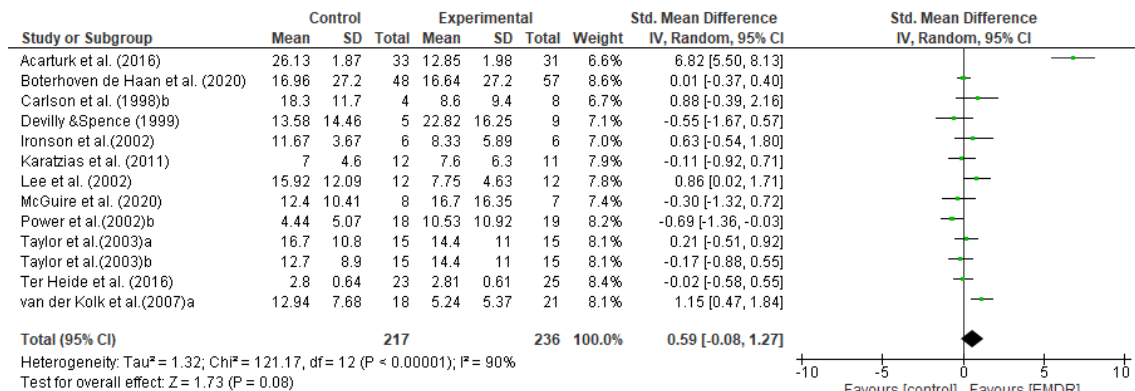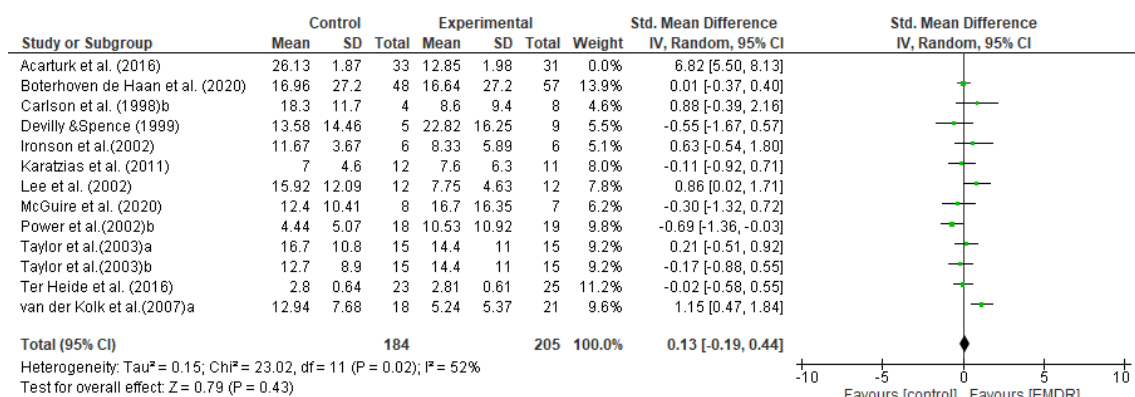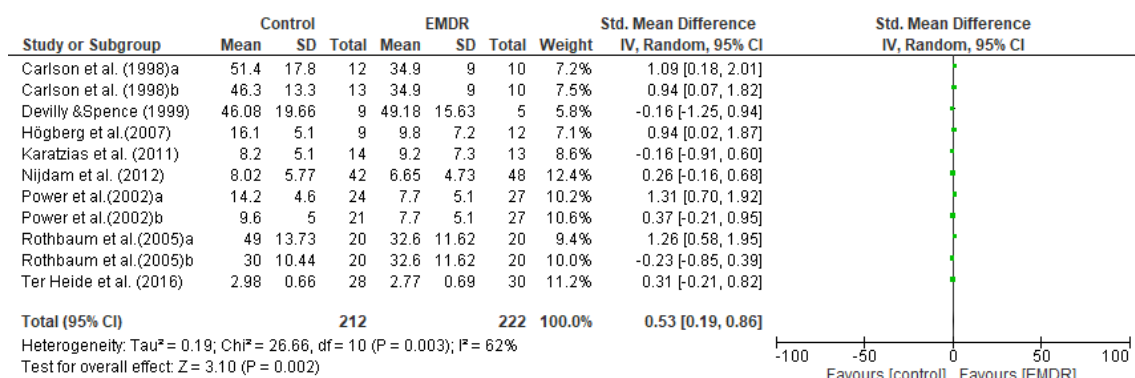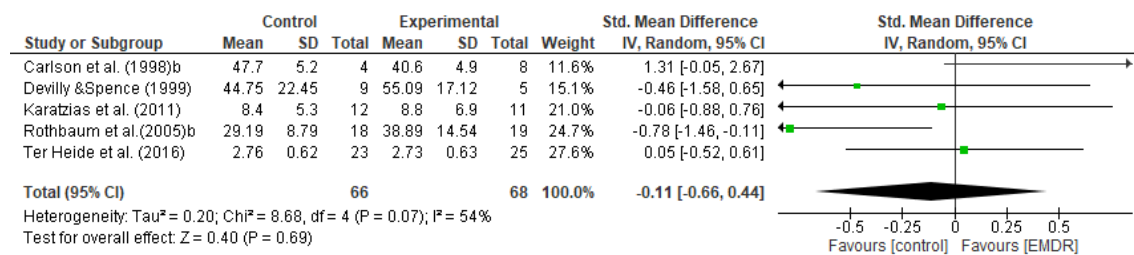
	Control			Experimental				Std. Mean Difference		Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI
Acarturk et al. (2016)	60.37	3.01	33	25.87	3.01	31	5.4%	11.32 [9.24, 13.41]		
Boterhoven de Haan et al. (2020)	19.59	16.69	48	22.93	16.69	57	9.5%	-0.20 [-0.58, 0.19]		
Carlson et al. (1998)b	127	12.4	4	97.8	29.8	8	7.4%	1.04 [-0.26, 2.35]		
Devilly &Spence (1999)	21.08	22.77	9	41.72	23.13	5	7.8%	-0.84 [-2.00, 0.31]		
Ironson et al.(2002)	15.67	4.93	6	11.5	8.22	6	7.8%	0.57 [-0.60, 1.73]		
Karatzias et al. (2011)	38.7	28.6	12	43.8	30.5	11	8.7%	-0.17 [-0.99, 0.65]		
Lee et al. (2002)	32.92	19.98	12	19	18.73	12	8.6%	0.69 [-0.13, 1.52]		
McGuire et al. (2020)	24.38	11.03	8	38.57	23.88	7	8.1%	-0.74 [-1.80, 0.32]		
Rothbaum et al.(2005)b	3.51	2.61	18	8.91	9.1	19	9.0%	-0.78 [-1.45, -0.11]		
Ter Heide et al. (2016)	69.55	25.05	23	69.94	25.07	25	9.2%	-0.02 [-0.58, 0.55]		
van der Kolk et al.(2007)a	41.22	15.7	18	25.67	21.17	21	9.0%	0.81 [0.15, 1.47]		
van Vliet et al.(2021)	16.56	14.62	44	15.55	11.44	54	9.5%	0.08 [-0.32, 0.48]		
Total (95% CI)			235			256	100.0%	0.65 [-0.08, 1.38]		

Heterogeneity: Tau² = 1.42; Chi² = 134.97, df = 11 (P < 0.00001); I² = 92%
Test for overall effect: Z = 1.74 (P = 0.08)

Favours [EMDR]   Favours [control]

Figure 7

Effect size and forest plot of the meta-analysis of PTSD symptoms in maintenance without the study of the Acarturk et al. (2016) study

	Control			Experimental				Std. Mean Difference		Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI
Acarturk et al. (2016)	60.37	3.01	33	25.87	3.01	31	0.0%	11.32 [9.24, 13.41]		
Boterhoven de Haan et al. (2020)	19.59	16.69	48	22.93	16.69	57	14.7%	-0.20 [-0.58, 0.19]		
Carlson et al. (1998)b	127	12.4	4	97.8	29.8	8	4.6%	1.04 [-0.26, 2.35]		
Devilly &Spence (1999)	21.08	22.77	9	41.72	23.13	5	5.5%	-0.84 [-2.00, 0.31]		
Ironson et al.(2002)	15.67	4.93	6	11.5	8.22	6	5.4%	0.57 [-0.60, 1.73]		
Karatzias et al. (2011)	38.7	28.6	12	43.8	30.5	11	8.4%	-0.17 [-0.99, 0.65]		
Lee et al. (2002)	32.92	19.98	12	19	18.73	12	8.3%	0.69 [-0.13, 1.52]		
McGuire et al. (2020)	24.38	11.03	8	38.57	23.88	7	6.1%	-0.74 [-1.80, 0.32]		
Rothbaum et al.(2005)b	3.51	2.61	18	8.91	9.1	19	10.3%	-0.78 [-1.45, -0.11]		
Ter Heide et al. (2016)	69.55	25.05	23	69.94	25.07	25	11.8%	-0.02 [-0.58, 0.55]		
van der Kolk et al.(2007)a	41.22	15.7	18	25.67	21.17	21	10.5%	0.81 [0.15, 1.47]		
van Vliet et al.(2021)	16.56	14.62	44	15.55	11.44	54	14.5%	0.08 [-0.32, 0.48]		
Total (95% CI)			202			225	100.0%	0.02 [-0.31, 0.34]		

Heterogeneity: Tau² = 0.14; Chi² = 22.28, df = 10 (P = 0.01); I² = 55%
Test for overall effect: Z = 0.09 (P = 0.93)

Favours [EMDR]   Favours [control]

Figure 8

Effect size and forest plot of the meta-analysis of depressive symptoms at post-treatment, with the study by Acarturk et al. (2016)

