**SUPPLEMENTARY FILES**

**Supplement 1. Search string**

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| Database | Result | Search string |
| Cochrane library | 16612 | "cognitive behavior therapies" OR "cognitive behavioral therapy" OR "cognitive-behavioral therapies" OR "cognitive-behavioral therapy" OR "cognitive processing therapy" OR "trauma focused cognitive behavioral therapy" OR "trauma focused cognitive-behavioral therapy" OR "trauma focused cognitive behavioural therapy" OR "trauma focused cognitive-behavioural therapy" OR "trauma-focused cognitive behavioral therapy" in Title Abstract Keyword OR "prolonged exposure" OR "cognitive therapies" OR "cognitive therapy" OR "narrative exposure therapy" OR "eye movement desensitisation" OR "eye movement desensitization therapy" OR "eye movement desensitization" OR "brief electric psychotherapy" OR "patient centered therapy" OR psychodynamic therapy in Title Abstract Keyword AND "posttraumatic stress disorder" OR "posttraumatic stress disorders" OR "post traumatic stress disorder" OR "post traumatic stress disorders" OR "post-traumatic stress disorder" in Title Abstract Keyword AND "randomized clinical trial" OR "randomized control trial" OR "randomized controlled clinical trial" OR "randomized controlled studies" OR "randomized controlled study" OR "randomized controlled trial" OR "randomized prospective study" OR "randomized-controlled trial" OR "randomised clinical trial" OR "randomised clinical trials" OR "randomised control trials" OR "clinical trial" in Title Abstract Keyword - in Trials (Word variations have been searched) |
| Embase | 345 | ('cognitive behavioral therapy'/exp OR 'cognitive behavioral therapy' OR 'cognitive processing therapy':ti,ab,kw OR 'long term exposure':ti,ab,kw OR 'cognitive therapy':ti,ab,kw OR ('eye movement desensitization':ti,ab,kw AND reprocessing:ti,ab,kw) OR 'narrative exposure therapy':ti,ab,kw OR 'trauma focused cognitive behavioral therapy':ti,ab,kw OR 'brief electric psychotherapy':ti,ab,kw OR 'psychodynamic psychotherapy':ti,ab,kw OR 'patient centered therapy':ti,ab,kw) AND 'posttraumatic stress disorder':ti,ab,kw AND ([controlled clinical trial]/lim OR [randomized controlled trial]/lim) |
| Medline-OVID | 824 | (eye movement desensitisation or eye movement desensitization therapy or eye movement desensitization or brief electric psychotherapy or patient centered therapy or psychodynamic therapy).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms] OR (cognitive behavior therapies or cognitive behavioral therapy or cognitive-behavioral therapies or cognitive-behavioral therapy or cognitive processing therapy or trauma focused cognitive behavioral therapy or trauma focused cognitive-behavioral therapy or trauma focused cognitive behavioural therapy or trauma focused cognitive-behavioural therapy or trauma-focused cognitive behavioral therapy).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms] OR (prolonged exposure or cognitive therapies or cognitive therapy or narrative exposure therapy).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms] AND (posttraumatic stress disorder or posttraumatic stress disorders or post traumatic stress disorder or post traumatic stress disorders or post-traumatic stress disorder).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms] AND (randomized clinical trial or randomized control trial or randomized controlled clinical trial or randomized controlled studies or randomized controlled study or randomized controlled trial or randomized prospective study or randomized-controlled trial or randomised clinical trial or randomised clinical trials or randomised control trials or clinical trial).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms] |
