

Mental Health & Chemical Dependency Services

Teletherapy for Post-Traumatic Stress Disorder as Effective as Face-to-Face Treatment

A group of people diagnosed with post-traumatic stress disorder who received treatment via teleconference reported improvement matching a group that received face-to-face treatment for the disorder. Both groups reported significant decreases in stress, depression, and anxiety symptoms. About 75% to 80% of those treated via teletherapy overcame their chronic post-traumatic stress.

These are findings of a pilot project conducted by Stéphane Guay, Ph.D., and colleagues at the University of Montreal. Additional findings included:

During treatment, some patients said they appreciated the distance from the therapist and none reported discomfort. Post-treatment evaluations found the distance did not negatively affect participation with treatment. The participants each had 16 to 25 sessions of treatment. The 17 in the telehealth group received treatment via teleconference at a hospital equipped with telehealth equipment. Medical personnel supervised the telehealth sessions and intervened if the participants became uncomfortable while reliving the traumatic events. The other group received standard face-to-face treatment.

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