Study or Subgroup	Control Mean	SD	Total	EMDR Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Acarturk et al. (2016)	26.35	1.68	33	10.45	1.73	37	3.2%	9.21 [7.57, 10.85]
Boterhoven de Haan et al. (2020)	20.42	14.19	67	16.56	14.19	72	5.7%	0.27 [-0.06, 0.60]
Carlson et al. (1998)a	23.5	12.8	12	6.9	5.9	10	4.6%	1.55 [0.57, 2.53]
Carlson et al. (1998)b	15.8	12.5	13	6.9	5.9	10	4.8%	0.84 [-0.03, 1.71]
Devilly &Spence (1999)	13.25	14.39	9	18	15.74	5	4.3%	-0.30 [-1.40, 0.80]
Högberg et al.(2007)	31.3	4.5	9	26.8	5	12	4.7%	0.90 [-0.01, 1.82]
Ironson et al.(2002)	9.67	2.88	9	5.67	4.84	10	4.6%	0.95 [-0.02, 1.91]
Karatzias et al. (2011)	7.3	4.7	14	7.7	6.4	13	5.0%	-0.07 [-0.82, 0.69]
Lee et al. (2002)	13.25	12.01	12	8.21	5.71	12	4.9%	0.52 [-0.30, 1.33]
McGuire et al. (2020)	7.8	7.61	10	10.5	14.44	10	4.8%	-0.22 [-1.10, 0.66]
Nijdam et al. (2012)	7.38	6.42	42	5.67	4.54	48	5.6%	0.31 [-0.11, 0.73]
Power et al.(2002)a	12.8	5.6	24	4	5	27	5.3%	1.64 [1.00, 2.28]
Power et al.(2002)b	8.6	5.8	21	4	5	27	5.4%	0.84 [0.25, 1.44]
Rothbaum et al.(2005)a	22.2	10.55	20	10.7	11.45	20	5.2%	1.02 [0.36, 1.69]
Rothbaum et al.(2005)b	4.65	4.99	20	10.7	11.45	20	5.3%	-0.67 [-1.31, -0.03]
Taylor et al.(2003)a	21	13.8	15	16.4	9.1	15	5.1%	0.38 [-0.34, 1.11]
Taylor et al.(2003)b	13	10.6	15	16.4	9.1	15	5.1%	-0.33 [-1.06, 0.39]
Ter Heide et al. (2016)	2.8	0.66	28	2.79	0.61	30	5.5%	0.02 [-0.50, 0.53]
van der Kolk et al.(2007)a	12.42	8.08	26	9.21	6.44	24	5.4%	0.43 [-0.13, 0.99]
van der Kolk et al.(2007)b	12.38	6.65	26	9.21	6.44	24	5.4%	0.48 [-0.09, 1.04]
Total (95% CI)			**425**			**441**	**100.0%**	**0.73 [0.29, 1.16]**

Heterogeneity: Tau² = 0.82; Chi² = 161.61, df = 19 (P < 0.00001); I² = 88%
Test for overall effect: Z = 3.28 (P = 0.001)

Figure 9

Effect size and forest plot of the meta-analysis of depressive symptoms at post-treatment, without the study of the Acarturk et al. (2016) study

Study or Subgroup	Control Mean	SD	Total	EMDR Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Acarturk et al. (2016)	26.35	1.68	33	10.45	1.73	37	0.0%	9.21 [7.57, 10.85]
Boterhoven de Haan et al. (2020)	20.42	14.19	67	16.56	14.19	72	7.6%	0.27 [-0.06, 0.60]
Carlson et al. (1998)a	23.5	12.8	12	6.9	5.9	10	3.8%	1.55 [0.57, 2.53]
Carlson et al. (1998)b	15.8	12.5	13	6.9	5.9	10	4.4%	0.84 [-0.03, 1.71]
Devilly &Spence (1999)	13.25	14.39	9	18	15.74	5	3.3%	-0.30 [-1.40, 0.80]
Högberg et al.(2007)	31.3	4.5	9	26.8	5	12	4.1%	0.90 [-0.01, 1.82]
Ironson et al.(2002)	9.67	2.88	9	5.67	4.84	10	3.9%	0.95 [-0.02, 1.91]
Karatzias et al. (2011)	7.3	4.7	14	7.7	6.4	13	5.0%	-0.07 [-0.82, 0.69]
Lee et al. (2002)	13.25	12.01	12	8.21	5.71	12	4.6%	0.52 [-0.30, 1.33]
McGuire et al. (2020)	7.8	7.61	10	10.5	14.44	10	4.3%	-0.22 [-1.10, 0.66]
Nijdam et al. (2012)	7.38	6.42	42	5.67	4.54	48	7.1%	0.31 [-0.11, 0.73]
Power et al.(2002)a	12.8	5.6	24	4	5	27	5.6%	1.64 [1.00, 2.28]
Power et al.(2002)b	8.6	5.8	21	4	5	27	5.9%	0.84 [0.25, 1.44]
Rothbaum et al.(2005)a	22.2	10.55	20	10.7	11.45	20	5.5%	1.02 [0.36, 1.69]
Rothbaum et al.(2005)b	4.65	4.99	20	10.7	11.45	20	5.7%	-0.67 [-1.31, -0.03]
Taylor et al.(2003)a	21	13.8	15	16.4	9.1	15	5.1%	0.38 [-0.34, 1.11]
Taylor et al.(2003)b	13	10.6	15	16.4	9.1	15	5.2%	-0.33 [-1.06, 0.39]
Ter Heide et al. (2016)	2.8	0.66	28	2.79	0.61	30	6.5%	0.02 [-0.50, 0.53]
van der Kolk et al.(2007)a	12.42	8.08	26	9.21	6.44	24	6.2%	0.43 [-0.13, 0.99]
van der Kolk et al.(2007)b	12.38	6.65	26	9.21	6.44	24	6.1%	0.48 [-0.09, 1.04]
Total (95% CI)			**392**			**404**	**100.0%**	**0.43 [0.18, 0.69]**

Heterogeneity: Tau² = 0.19; Chi² = 51.33, df = 18 (P < 0.0001); I² = 65%
Test for overall effect: Z = 3.33 (P = 0.0009)

Figure 10

Effect size and forest plot of the meta-analysis of depressive symptoms in maintenance, with the study of the Acarturk et al. (2016) study

Study or Subgroup	Control Mean	SD	Total	Experimental Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Acarturk et al. (2016)	26.13	1.87	33	12.85	1.98	31	6.6%	6.82 [5.50, 8.13]
Boterhoven de Haan et al. (2020)	16.96	27.2	48	16.64	27.2	57	8.6%	0.01 [-0.37, 0.40]
Carlson et al. (1998)b	18.3	11.7	4	8.6	9.4	8	6.7%	0.88 [-0.39, 2.16]
Devilly &Spence (1999)	13.58	14.46	5	22.82	16.25	9	7.1%	-0.55 [-1.67, 0.57]
Ironson et al.(2002)	11.67	3.67	6	8.33	5.89	6	7.0%	0.63 [-0.54, 1.80]
Karatzias et al. (2011)	7	4.6	12	7.6	6.3	11	7.9%	-0.11 [-0.92, 0.71]
Lee et al. (2002)	15.92	12.09	12	7.75	4.63	12	7.8%	0.86 [0.02, 1.71]
McGuire et al. (2020)	12.4	10.41	8	16.7	16.35	7	7.4%	-0.30 [-1.32, 0.72]
Power et al.(2002)b	4.44	5.07	18	10.53	10.92	19	8.2%	-0.69 [-1.36, -0.03]
Taylor et al.(2003)a	16.7	10.8	15	14.4	11	15	8.1%	0.21 [-0.51, 0.92]
Taylor et al.(2003)b	12.7	8.9	15	14.4	11	15	8.1%	-0.17 [-0.88, 0.55]
Ter Heide et al. (2016)	2.8	0.64	23	2.81	0.61	25	8.4%	-0.02 [-0.58, 0.55]
van der Kolk et al.(2007)a	12.94	7.68	18	5.24	5.37	21	8.1%	1.15 [0.47, 1.84]
Total (95% CI)			217			236	100.0%	0.59 [-0.08, 1.27]

Heterogeneity: Tau² = 1.32; Chi² = 121.17, df = 12 (P < 0.00001); I² = 90%
Test for overall effect: Z = 1.73 (P = 0.08)

Figure 11

Effect size and forest plot of the meta-analysis of depressive symptoms in maintenance without the study of the Acarturk et al. (2016) study

Study or Subgroup	Control Mean	SD	Total	Experimental Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Acarturk et al. (2016)	26.13	1.87	33	12.85	1.98	31	0.0%	6.82 [5.50, 8.13]
Boterhoven de Haan et al. (2020)	16.96	27.2	48	16.64	27.2	57	13.9%	0.01 [-0.37, 0.40]
Carlson et al. (1998)b	18.3	11.7	4	8.6	9.4	8	4.6%	0.88 [-0.39, 2.16]
Devilly &Spence (1999)	13.58	14.46	5	22.82	16.25	9	5.5%	-0.55 [-1.67, 0.57]
Ironson et al.(2002)	11.67	3.67	6	8.33	5.89	6	5.1%	0.63 [-0.54, 1.80]
Karatzias et al. (2011)	7	4.6	12	7.6	6.3	11	8.0%	-0.11 [-0.92, 0.71]
Lee et al. (2002)	15.92	12.09	12	7.75	4.63	12	7.8%	0.86 [0.02, 1.71]
McGuire et al. (2020)	12.4	10.41	8	16.7	16.35	7	6.2%	-0.30 [-1.32, 0.72]
Power et al.(2002)b	4.44	5.07	18	10.53	10.92	19	9.8%	-0.69 [-1.36, -0.03]
Taylor et al.(2003)a	16.7	10.8	15	14.4	11	15	9.2%	0.21 [-0.51, 0.92]
Taylor et al.(2003)b	12.7	8.9	15	14.4	11	15	9.2%	-0.17 [-0.88, 0.55]
Ter Heide et al. (2016)	2.8	0.64	23	2.81	0.61	25	11.2%	-0.02 [-0.58, 0.55]
van der Kolk et al.(2007)a	12.94	7.68	18	5.24	5.37	21	9.6%	1.15 [0.47, 1.84]
Total (95% CI)			184			205	100.0%	0.13 [-0.19, 0.44]

Heterogeneity: Tau² = 0.15; Chi² = 23.02, df = 11 (P = 0.02); I² = 52%
Test for overall effect: Z = 0.79 (P = 0.43)

Figure 12

Effect size and forest plot of the meta-analysis of anxious symptoms at post-treatment