| PsychInfo | 238 | "TI ( eye movement desensitization and reprocessing OR eye movement desensitization reprocessing OR EMDR ) OR TI ( cognitive behavior therapy OR cognitive behaviour therapy OR CBT ) OR TI ( cognitive processing therapy OR CPT ) OR TI ( cognitive therapy OR CT ) OR TI ( prolonged exposure OR prolonge exposure OR PE ) OR TI ( narrative exposure therapy OR NET ) OR TI ( brief eclectic psychotherapy OR BEP ) OR TI psychodynamic therapy OR TI ( present centered therapy OR present-centered therapy OR PCT ) AND TI ( posttraumatic stress disorder\* OR post-traumatic stress disorder )  Expanders - Apply equivalent subjects  Narrow by Methodology: - clinical trial  Narrow by Subject: - prolonged exposure therapy  Narrow by Subject: - exposure therapy  Narrow by Subject: - cognitive processing therapy  Narrow by Subject: - behavior therapy  Narrow by Subject: - group psychotherapy  Narrow by Subject: - mental health  Narrow by Subject: - clinical trials  Narrow by Subject: - posttraumatic stress disorder  Narrow by Subject: - cognitive behavior therapy  Narrow by Subject: - trauma  Narrow by Subject: - psychotherapy  Narrow by Subject: - cognitive therapy  Narrow by Subject: - treatment  Narrow by Subject: - treatment effectiveness evaluation  Search modes - Find all my search terms |
| PubMed | 911 | (((((((((((((((((((cognitive behavioral therapy[Title/Abstract]) OR (cognitive-behavioral therapy[Title/Abstract])) OR (cognitive processing therapy[Title/Abstract])) OR (trauma focused cognitive behavioral therapy[Title/Abstract])) OR (trauma focused cognitive-behavioral therapy[Title/Abstract])) OR (trauma focused cognitive behavioural therapy[Title/Abstract])) OR (trauma focused cognitive-behavioural therapy[Title/Abstract])) OR (trauma-focused cognitive behavioral therapy[Title/Abstract])) OR (prolonged exposure[Title/Abstract])) OR (cognitive therapy[Title/Abstract])) OR (narrative exposure therapy[Title/Abstract])) OR (eye movement desensitisation[Title/Abstract])) OR (eye movement desensitization therapy[Title/Abstract])) OR (eye movement desensitization[Title/Abstract])) OR (brief electric psychotherapy[Title/Abstract])) OR (patient centered therapy[Title/Abstract])) OR (psychodynamic therapy[Title/Abstract])) AND (posttraumatic stress disorder[Title/Abstract])) OR (post traumatic stress disorder[Title/Abstract])) OR (post-traumatic stress disorder[Title/Abstract]) |
| Scopus | 53 | ( TITLE-ABS-KEY ( cognitive AND behavior AND therapies OR cognitive AND behavioral AND therapy OR cognitive-behavioral AND therapies OR cognitive-behavioral AND therapy OR cognitive AND processing AND therapy OR trauma AND focused AND cognitive AND behavioral AND therapy ) OR TITLE-ABS-KEY ( trauma AND focused AND cognitive-behavioral AND therapy OR trauma AND focused AND cognitive AND behavioural AND therapy OR trauma AND focused AND cognitive-behavioural AND therapy OR trauma-focused AND cognitive AND behavioral AND therapy ) OR TITLE-ABS-KEY ( prolonged AND exposure OR cognitive AND therapies OR cognitive AND therapy OR narrative AND exposure AND therapy ) OR TITLE-ABS-KEY ( eye AND movement AND desensitization OR eye AND movement AND desensitization AND therapy OR eye AND movement AND desensitization OR brief AND electric AND psychotherapy OR patient AND centered AND therapy OR psychodynamic AND therapy ) AND TITLE-ABS-KEY ( posttraumatic AND stress AND disorder OR posttraumatic AND stress AND disorders OR post AND traumatic AND stress AND disorder OR post AND traumatic AND stress AND disorders OR post-traumatic AND stress AND disorder ) AND TITLE-ABS-KEY ( randomized AND clinical AND trial OR randomized AND control AND trial OR randomized AND controlled AND clinical AND trial OR randomized AND controlled AND studies OR randomized AND controlled AND study OR randomized AND controlled AND trial OR randomized AND prospective AND study ) OR TITLE-ABS-KEY ( randomized-controlled AND trial OR randomized AND clinical AND trial OR randomized AND clinical AND trials OR randomized AND control AND trials OR clinical AND trial ) ) AND DOCTYPE ( ar ) |

**Supplement 2. Description of psychotherapies**

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| **Therapy** | **Description** |
| **Brief eclectic psychotherapy (BEP)** | Therapy is considered as Brief eclectic psychotherapy if using its specific terminology. It is combined CBT with psychodynamic relationship between patient and therapist. |
| **Cognitive behavioural therapy (CBT)** | Therapy is considered as Cognitive behavioural therapy if combine cognitive and behavioral aspects. It usually works by recognizing cognitive distortion followed by learning certain problem-solving skills as coping mechanism and change the associated behavior. |
| **Cognitive processing therapy (CPT)** | Therapy is considered as Cognitive processing therapy if using specific terminology. It can be start with psychoeducation then followed by cognitive and behavior aspects changing. |
| **Cognitive therapy (CT)** | Therapy is considered as Cognitive therapy if only consist of cognitive aspect. No behavior intervention includes in the treatment. |
| **Eye movement desensitization and reprocessing (EMDR)** | If patients received eye movement stimulation and desensitization, either using auditory, visual, tactile stimuli. |
| **Narrative exposure therapy (NET)** | An intervention where patients expose their trauma experience through chronological narrative. |
| **Present centered therapy (PCT)** | If an intervention used specific terminology where patients received psychoeducation and encouraging to use daily diary to record issues and problems throughout the week. |
| **Psychodynamic therapy (PDT)** | If patients received an intervention that facilitate self-reflection and self-examination, and the use of the relationship between therapist and patient to reduce the symptoms. |
| **Prolonged exposure (PE)** | Prolonged exposure is a specific type of cognitive behavioral therapy that teaches individuals to gradually approach trauma-related memories, feelings and situations (APA, 2020).  Therapy is considered as Prolonged exposure therapy if patients received form of exposure (imaginal, in vivo and prolonged exposure) either face-to-face, virtual, or using other devices. It could be combined with psychoeducation or not. |