Study or Subgroup	Control Mean	SD	Total	EMDR Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Carlson et al. (1998)a	51.4	17.8	12	34.9	9	10	7.2%	1.09 [0.18, 2.01]
Carlson et al. (1998)b	46.3	13.3	13	34.9	9	10	7.5%	0.94 [0.07, 1.82]
Devilly &Spence (1999)	46.08	19.66	9	49.18	15.63	5	5.8%	-0.16 [-1.25, 0.94]
Högberg et al.(2007)	16.1	5.1	9	9.8	7.2	12	7.1%	0.94 [0.02, 1.87]
Karatzias et al. (2011)	8.2	5.1	14	9.2	7.3	13	8.6%	-0.16 [-0.91, 0.60]
Nijdam et al. (2012)	8.02	5.77	42	6.65	4.73	48	12.4%	0.26 [-0.16, 0.68]
Power et al.(2002)a	14.2	4.6	24	7.7	5.1	27	10.2%	1.31 [0.70, 1.92]
Power et al.(2002)b	9.6	5	21	7.7	5.1	27	10.6%	0.37 [-0.21, 0.95]
Rothbaum et al.(2005)a	49	13.73	20	32.6	11.62	20	9.4%	1.26 [0.58, 1.95]
Rothbaum et al.(2005)b	30	10.44	20	32.6	11.62	20	10.0%	-0.23 [-0.85, 0.39]
Ter Heide et al. (2016)	2.98	0.66	28	2.77	0.69	30	11.2%	0.31 [-0.21, 0.82]
Total (95% CI)			212			222	100.0%	0.53 [0.19, 0.86]

Heterogeneity: Tau² = 0.19; Chi² = 26.66, df = 10 (P = 0.003); I² = 62%
Test for overall effect: Z = 3.10 (P = 0.002)

Figure 13

Effect size and forest plot of the meta-analysis of anxious symptoms in maintenance

Study or Subgroup	Control Mean	SD	Total	Experimental Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Carlson et al. (1998)b	47.7	5.2	4	40.6	4.9	8	11.6%	1.31 [-0.05, 2.67]
Devilly &Spence (1999)	44.75	22.45	9	55.09	17.12	5	15.1%	-0.46 [-1.58, 0.65]
Karatzias et al. (2011)	8.4	5.3	12	8.8	6.9	11	21.0%	-0.06 [-0.88, 0.76]
Rothbaum et al.(2005)b	29.19	8.79	18	38.89	14.54	19	24.7%	-0.78 [-1.46, -0.11]
Ter Heide et al. (2016)	2.76	0.62	23	2.73	0.63	25	27.6%	0.05 [-0.52, 0.61]
Total (95% CI)			66			68	100.0%	-0.11 [-0.66, 0.44]

Heterogeneity: Tau² = 0.20; Chi² = 8.68, df = 4 (P = 0.07); I² = 54%
Test for overall effect: Z = 0.40 (P = 0.69)

GALBRAITH PLOT

Figure 14

Galbraith plot of PTSD symptoms in post-treatment, with the study by Acarturk et al. (2016)
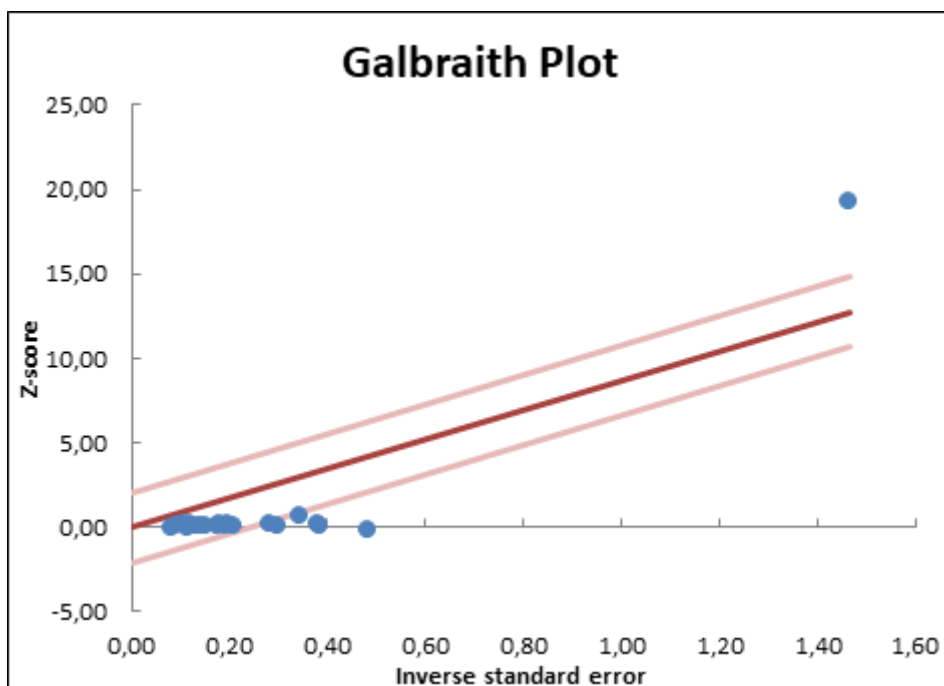
Figure 15

Galbraith plot of PTSD symptoms in post-treatment, without the study of Acarturk et al. (2016)
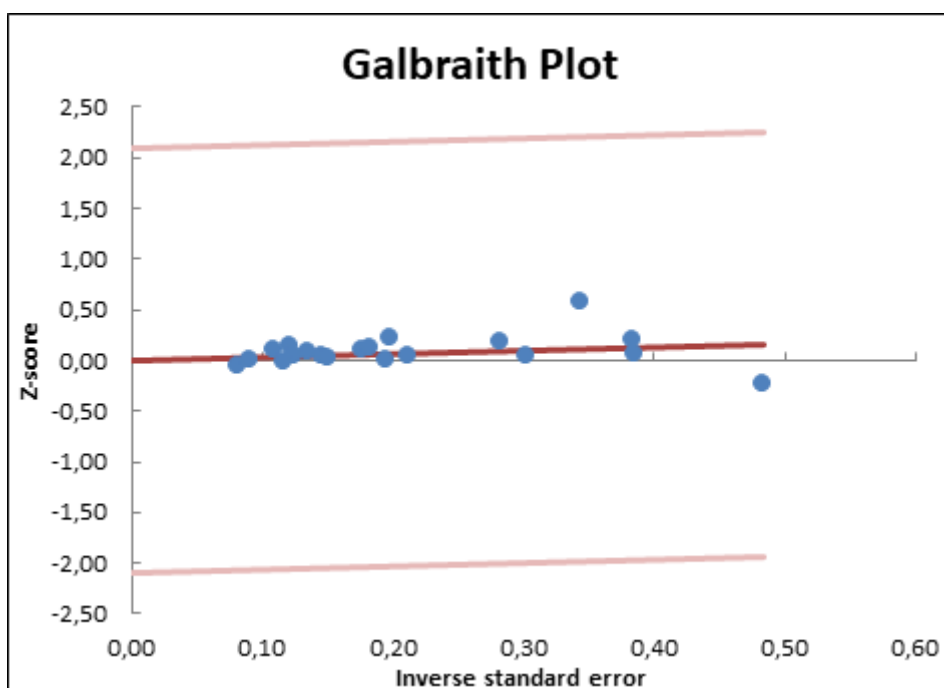
Figure 16

Galbraith plot of PTSD symptoms in maintenance, with the study by Acarturk et al. (2016)
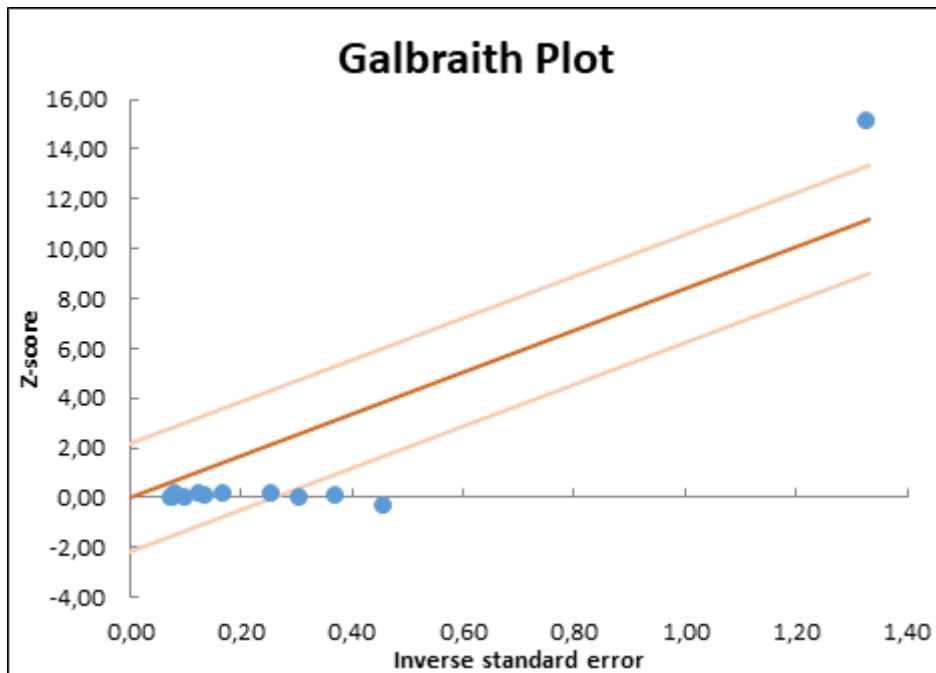
Figure 17

Galbraith plot of PTSD symptoms in maintenance, without the study of Acarturk et al. (2016)
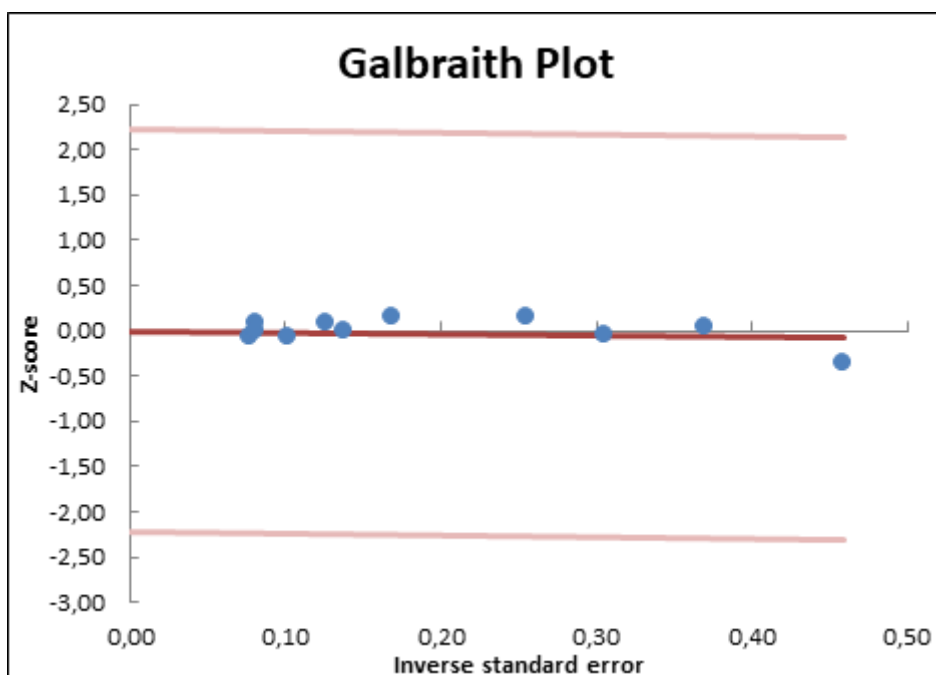
Figure 18