Table was created by the authors

**Supplement 3. Statistical analysis flow chart**

Graphical user interface, text, application, chat or text message

Description automatically generated

Statistical analysis was conducted according to flow chart above using frequentist approach for NMA by utilizing *netmeta* package in R version x64 4.0.2. Moderator and sensitivity analysis used Bayesian and frequentist approach of NMA using *gemtc* package. Figure was created by the authors

**Supplement 4. Characteristics of included studies**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| No | Author (year) | Study Characteristics | PTSD diagnostic criteria | Participant characteristic | Trauma characteristics | Treatments’ characteristics | Outcomes (assessment tools) | Measurement time |
| 1 | Lindauer et al, 2005 | **Country**: Netherlands  **Race,** *n* (%): NI | SI-PTSD  based on  DSM-IV | **Sample size,** *n*: 24  EG: 12  CG: 12  **Age in years**, *M* (SD):  EG: 37.6 (10.2)  CG: 40.3 (8.9)  **Female,** *n* (%):  EG: 7 (58.3)  CG: 8 (66.7) | **Trauma index:** Multiple  **Time since trauma,** months (SD):  EG: 32.4 (NI)  CG: 73.2 (NI)  **Trauma background,** *n* (%):  IPV: 9 (75)  Accident/disaster: 3 (25) | **EG: BEP**  **Format**: Individual  **Frequency**: 16 sessions  **Duration**: 45-60 minutes  **Days of week**: 1 x/week  **Total times**: 16 hours  **CG: NT** | **Primary outcome**:  PTSD symptom (SI-PTSD)  **Secondary outcomes**:  Loss of PTSD diagnosis (SI PTSD)  Depression (HADS)  Anxiety (HADS) Retention rate | Baseline  Posttreatment |
| 2 | Nijdam et al, 2012 | **Country**: Netherlands  **Race,** *n* (%):  Dutch: 73 (52.1)  Moroccan: 9 (6.4)  Surinamese: 18 (25.7)  Turkish: 13 (9.3)  Others: 27 (19.3) | SI-PTSD  based on  DSM-IV | **Sample size,** *n*: 140  EG: 70  CG: 70  **Age in years**, *M* (SD):  EG: 37.3 (10.6)  CG: 38.3 (12.2)  **Female,** *n* (%):  EG: 43 (61.4)  CG: 36 (51.4) | **Trauma index:** Mixed  **Time since trauma,** months (SD):  EG: 31.5 (50.6)  CG: 29.1 (62.0)  **Trauma background,** *n* (%):  Assaults: 90 (64.3)  Accident/disaster: 36 (25.7)  War-related: 7 (5.0)  Other: 7 (5.0) | **EG: BEP**  **Format**: Individual  **Frequency**: 3-6 sessions  **Duration**: 45-90 minutes  **Days of week**: 1 x/week  **Total times**: 2.25-9 hours  **CG: EMDR**  **Format**: Individual  **Frequency**: 8 sessions  **Duration**: 90 minutes  **Days of week**: 1 x/week  **Total times**: 12 hours | **Primary outcome**:  PTSD symptom (SI-PTSD)  **Secondary outcomes**:  Depression (HADS)  Anxiety (HADS)  Loss of PTSD diagnosis (SI-PTSD)  Retention rate | Baseline  Posttreatment  4 months |
| 3 | Schnyder et al, 2011 | **Country**: Switzerland  **Race,** *n* (%):  Swiss: 11 (36.7)  Others: 19 (63.3) | CAPS based on DSM-IV | **Sample size,** *n*: 30  EG: 16  CG: 14  **Age in years**, *M* (SD): 39.5 (16.9)  EG: NI  CG: NI  **Female,** *n* (%): 14 (46.7)  EG: NI  CG: NI | **Trauma index:** NI  **Time since trauma,** months (SD): 5.4 (9.9)  EG: NI  CG: NI  **Trauma background,** *n* (%):  Swiss: 11 (36.7)  Others: 19 (63.3) | **EG: BEP**  **Format**: Individual  **Frequency**: 16 sessions  **Duration**: 50 minutes  **Days of week**: 1 x/week  **Total times**: 13.3 hours  **CG: NT** | **Primary outcome**:  PTSD symptom (CAPS)  **Secondary outcomes**:  Depression (HADS)  Anxiety (HADS) | Baseline  Posttreatment |
| 4 | Akbarian et al, 2015 | **Country**: Iran  **Race,** *n* (%): NI | DSM-5 | **Sample size,** *n*: 28  EG: 14  CG: 14  **Age in years**, M(SD): NI  **Female,** *n* (%):  EG: NI  CG: NI | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI | **EG: CBT**  **Format**: Individual  **Frequency**: 10 sessions  **Duration**: 60-90 minutes  **Days of week**: 1 x/week  **Total times**: 6-9 hours  **CG: NT** | **Primary outcome**:  PTSD symptom (CAPS)  **Secondary outcomes**:  Depression (BDI)  Anxiety (BAI)  Retention rate | Baseline  Posttreatment |
| 5 | Beck et al, 2009 | **Country**: USA  **Race,** *n* (%):  Caucasian: (88.6)  Others: (11.4) | CAPS based on DSM-IV | **Sample size,** *n*: 33  EG: 17  CG: 16  **Age in years**, *M* (SD): NI  **Female,** *n* (%):  EG: NI  CG: NI | **Trauma index:** Mixed  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI | **EG: CBT**  **Format**: Group  **Frequency**: 14 sessions  **Duration**: 120 minutes  **Days of week**: 1 x/week  **Total times**: 28 hours  **CG: NT** | **Primary outcome**:  PTSD symptom (CAPS)  **Secondary outcomes**:  Loss of PTSD diagnosis (CAPS)  Depression (BDI-II)  Anxiety (BAI)  Retention rate | Baseline  Posttreatment |
| 6 | Blanchard et al, 2003 | **Country**: USA  **Race,** *n* (%):  Caucasian: 72 (92.3)  Minority: 6 (7.7) | CAPS based on DSM-IV | **Sample size,** *n*: 78  EG: 27  CG1: 27  CG2: 24  **Age in years**, *M* (SD):  EG: 40.6 (13.1)  CG1: 40.6 (13.1)  CG2: 42.1 (10.9)  **Female,** *n* (%):  EG: 21 (77.8)  CG1: 21 (77.8)  CG2: 15 (62.5) | **Trauma index:** NI  **Time since trauma,** months (SD):  EG: 11.5 (8.0)  CG1: 14.6 (10.9)  CG2: 15.1 (8.8)  **Trauma background,** *n* (%):  Accident: 78 (100.0) | **EG: CBT**  **Format**: Individual  **Frequency**: 8-12 sessions  **Duration**: - minutes  **Days of week**: 1 x/week  **Total times**: - hours  **CG1: TAU**  **Format**: Individual  **Frequency**: 8 sessions  **Duration**: - minutes  **Days of week**: 1 x/week  **Total times**: - hours  **CG2: NT** | **Primary outcome**:  PTSD symptom (CAPS)  **Secondary outcomes**:  Loss of PTSD diagnosis (CAPS)  Depression (BDI)  Anxiety (STAI)  Retention rate | Baseline  Posttreatment  3 months FU |
| 7 | Bryant et al, 2003 | **Country**: Australia  **Race,** *n* (%): NI | CAPS-2 based on DSM-IV | **Sample size,** *n*: 58  EG1: 20  EG2: 20  CG: 18  **Age in years**, *M* (SD):  EG1: 32.4 (10.3)  EG2: 37.1 (10.9)  CG: 36.3 (8.4)  **Female,** *n* (%): 30  EG1: NI  EG2: NI  CG: NI | **Trauma index:** NI  **Time since trauma,** months (SD):  EG1: 10.2 (11.4)  EG2: 8.1 (6.7)  CG: 9.8 (7.7)  **Trauma background,** *n* (%): NI | **EG1: CBT**  **Format**: Individual  **Frequency**: 8 sessions  **Duration**: 90 minutes  **Days of week**: 1 x/week  **Total times**: 12 hours  **EG2: PE**  **Format**: Individual  **Frequency**: 8 sessions  **Duration**: 45 minutes  **Days of week**: 1 x/week  **Total times**: 6 hours  **CG: TAU**  **Format**: Individual  **Frequency**: NI  **Duration**: 25 minutes  **Days of week**: 1 x/week | **Primary outcome**:  PTSD symptom (CAPS)  **Secondary outcomes**:  Loss of PTSD diagnosis (CAPS)  Depression (BDI)  Anxiety (STAI)  Retention rate | Baseline  Posttreatment  6 months FU |