Galbraith plot of depressive symptoms in post-treatment, with the study of Acarturk et al. (2016)
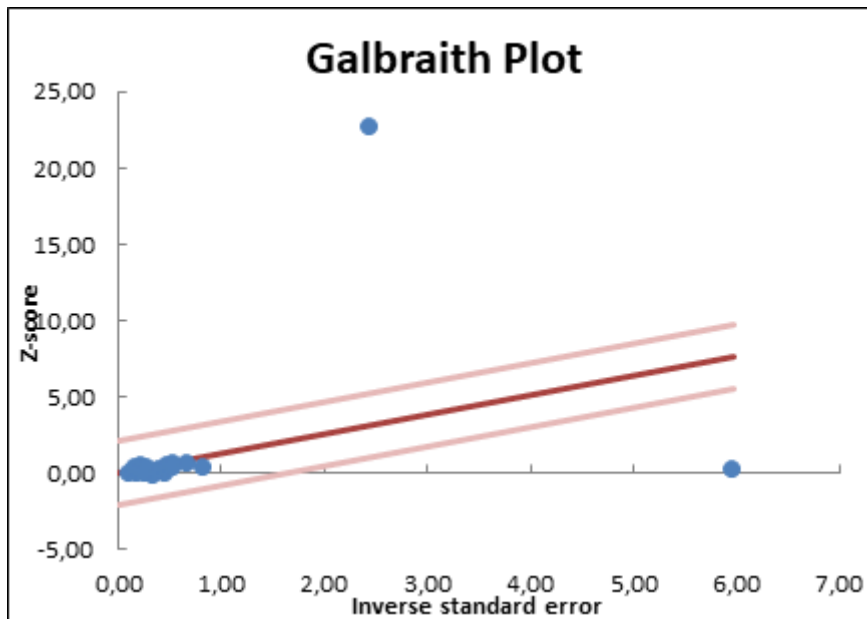
Figure 19

Galbraith plot of depressive symptoms in post-treatment, without the study of Acarturk et al. (2016)
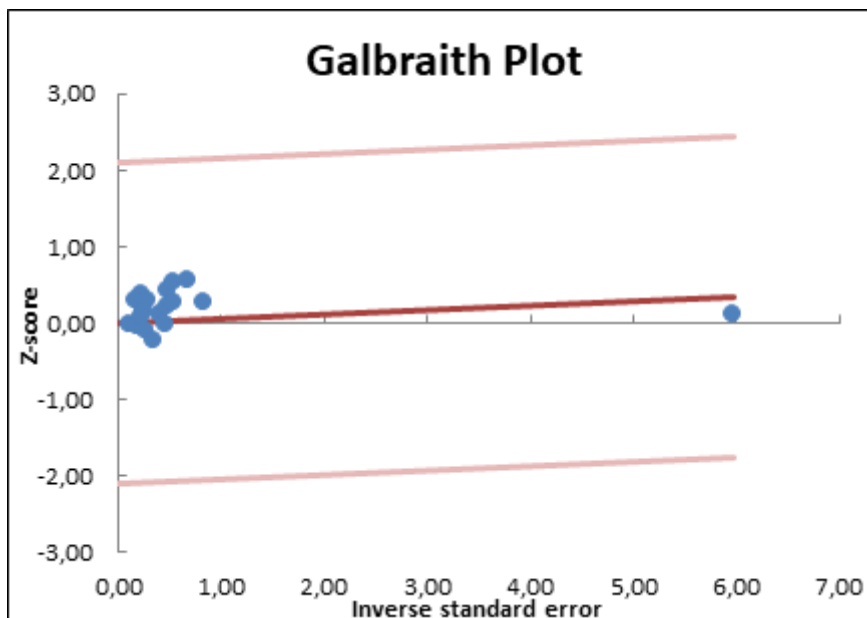
Figure 20

Galbraith plot of depressive symptoms in maintenance, with the study of Acarturk et al. (2016)
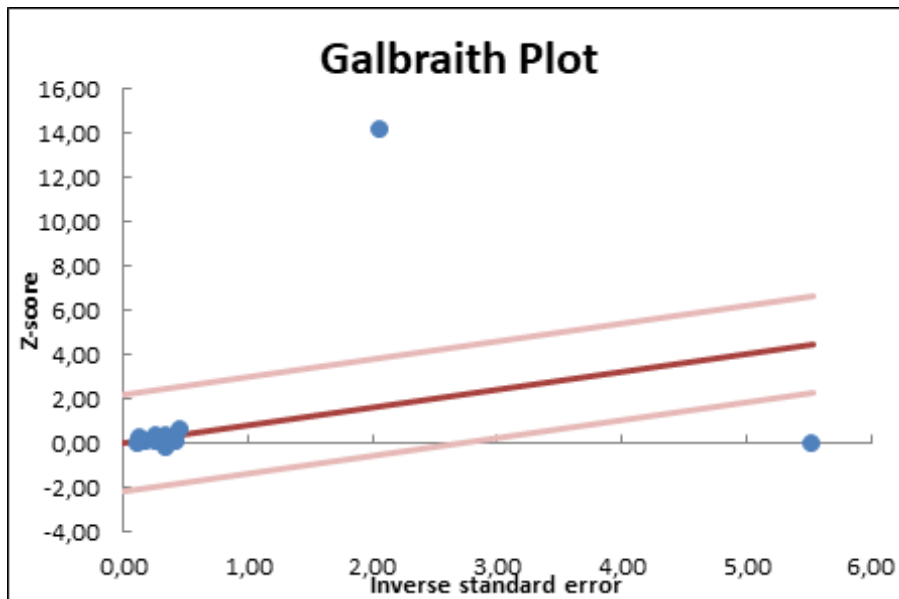
Figure 21

Galbraith plot of depressive symptoms in maintenance, without the study of Acarturk et al. (2016)
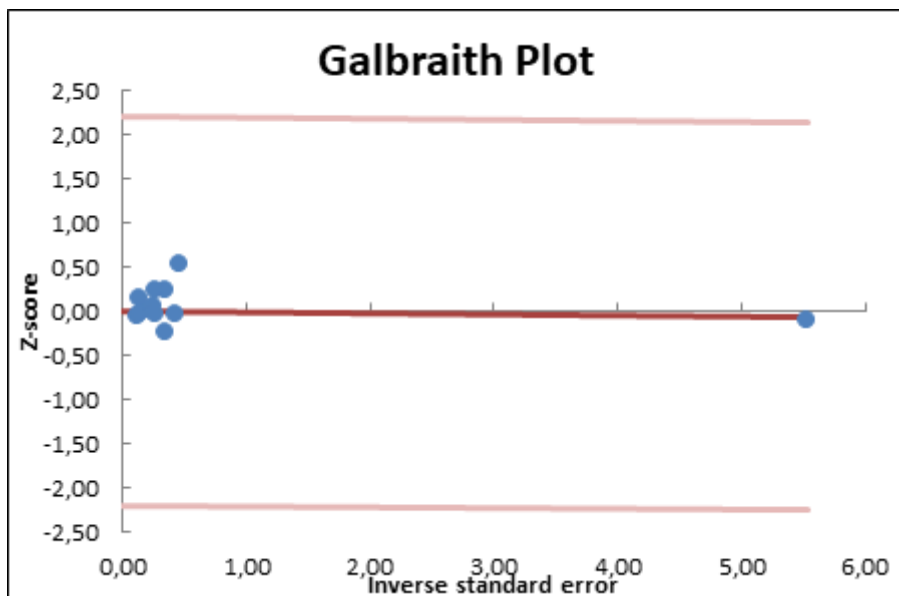
Figure 22

Galbraith plot of anxious symptoms in post-treatment
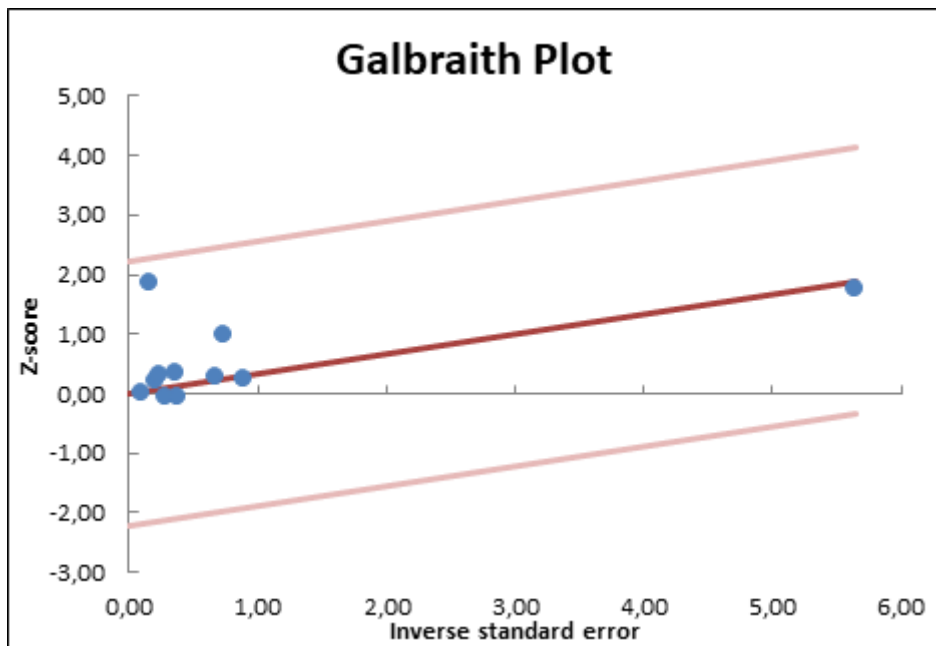
Figure 23