| 8 | Bryant et al, 2011 | **Country**: Thailand  **Race,** *n* (%): NI | CAPS-2 based on DSM-IV | **Sample size,** *n*: 28  EG: 16  CG: 12  **Age in years**, *M* (SD):  EG: 42.3 (6.3)  CG: 43.9 (11.9)  **Female,** *n* (%):  EG: 16 (100.0)  CG: 11 (91.7) | **Trauma index:** NI  **Time since trauma,** months (SD):  EG: 13.1 (6.6)  CG: 15.2 (8.0)  **Trauma background,** *n* (%):  Terrorist attack: 28 (100.0) | **EG: CBT**  **Format**: Individual  **Frequency**: 8 sessions  **Duration**: 60 minutes  **Days of week**: 1 x/week  **Total times**: 8 hours  **CG: TAU**  **Format**: Individual  **Frequency**: 8 sessions  **Duration**: NI  **Days of week**: NI  **Total times**: NI | **Primary outcome**:  PTSD symptom (PSS)  **Secondary outcomes**:  Loss of PTSD diagnosis (CAPS)  Depression (BDI) | Baseline  Posttreatment  3 months FU |
| 9 | Bryant et al, 2018 | **Country**: Australia  **Race,** *n* (%):  Caucasian: 59 (88.1)  Others: 8 (11.9) | CAPS-2 based on DSM-IV | **Sample size,** *n*: 67  EG: 33  CG: 34  **Age in years**, *M* (SD):  EG: 44.7 (10.7)  CG: 43.4 (7.8)  **Female,** *n* (%):  EG: 4 (12.1)  CG: 10 (29.4) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI | **EG: CBT**  **Format**: Individual  **Frequency**: 12 sessions  **Duration**: 90 minutes  **Days of week**: 1 x/week  **Total times**: 18 hours  **CG: NT** | **Primary outcome**:  PTSD symptom (CAPS)  **Secondary outcomes**:  Depression (BDI) | Baseline  Posttreatment |
| 10 | Capone et al, 2018 | **Country**: USA  **Race,** *n* (%):  White: 37 (84.1)  Black: 4 (9.1)  Asian: 1 (2.3)  Multiracial: 2 (4.6) | SCID-I/P based on DSM-IV TR | **Sample size,** *n*: 44  EG: 21  CG: 23  **Age in years**, *M* (SD):  EG: 36.5 (9.8)  CG: 32.1 (7.7)  **Female,** *n* (%):  EG: 1 (4.8)  CG: 1 (4.3) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI  Assaults: 3 (6.8)  Military: 41 (93.2) | **EG: CBT**  **Format**: Individual & group  **Frequency**: 12 sessions  **Duration**: NI  **Days of week**: NI  **Total times**: NI  **CG: TAU**  **Format**: Individual or group  **Frequency**: NI  **Duration**: NI  **Days of week**: NI  **Total times**: NI | **Primary outcome**:  PTSD symptom (CAPS)  **Secondary outcomes**:  - | Baseline  Post treatment  3 months FU  6 months FU |
| 11 | Castillo et al, 2016 | **Country**: USA  **Race,** *n* (%): NI | DSM-IV | **Sample size,** *n*: 86  EG: 44  CG: 42  **Age in years**, *M* (SD):  EG: 36.7 (12.6)  CG: 35.1 (9.2)  **Female,** *n* (%):  EG: 44 (100.0)  CG: 42 (100.0) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI  Military: 86 (100.0) | **EG: CBT**  **Format**: Group  **Frequency**: 16 sessions  **Duration**: 90 minutes  **Days of week**: 1x/week  **Total times**: 24 hours  **CG: NT** | **Primary outcome**:  PTSD symptom (CAPS)  **Secondary outcomes**:  - | Baseline  Post treatment  3 months FU  6 months FU |
| 12 | Difede et al, 2007 | **Country**: USA  **Race,** *n* (%): NI | CAPS based on DSM-IV TR | **Sample size,** *n*: 31  EG: 15  CG: 16  **Age in years**, *M* (SD): 45.77 (7.72)  EG: NI  CG: NI  **Female,** *n* (%): 1 (3)  EG: NI  CG: NI | **Trauma index:** NI  **Time since trauma,** months (SD): 21.19 (6.77)  **Trauma background,** *n* (%): NI  Terrorist attacked: 31 (100) | **EG: CBT**  **Format**: Individual  **Frequency**: 12 sessions  **Duration**: 75 minutes  **Days of week**: 1x/week  **Total times**: 15 hours  **CG: TAU**  **Format**: Individual  **Frequency**: 1 session  **Duration**: NI  **Days of week**: NI  **Total times**: NI | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Depression (BDI)  Retention rate | Baseline  Post treatment |