Galbraith plot of anxious symptoms in maintenance
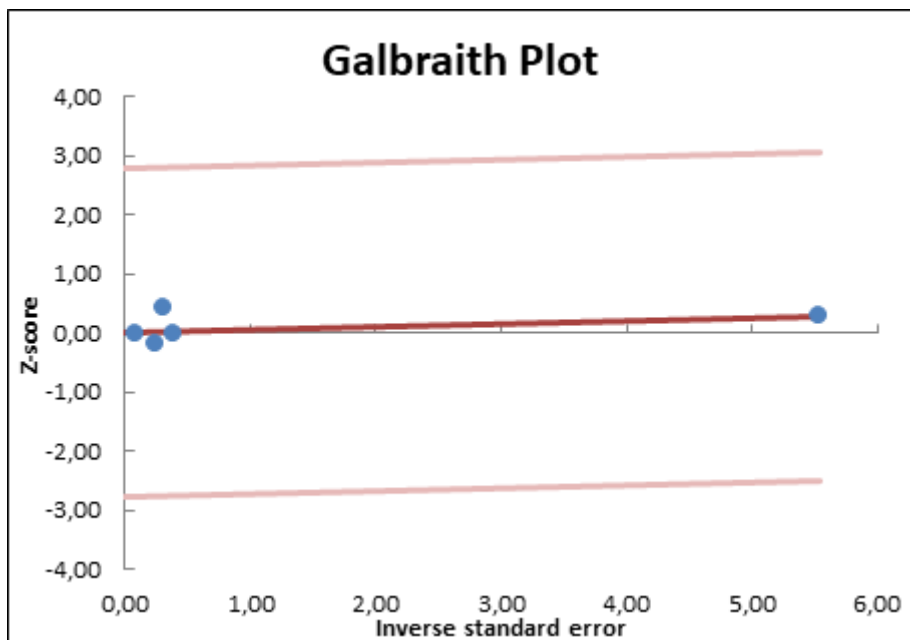
FUNNEL PLOT AND TRIM AND FILL

Figure 24

Funnel plot of PTSD symptoms at post-treatment, without the Acarturk et al. (2016) study
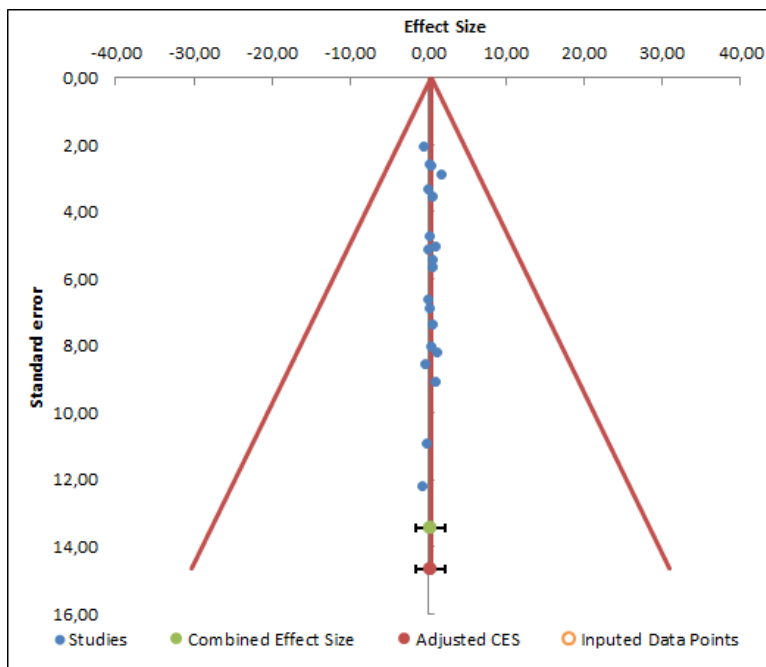
Figure 25

Funnel plot of PTSD symptoms in maintenance, without the Acarturk et al. (2016) study
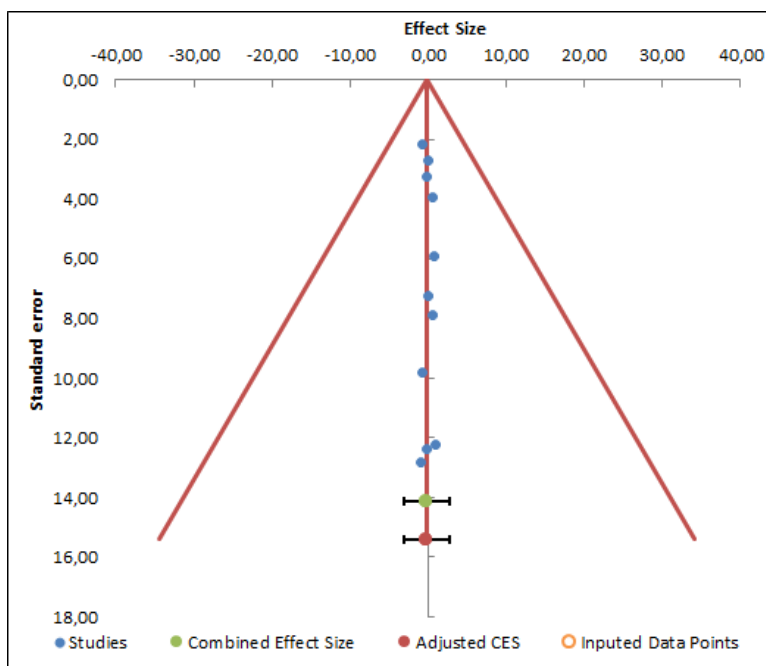
Figure 26

Funnel plot of depressive symptoms at post-treatment, without the study of Acarturk et al. (2016)
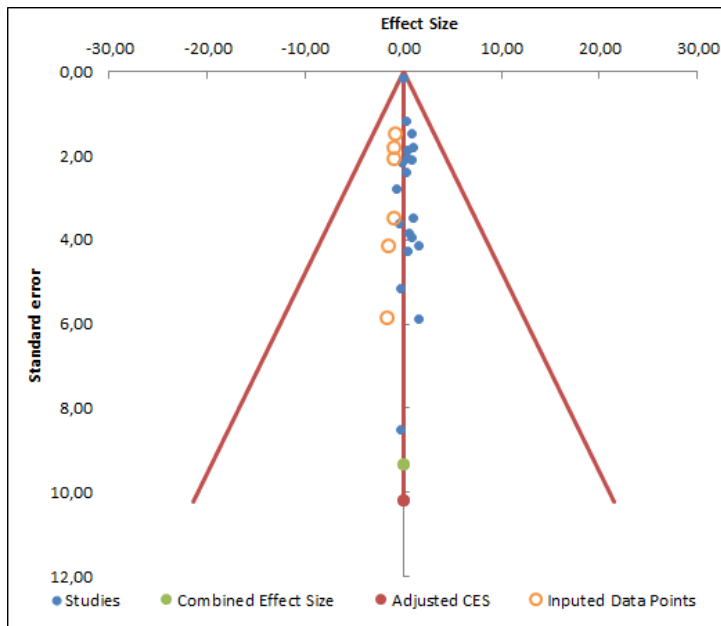
Figure 27

Funnel plot of anxious symptoms in maintenance, without the study by Acarturk et al. (2016)
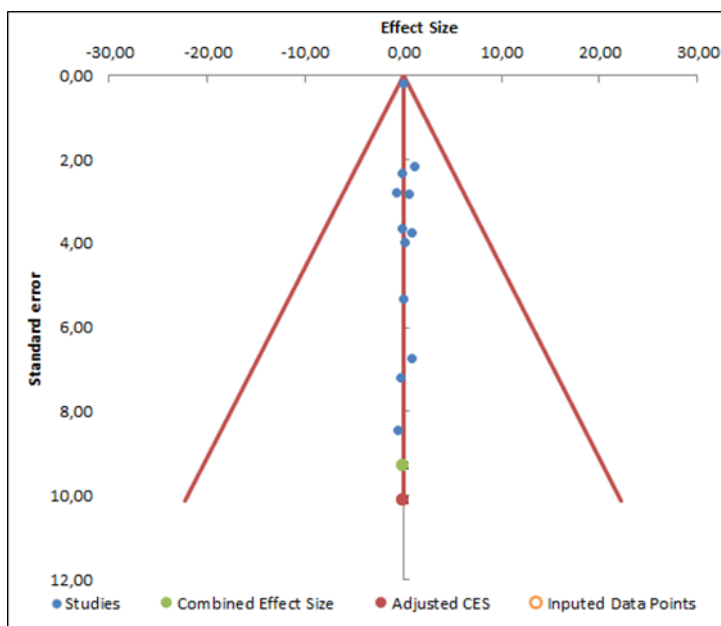
Figure 28

Galbraith plot of anxious symptoms in post-treatment
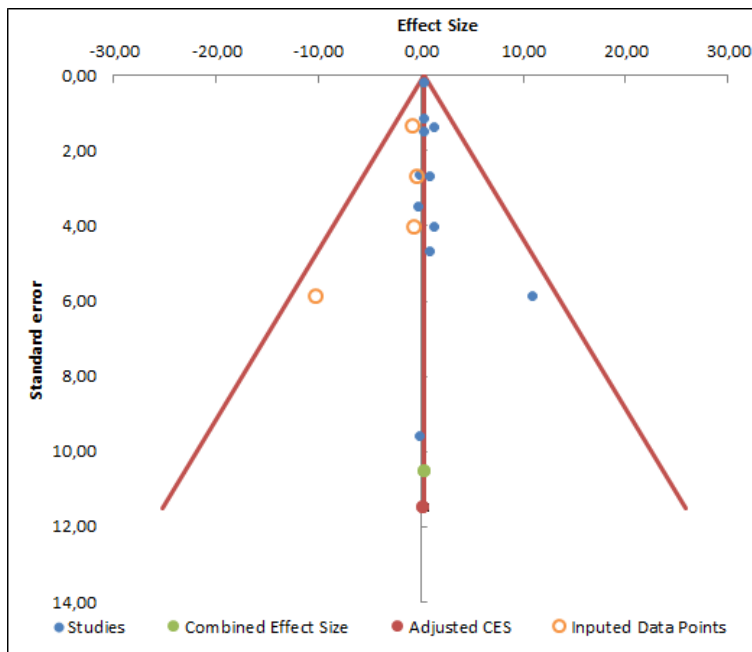
Figure 29

Galbraith plot of anxious symptoms in maintenance
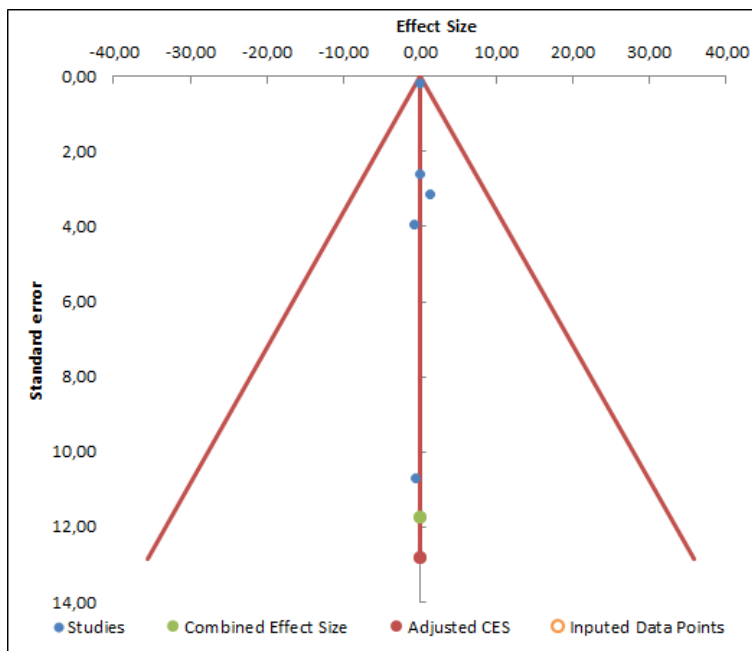
Table 2 *Meta-analysis of PTSD symptom subgroups*

	Post-treatment PTSD Symptoms					PTSD Symptoms Maintenance				
	Number of studies included	Hedges's g (95% CI)	P_A	Q_B	P_B	Number of studies included	*Hedges' g* (95% CI)	P_A	Q_B	P_B
		Therapy Characteristics					Therapy Characteristics			
Treatment Duration										
≤ 60 min	3	0.06 [-0.33, 0.45]	.06	0.45	1	3	0.03 [-0.66, 0.72]	.92	0.18	1
> 60min	15	0.38 [0.14, 0.72]	.0002			8	0.01 [-0.38, 0.4]	.96		
Number of treatment sessions										
< 8 sesiones	7	0.25 [0.00, 0.51]	.05	0.45	1	5	-0.11 [-0.42, 0.19]	.46	0.18	1
≥ 8 sesiones	12	0.44 [0.08, 0.8]	.02			6	0.17 [-0.52, 0.87]	.62		
Age										
≤ 40 years	12	0.31 [0.03, 0.59]	.03	0.44	1	7	0.03 [-0.42,0 .48]	.9	0.11	1
> 40 years	6	0.5 [0.02, 0.98]	.04			3	-0.03 [-0.92, 0.86]	.94		
Jadad										
> 3	13	0.16 [-0.00, 0.32]	.05	0.45	1	7	-0.09 [-0.43, 0.25]	.59	0.18	1
3	7	0.69 [0.23,1.16]	.0004			4	0.37 [-0.4, 1.14]	.35		
Type of control										
Not active/Waiting list	5	0.67 [0.13, 1.22]	.02	0.45	1	3	0.01 [-0.85, 0.86]	.99	0.18	1
Active	15	0.21 [0.01, 0.4]	.04			8	0.01 [-0.33, 0.35]	.95		
Behavioural therapy or CBT Control										
YES	7	0.09 [-0.34, 0.75]	.67	0.45	1	5	-0.22 [-0.93, 0.48]	.53	0.18	1

	k	ES [CI]	P_A	Q_B	P_B	k	ES [CI]	P_A	Q_B	P_B
NO	13	0.42 [0.17, 0.67]	.00008			6	0.13 [-0.20 ,0.45]	.45		
		Characteristics of the therapist					**Characteristics of the therapist**			
Type of therapist										
Psychologist	8	0.13 [-0.06, 0.32]	.18	0.45	1	6	-0.03 [-0.37, 0.3]	.85	0.18	1
Any type of	12	0.47 [0.14, 0.8]	.005			5	0.04 [-0.69, 0.78]	.91		
Therapist training										
Professional	14	0.28 [0.05, 0.51]	.02	0.45	1	8	0.09 [-0.29, 0.47]	.64	0.18	1
Student	6	0.44 [-0.03, 0.90]	.07			3	-0.17 [-0.86, 0.51]	.62		
		Sample and study characteristics					**Sample and study characteristics**			
Percentage of women										
≤ 50%	5	0.65 [0.07, 1.23]	.03	0.41	1	3	0.41 [-0.21, 1.03]	.2	0.17	1
> 50%	11	0.15 [-0.03, 0.33]	.1			7	-0.06 [-0.45, 0.33]	.75		
Type of population										
War related	4	0.66 [0.06, 1.25]	.03	0.45	1	2	0.34 [-0.64, 1.33]	.49	0.18	1
Not war related	16	0.28 [0.05, 0.51]	.02			9	-0.04 [-0.4, 0.33]	.84		
Year of publication										
≤ 2007	13	0.54 [0.21, 0.87]	.001	0.45	1	6	0.23 [-0.47, 0.93]	.52	0.18	1
>2007	7	0.09 [-0.08, 0.27]	.3			5	-0.1 [-0.33, 0.13]	.41		

Note. P_A= effect of subgroup on variable; Q_B = q-test for heterogeneity; P_B = effect of heterogeneity on subgroup variable; Yellow = potentially relevant effects.

Table 3 *Meta-analysis of depressive symptom subgroups*

	Post-treatment Depressive symptoms					Maintenance Depressive symptoms				
	Nº of studies included	Hedges's g (95% CI)	P_A	Q_B	P_B	Nº of studies included	Hedges' g (95% CI)	P_A	Q_B	P_B
		Characteristics of the therapy					Characteristics of the therapy			
Duration of treatment										
≤ 60 min	3	0.08 [0.31, 0.47]	.68	1.3	1	3	0.19 [-0.44, 0.82]	.56	0.49	1
> 60min	16	0.50 [0.21, 0.79]	.0008			9	0.11 [-0.28, 0.5]	.57		
Nº of treatment sessions										
<8 sesiones	7	0.75 [0.34, 1.15]	.0003	1.3	1	4	0.14 [-0.88, 1.16]	.79	0.49	1
≥ 8 sesiones	12	0.26 [-0.03, 0.55]	.08			8	0.08 [-0.16, 0.31]	.52		
Age										
≤40 years	13	0.37 [0.08, 0.67]	.01	1.06	1	8	0.11 [-0.29, 0.51]	.59	0.44	1
>40 years	5	0.57 [-0.07, 1.20]	.08			3	0.04 [-0.57, 0.65]	.89		
Jadad										
>3	10	0.24 [-0.02, 0.51]	.07	1.3	1	5	0.17 [-0.29, 0.63]	.47	0.49	1
3	9	0.29 [-0.16, 0.73]	.21			7	0.10 [-0.38, 0.58]	.69		
Type of control										
Not active/waiting list	6	0.88 [0.33, 1.43]	.002	1.3	1	2	0.55 [-0.59, 1.7]	.34	0.49	1
Active	13	0.24 [-0.01, 0.49]	.06			10	0.01 [-0.29, 0.31]	.94		
Behavioural therapy or CBT Control										
YES	7	0.16 [-0.43, 0.75]	.59	1.3	1	3	-0.47 [-0.91, -0.02]	.04	0.4	1

	k	g [95% CI]	P_A	Q_B	P_B	k	g [95% CI]	P_A	Q_B	P_B
NO	12	0.54 [0.26, 0.81]	.00001			9	0.31 [-0.02, 0.64]	.07		

Characteristics of the therapist						**Characteristics of the therapist**				
Type of therapist										
Psychologist	7	0.37 [-0.05, 0.78]	.006	1.3	1	4	0.2 [-0.18, 0.58]	.3	0.49	1
Any type	12	0.48 [0.14, 0.81]	.005			8	0.05 [-0.44, 0.53]	.85		
Therapist training										
Professional	14	0.5 [0.2, 0.79]	.0009	1.3	1	10	0.12 [-0.26, 0.49]	.54	0.49	1
Student	5	0.28 [-0.26, 0.82]	.31			2	0.11 [0.4, 0.62]	.68		

Sample and study characteristics						**Sample and study characteristics**				
Percentage of women										
≤ 50%	5	0.22 [-0.3, 0.75]	.01	1.13	1	3	0.18 [-0.17, 0.53]	.31	0.47	1
> 50%	11	0.31 [0.04, 0.58]	.005			7	-0.49 [-0.96, -0.02]	.04		
Population type										
War related	3	0.73 [-0.19, 1.65]	.12	1.3	1	2	0.24 [-0.55, 1.04]	.55	0.49	1
Not war related	16	0.39 [0.12, 0.67]	.005			10	0.11 [-0.26, 0.4]	.57		
Year of publication										
≤ 2007	14	0.58 [0.23, 0.94]	.001	1.3	1	8	0.27 [-0.25, 0.79]	.31	0.49	1
> 2007	5	0.18 [-0.04, 0.39]	.1			4	-0.03 [-0.32, 0.25]	.82		

Note. P_A = Effect of subgroup on variable; Q_B = q-test for heterogeneity; P_B = effect of heterogeneity on subgroup variable; Yellow = potentially relevant effects.