| 13 | DuHamel et al, 2010 | **Country**: USA  **Race,** *n* (%):  African American: 2 (2.5)  White: 66 (81.5)  Hispanic: 6 (7.4)  West Indian: 2 (2.5)  Others: 4 (4.9) | PCL Civilian based on DSM-IV | **Sample size,** *n*: 81  EG: 47  CG: 34  **Age in years**, *M* (SD):  EG: 52.19 (10.5)  CG: 49.38 (13.4)  **Female,** *n* (%):1 (3)  EG: 19 (40.8)  CG: 12 (35.3) | **Trauma index:** NI  **Time since trauma,** months (SD):  EG: 23.4 (7.4)  CG: 22.1 (6.7)  **Trauma background,** *n* (%): NI  Terrorist attacked: 81 (100.0) | **EG:** **CBT**  **Format:** Individual  **Frequency:** 10 sessions  **Duration:** 60-90 minutes  **Days of week:** 1x/week  **Total times:** 10.5 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (PCL-C)  **Secondary outcomes:**  Depression (BSI)  Retention rate | Baseline  3 months FU  6 months FU  9 months FU |
| 14 | Dunne et al, 2012 | **Country**: Australia  **Race,** *n* (%):  Indigenous Australian: 7 (27)  Non-indigenous Australian: 19 (73.0) | SCID for PTSD based on DSM-IV | **Sample size,** *n*: 26  EG: 13  CG: 13  **Age in years**, *M* (SD): 32.54 (7.09)  EG: NI  CG: NI  **Female,** *n* (%):  EG: 13 (50.0)  CG: 13 (50.0) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI  Accident/disaster: 26 (100.0) | **EG: CBT**  **Format:** Individual  **Frequency:** 10 sessions  **Duration:** 60 minutes  **Days of week:** 1x/week  **Total times:** 10 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (PDS)  **Secondary outcomes:**  Loss of PTSD diagnosis (SCID PTSD)  Depression (DASS)  Anxiety (DASS)  Retention rate | Baseline  Post treatment |
| 15 | Fecteau et al, 1999 | **Country**: Canada  **Race,** *n* (%):  Indigenous Australian: 7 (27.0)  Non-indigenous Australian: 19 (73.0) | CAPS-2 based on DSM-IV | **Sample size,** *n*: 26  EG: 10  CG: 10  **Age in years**, *M* (SD): 41.3 (41.17)  EG: NI  CG: NI  **Female,** *n* (%): 14 (70)  EG: NI  CG: NI | **Trauma index:** NI  **Time since trauma,** months (SD): 18.8 (99.7)  **Trauma background,** *n* (%):  Accident/disaster: 20 (100) | **EG: CBT**  **Format:** Individual  **Frequency:** 4 sessions  **Duration:** 120 minutes  **Days of week:** 1x/week  **Total times:** 8 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BAI)  Anxiety (BDI)  Retention rate | Baseline  Post treatment |
| 16 | Foa et al, 2006 | **Country**: USA  **Race,** *n* (%):  African American: 28 (62.7)  Caucasian: 14 (31.3)  Hispanic: 2 (3.6)  Others: 1 (1.2) | PSS-I based on DSM-IV | **Sample size,** *n*: 45  EG: 22  CG: 23  **Age in years**, *M* (SD): 33.7 (11.14)  **Female,** *n* (%):  EG: 22 (100)  CG: 23 (100) | **Trauma index:** NI  **Time since trauma,** months (SD): 1 (NI)  **Trauma background,** *n* (%):  Assaults: 45 (100) | **EG: CBT**  **Format:** Individual  **Frequency:** 4 sessions  **Duration:** 120 minutes  **Days of week:** 1x/week  **Total times:** 8 hours  **CG: TAU**  **Format:** Individual  **Frequency:** 4 sessions  **Duration:** 120 minutes  **Days of week:** 1x/week  **Total times:** 8 hours | **Primary outcome:**  PTSD symptom (PSS-I)  **Secondary outcomes:**  Loss of PTSD diagnosis  Depression (BDI)  Anxiety(BAI)  Retention rate | Baseline  Post treatment  3 months  9 months |