Table 4 *Meta-analysis of subgroups of anxious symptoms*

	Post-treatment Anxiety Symptoms					Maintenance Anxiety Symptoms				
	Nº of studies included	Hedges' g (95% CI)	P_A	Q_B	P_B	Nº of studies included	Hedges' g (95% CI)	P_A	Q_B	P_B
		Characteristics of the therapy					Characteristics of the therapy			
Duration of treatment										
≤ 60 min	1	0.31 [-0.21, 0.82]	.25	3.96	.95	1	0.05 [-0.52, 0.61]	.87	0.21	.99
> 60min	10	0.56 [0.24, 0.62]	.004			4	-0.13 [-0.9, 0.63]	.73		
Nº of treatment sessions										
<8 sessions	4	0.68 [0.07, 1.39]	.03	3.96	.95	1	-0.46 [-1.58, 0.65]	.41	0.21	.99
≥ 8 sessions	7	0.45 [0.04, 0.85]	.03			4	-0.03 [-0.69, 0.63]	.93		
Age										
≤40 years	7	0.47 [0.05, 0.88]	.03	3.96	.95	2	-0.36 [-0.93, 0.21]	.21	0.21	.99
>40 years	4	0.67 [0.05, 1.28]	.03			3	0.51 [-0.82, 1.84]	.09		
Jadad										
>3	5	0.29 [-0.16, 0.73]	.21	3.96	.95	3	-0.26 [-0.79, 0.27]	.33	0.21	.99
3	6	0.79 [0.37, 1.21]	.0002			2	038 [-1.36, 2.12]	.67		
Type of control										
Not active/Waiting list	3	0.61 [0.05, 1.17]	.03	3.96	.95	1	0.05 [-0.52, 0.61]	.87	0.21	.99
Active	8	0.49 [0.06, 0.94]	.03			4	-0.13 [-0.9, 0.63]	.73		
Behavioural therapy or CBT Control										
YES	3	0.34 [-0.77, 1.45]	.55	3.96	.95	2	-0.7 [-1.27, -0.12)]	.02	0.21	.99

	N	Effect [CI]	P_A	Q_B	P_B	N	Effect [CI]	P_A	Q_B	P_B
NO	8	0.56 [0.23, 0.88]	.00007			3	0.22 [-0.39, 0.83]	.49		

		Characteristics of the therapist					**Characteristics of the therapist**			

Type of therapist

	N	Effect [CI]	P_A	Q_B	P_B	N	Effect [CI]	P_A	Q_B	P_B
Psychologist	4	0.54 [-0.12, 1.19]	.11	3.96	.95	2	-0.35 [-1.16, 0.47]	.4	0.21	.99
Any type	7	0.53 [0.11, 0.95]	.01			3	-0.16 [-0.74, 1.06]	.72		

Therapist training

	N	Effect [CI]	P_A	Q_B	P_B	N	Effect [CI]	P_A	Q_B	P_B
Professional	7	0.64 [0.19, 1.09]	.005	3.96	.95	3	-0.16 [-0.74, 1.06]	.72	0.21	.99
Student	4	0.38 [-0.13, 0.89]	.15			2	-0.35 [-1.16, 0.47]	.4		

		Sample and study characteristics					**Sample and study characteristics**			

Percentage of women

	N	Effect [CI]	P_A	Q_B	P_B	N	Effect [CI]	P_A	Q_B	P_B
≤ 50%	3	0.65 [0.03, 1.27]	.04	3.91	.92	1	0.05 [-0.52, 0.61]	.87	0.05	.99
> 50%	5	0.22 [-0.3, 0.75]	.4			3	-0.49 [-0.96, -0.02]	.04		

Type of population

	N	Effect [CI]	P_A	Q_B	P_B	N	Effect [CI]	P_A	Q_B	P_B
War related	4	0.68 [0.28, 1.08]	.001	3.96	.95	2	-0.52 [-0.68, 1.72]	.39	3.2	.07
Not war related	7	0.41 [-0.05, 0.87]	.08			3	-0.49 [-0.96, -0.02]	.04		

Year of publication

	N	Effect [CI]	P_A	Q_B	P_B	N	Effect [CI]	P_A	Q_B	P_B
≤ 2007	2	0.6 [0.17, 1.04]	.007	3.96	.95	3	-0.1 [-1.23, 1.04]	.87	3.2	.07
>2007	9	0.28 [-0.05, 0.60]	.09			2	0.01 [-0.45, 0.48]	.96		

Note. P_A = effect of subgroup on variable; Q_B = q-test for heterogeneity; P_B = effect of heterogeneity on subgroup variable; Yellow = potentially relevant effects

METAREGRESSION ANALYSIS TABLES

Table 5

Metaregression analysis

	β	p
PTSD symptoms in post-treatment		
Year of publication	-0.03	0.82
Treatment Duration	0.32	0.02
Nº of sessions	-0.07	0.76
Sample Size	0.08	0.001
PTSD Symptoms in maintenance		
Year of publication	0.01	0.95
Treatment Duration	-0.01	0.94
Nº of sessions	0.00	1
Sample Size	0.00	0.978
Post-treatment depressive symptoms		
Year of publication	-0.04	0.39
Treatment Duration	0.02	0.43
Nº of sessions	-0.08	0.44
Sample Size	-0.01	0.749
Depressive symptoms in maintenance		
Year of publication	-0.03	0.77
Treatment Duration	-0.02	0.83
Nº of sessions	-0.06	0.75
Sample Size	-0.01	0.82
Post-treatment anxious symptoms		
Year of publication	-0.05	0.38
Treatment Duration	0.01	0.64
Nº of sessions	-0.07	0.56
Sample Size	-0.01	0.61
Anxious symptoms in maintenance		
Year of publication	-0.03	0.82
Treatment Duration	0.00	0.98
Nº of sessions	0.26	0.81
Sample Size	-0.01	0.82

Note. β = slope of the line; *p* = variable effect; Yellow = potentially relevant effects

Table 6

Certainty of assessment GRADEpro GDT: GRADEpro Guideline Development Tool. (Schumemann et al., 2013).

Certainty assessment							Certainty
№ of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	
20	randomised trials	not serious	not serious	not serious	not serious	none	⊕⊕⊕⊕ High
11	randomised trials	not serious	not serious	not serious	not serious	none	⊕⊕⊕⊕ High
19	randomised trials	not serious	serious	not serious	serious	publication bias strongly suspected	⊕◯◯◯ Very low
12	randomised trials	not serious	not serious	not serious	not serious	none	⊕⊕⊕⊕ High
11	randomised trials	not serious	serious	not serious	not serious	none	⊕⊕⊕◯ Moderate

Certainty assessment							Certainty
№ of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	
5	randomised trials	not serious	serious	not serious	extremely serious	none	⊕○○○ Very low

Tabla 7

PRISMA 2020 Checklist (Page et al., 2021)

Section and Topic	Item #	Checklist item	Location where item is reported
TITLE			
Title	1	Identify the report as a systematic review.	1
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	2
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	4
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	4
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	6-7
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	5-6
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	6
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	Figure 1
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	Figure 1
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	Table 1
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	Table 1
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	8
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	8-9
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	6-7, Table 1

Section and Topic	Item #	Checklist item	Location where item is reported
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	8-11
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	9-10
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	8-9
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	9,12-16
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	8-10
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	11-12
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	16
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	Figure 1
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Figure 1
Study characteristics	17	Cite each included study and present its characteristics.	Table 1
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Figure 2-3
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	Figures 4-29 Table 2-5
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	Table 2-3
	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	9-10 Figure4-13 Table 2-4
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	9
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	8-10
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	11-12

Section and Topic	Item #	Checklist item	Location where item is reported
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	Table 6
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	20-22
	23b	Discuss any limitations of the evidence included in the review.	20-22
	23c	Discuss any limitations of the review processes used.	20-22
	23d	Discuss implications of the results for practice, policy, and future research.	22-23
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	-
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	No protocol
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	-
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	24
Competing interests	26	Declare any competing interests of review authors.	24
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	Link to repository

Table 1 original

Table 1

Characteristics of studies investigating the efficacy of EMDR for post-traumatic stress disorder (n = 18)

Authors	Jadad	Type of trauma	Study design	Intervention	Sample	Months of follow-up/ NSP	Outcome variables		PRO	Main findings
		(Population)		Experimental/ Control	No.of participants (women) Age	(% SCTS) Minutes / session	EH	EA		
Acarturk et al. (2016)	4	War (Syrian refugees)	ECA	EMDR / Waiting list	Total: 98 (73) 49 (39) 49 (34) Average age (years): 38.54	1 Month/ 2≥ Sessions POST Followup (75,5%)→(63,2%) (67,3%)→(67,3%) 90 min	M.I.N.I HTQ HSCL-25	BDI-II IES-R	PSIC	EMDR showed significant improvement in reducing PTSD symptoms and depressive symptoms over the waitlist group.
Boterhoven de Haan et al. (2020)	5	Childhood Trauma (Australia, Germany and the Netherlands)	ECA	EMDR / ImRs	Total: 155 (119) 81 (65) 74 (54) Average age (years): 33.68	12 Months/ 12 Sessions POST Followup (82,71%)→(69,13%) (86,48%)→(66,21%) 90 min	CAPS	BDI-II IES-R PTCI TRGI TRSI SECS WHO-10 DES SMI	PSIC	Both treatments were effective in reducing symptoms related to childhood trauma, dissociative symptoms and traumatic cognitions
Carlson et al. (1998)					Total: 35 10	3 − 9 Months/ 12.2 Sessions Followup Followup (100%)→(80%)		M-PTSD IES		EMDR was shown to be effective in the Honolulu war

	3	Vietnam War veterans (USA)	ECA	EMDR / Relaxation-Biofeedback / Regular clinical care	13 12 Average age (years): 48.04	(100 %)→(30.7%) (100%) 60 - 75 min	CAPS	BDI-II STAI PTSD-S MPPI-2	TERA	veterans' community at follow-up
Devilly & Spence (1999)	3	Mixed(Australia)	ECA	EMDR/ TTP	Total: 22 (17) 11 (8) 12 (7) Average age (years): 37.96	3 Months/ 7 Sessions POST Followup (45.4%)→(45.4%) (75%)→(75%) 90 min	CAPS	PCL-C HADS-D HADS-A SWLS STAI-Y2 BDI SCL-90-R SUD PPD CMS IES PSS-SR CEQ DEVS-T	TERA	The TTP condition was superior to PTSD treatment than EMDR and its relative efficacy was greater over time
Högberg et al.(2007)	5	Traffic Accident/ Assault (Sweden)	ECA	EMDR/ Waiting list	Total: 24 (5) 13 (3) 11 (2) Average age (years): 43	*35 Months/ 5 Sessions. (92,3%) (81,8%) 90min	SCID-I GAF HAMA-A HAMA-D	IES BAI SDI WHO-10	PSIC	Patients treated with EMDR show a significant reduction in anxious, depressive, traumatic symptoms that is maintained at 36 months.
Ironson et al.(2002)	3	Mixed/ (USA)	ECA	EMDR/ Prolonged Exposure	Total: 22 (17) 10 (?) 12 (?)	3 Months/ 5 Sessions. POST Followup (100%)→ (60%) (75%)→ (50%) 90 min		PSS-SR BDI DES SUD	PSIC-ST	EMDR was more effective than prolonged exposure therapy.

					Average age (years): 16-62 years					
Karatzias et al. (2011)	5	Mixed (Scotland)	ECA	EMDR/ Emotional release techniques	Total: 46 (26) 23 (14) 23 (12) Average age (years): 40.6	3 Months 12 Sessions POST Followup (56,5%)→(47.8%) (60,8%)→(52,1%) 90 min	CAPS	PCL-C HADS-D HADS-A SWLS	PSIC PSIQ	Both interventions have significant beneficial effects after intervention and follow-up.
Lee et al. (2002)	3	Mixed (Australia)	ECA	EMDR/ SITPE	Total: 24 (11) 12 (?) 12 (?) Average age (years): 35.3	3 Months 8 Sessions POST Followup (100%)→(100%) (100%)→(100%) 60 min	SI-PTSD	BDI IES	PSIC	EMDR was a more effective treatment than SITPE for the treatment of PTSD
McGuire et al. (2020)	5	Mixed (Australia)	ECA	EMDR/ Prolonged Exposure	Total: 20 (?) 10 (?) 10 (?) Average age (years): 42.15	6 Months 8 Sessions POST Followup (100%)→(70%) (100%)→(80%) 60 min	CAPS	PCL-C DASS-42	TERA	EMDR and exposure therapy were shown to be effective in reducing PTSD symptoms
Nijdam et al. (2012)	5	Mixed (Netherlands)	ECA	EMDR/ Brief electric therapy	Total: 140 (72) 70 (36) 70 (36) Average age (years): 37.8	No Follow-up 15 Sessions (74,2%) (71,4%) 90 min	SI-PTSD SCID-I	IES-R HADS	PSIQ-ST	Although the effects of EMDR are faster, both EMDR and brief electrical therapy were equally effective.

Study	Score	Population	Design	Intervention / Comparator	Sample	Follow-up				Conclusion
Nijdam et al. (2018)	4	Mixed (Netherlands)	ECA	EMDR/ Brief electric therapy	Total: 116 (61) \n\n 57 (28) \n 59 (33) \n Average age (years): 38.53	No Follow-up \n 6.64 sessions \n\n (75.43%) \n (64.4%) \n\n\n 90 min	SCID-I	IES-R \n HADS \n PTGI	PSIQ-ST	Eclectic therapy was shown to be superior to EMDR in reducing symptoms
Power et al. (2002)	3	Mixed (Scotland)	ECA	EMDR/ Exposure + cognitive restructuring / Waiting list	Total: 72 (30) \n\n 27 (12) \n 21 (8) \n\n\n 24 (10) \n\n Average age (years): 39.24	15 Months \n 4.2 sessions \n POST Followup \n (69.23%)→(56.4%) \n (56.75%)→(45.9%) \n\n\n (82.76%)→(No Follow-up) \n\n 90 min	CAPS \n MADRS \n HAM-A	IOE \n SI-PTSD \n HADS, \n Sheehan disability index	TERA	Both EMDR and exposure therapy plus cognitive restructuring are effective for the treatment of PTSD, with a slight advantage in favor of EMDR.
Rogers et al. (1999)	3	Vietnam War veterans (USA)	ECA	EMDR/ Exposure	Total: 12 \n\n 6 \n 6 \n Average age (years): 47-53	No Follow-up \n 1 Session \n (100 %) \n (100 %) \n\n 60 - 90 min	CAPS	IES \n SUD	TERA	EMDR showed greater single-session changes in SUD levels and severity of intrusive memories.
Rothbaum et al. (2005)	5	Rape victims (Georgia)	ECA	EMDR/ Prolonged Exposure / Waiting list	Total: 72 (72) \n\n 25 (25) \n 23 (23) \n 24 (24) \n\n Average age (years): 33.8	6 Months \n 9 Sessions \n POST Followup \n (80%)→(76%) \n (86%)→(78.2%) \n (83%)→(No Follow-up) \n\n 90 min	CAPS \n SLESQ \n SCID	PSS-SR \n IES-R \n BDI \n DES-II STAI	PSIC-ST	Exposure therapy and EMDR demonstrated a similar level of efficacy.

Study		Population		Intervention	Sample Total (n)	Duration				Results
Taylor et al. (2003)	3	Mixed (Canada)	ECA	EMDR/ Exposure therapy / Relaxation therapy	Total: 60 (45) — 19 (12), 22 (8), 19 (10) — Average age (years): 37	3 Months, 8 Sessions, POST→Followup (78.9%)→(78.9%), (68.1%)→(68.1%), (78.9%)→(78.9%), 60 - 90 min	SCID-IV CAPS	BDI PDS	TERA	EMDR was more effective in reducing PTSD symptoms than the group treated with exposure and relaxation.
Ter Heide et al. (2016)	4	War (Syrian refugees)	ECA	EMDR/ Usual mental health treatment in refugee centres	Total: 72 (20) — 36 (6), 36 (14) — Average age (years): 20.93	3 Months, 12 Sessions, POST→Followup (83,3%)→(69,4%), (77,7%)→(63,8%), 60 min	CAPS HTQ HSCL-25	WHOQOL-Bref	PSIC-ST	EMDR showed no differences in either effectiveness or safety with mental health treatment used in refugee centres.
van der Kolk et al. (2007)	5	Mixed (USA)	ECA	EMDR/ Fluoxetine / Placebo	Total: 88 (55) — 29 (22), 30 (26), 29 (25) — Average age (years): 36.1	6 Months, 6 Sessions, POST→Followup (82,7%)→(72,4%), (86,7%)→(60%), (89,6%)→(No Follow-up), 90 min	CAPS, SCID-I, SCID-II	BDI-II	PSIC PSIQ	The results reveal that EMDR was shown to be more effective than fluoxetine and placebo for the treatment of PTSD and depressive symptoms.
van Vliet et al. (2021)	4	Childhood Abuse (Netherlands)	ECA	EMDR/ STAIR	Total: 135 (83) — 67 (43), 68 (40) — Average age (years): 18-65	6 months, 16 sesiones, POST→Followup (80%)→(80%), (64.7%)→(64.7%), 90 min	CAPS	PSS-SR SIDES IIP DERS PTCI DES BSI	PSIC	EMDR showed positive results in the treatment of PTSD and its symptoms in child abuse.

Note. NSP = number of sessions per patient in the EMDR condition; PRO = professional who provided treatment; %SCTS = percentage of subjects who completed all follow-up measure collections; POST = percentage of subjects who completed all posttreatment measures; SEGUI = percentage of subjects who completed all follow-up measures; EH = heteroadministered scales; EA = self-administered scales; RCT = randomized controlled trial; PSIC = clinical psychologist specializing in mental health; PSIQ = psychiatrist specializing in mental health; PSIC-ST = master's or doctoral student in clinical psychology; PSIQ-ST = psychiatry resident; TERA = TERA = TERA-trained psychiatrist; PSIQ = psychiatrist specializing in mental health; PSIC-ST = master's or doctoral student in clinical psychology; PSIQ-ST = psychiatry resident; TERA = therapist; EMDR = eye movement desensitization and reprocessing; ImRs = imagery rescripting; SITPE = stress inoculation training with prolonged exposure treatment; CBT = cognitive behavioral therapy; TPR = cognitive behavioral treatment protocol for trauma; NE = Not specified; BAI = Beck Anxiety Inventory; BDI-II = Beck Depression Inventory II; BSI = Brief symptom inventory; CAPS = Clinician-Administered; CEQ = Combat experiences questionnaire; CMS = The Mississippi Scale for Civilian; DASS-42 = Depression Anxiety Stress Scale; DERS = Diffculties in emotion regulation scale; DES-II = Dissociative experiences scale II; DEVS-T = Distress evaluation scale for treatment; GAF = Global Assessment of Functioning Scale; HADS = Hospital Anxiety Depression Scale; HADS-A = Hospital Anxiety Depression Scale- Anxiety; HADS-D = Hospital Anxiety Depression Scale- Depression; HAMA-A = Hamilton Anxiety Rating Scale; HAMA-D = Hamilton Rating Scale for Depression; HSCL-25 = Hopkins Symptom Checklist-25; HTQ = Harvard Trauma Questionnaire; IES-R = Impact of Event Scale-Revised; IES = Impact of Event Scale; IIP = Inventory of interpersonal problems; IOE = Impact of Events Scale; MADRS = Montgomery Asberg Depression Rating Scale; MPPI-2 = Minnesota Multiphasic Personality Inventory 2; M.I.N.I = The Mini-International Neuropsychiatric Interview; M-PTSD = Mississippi Scale; PCL-C = PTSD CheckList; PDS = Post-Traumatic Stress Diagnostic Scale; PPD = Postpartum depression; PSSSR = PTSD symptom scale self-report version; PTCI = Posttraumatic cognitions inventory; PTGI = Posttraumatic Growth Inventory; PTSD-S = PTSD symptoms global self-rating; SCID-I = Structured Clinical Interview for DSM-IV Axis I Disorders; SCID-I = Structured Clinical Interview for DSM-IV Axis II Personality Disorders; SDI = Social Disability Index; SI-PTSD = Structured Interview for PTSD; SLESQ = Stressfull life events screening questionnaire; SIDES = Structured interview for disorders of extreme stress; STAI = State-Trait Anxiety Inventory; STAI-Y2 = State-Trait Anxiety Inventory-Y2 Trait Form; SCL-90 = R: Symptom checklist-90-Revised; SMI = the Schema Mode Inventory; SUD = Substance use disorder; SWLS = Satisfaction with Life Scale; TRGI = Trauma-Related Guilt Inventory; TRSI = Trauma-Related Shame Inventory; WHO-10 = World Health Organisation Ten Well-being Scale; WHOQOL-Bref = World Health Organization Quiality of Life Questionnaire; * = (Högberg et al., 2008); ? = Not reported

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