| 17 | Gallegos et al, 2015a | **Country**: USA  **Race,** *n* (%):  Black: 12 (34)  White: 19 (54)  Others: 3 (9) | MINI PTSD subscale | **Sample size,** *n*: 35  EG: 21  CG: 14  **Age in years**, *M* (SD): 32 (NI)  **Female,** *n* (%):  EG: 21 (100)  CG: 14 (100) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Military related: 35 (100) | **EG: CBT**  **Format:** Individual  **Frequency:** 4 sessions  **Duration:** 45-60 minutes  **Days of week:** 1x/week  **Total times:** 1 hour  **CG: NT** | **Primary outcome:**  PTSD symptom (PCL-M)  **Secondary outcomes:**  Depression (PHQ) | Baseline  Post treatment  3 months |
| 18 | Gallegos et al, 2015b | **Country**: USA  **Race,** *n* (%):  Black: 26 (11.0)  White: 171 (72)  Others: 14 (6) | MINI PTSD subscale | **Sample size,** *n*: 238  EG: 102  CG: 136  **Age in years**, *M* (SD): 28.9 (NI)  **Female,** *n* (%):  EG: 0 (0)  CG: 0 (0) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Military related: 238 (100) | **EG: CBT**  **Format:** Individual  **Frequency:** 4 sessions  **Duration:** 45-60 minutes  **Days of week:** 1x/week  **Total times:** 1 hour  **CG: NT** | **Primary outcome:**  PTSD symptom (PCL-M)  **Secondary outcomes:**  Depression (PHQ) | Baseline  Post treatment  3 months |
| 19 | Hinton et al, 2004 | **Country**: USA  **Race,** *n* (%): NI | SCID module for PTSD | **Sample size,** *n*: 12  EG: 6  CG: 6  **Age in years**, *M* (SD): NI  **Female,** *n* (%): NI | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 12 (100) | **EG: CBT**  **Format:** Individual  **Frequency:** 11 sessions  **Duration:** NI  **Days of week:** 1x/week  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (HTQ)  **Secondary outcomes:**  Depression (HSCL-depression)  Anxiety (HSCL-anxiety) | Baseline  Post treatment  2 weeks |
| 20 | Hinton et al, 2005 | **Country**: USA  **Race,** *n* (%): NI | SCID module for PTSD | **Sample size,** *n*: 40  EG: 20  CG: 20  **Age in years**, *M* (SD):  EG: 50.9 (6.11)  CG: 52.7 (7.43)  **Female,** *n* (%):  EG: 12 (60)  CG: 12 (60) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 40 (100) | **EG: CBT**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** NI  **Days of week:** 1x/week  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Retention rate | Baseline  Post treatment |
| 21 | Hinton et al, 2009 | **Country**: USA  **Race,** *n* (%): NI | SCID module for PTSD | **Sample size,** *n*: 24  EG: 12  CG: 12  **Age in years**, *M* (SD):  EG: 49.9 (9.23)  CG: 49.1 (7.56)  **Female,** *n* (%):  EG: 7 (60)  CG: 7 (60) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 24 (100) | **EG: CBT**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** NI  **Days of week:** 1x/week  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Retention rate | Baseline  Post treatment |
| 22 | Hollifield et al, 2007 | **Country**: Mexico  **Race,** *n* (%):  Caucasian-non-Hispanic: 39 (72.2)  Caucasian-Hispanic: 12 (22.2)  African American: 1 (1.9)  Others: 2 (3.7) | SCID module for PTSD based on DSM-IV | **Sample size,** *n*: 49  EG: 25  CG: 24  **Age in years**, *M* (SD):  EG: 40.9 (13.4)  CG: 43.4 (13.5)  **Female,** *n* (%):  EG: 19 (75.6)  CG: 15 (63) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI | **EG: CBT**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 120 minutes  **Days of week:** 1x/week  **Total times:** 24 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (PSS-SR)  **Secondary outcomes:**  Loss of PTSD diagnosis (PSS-SR)  Depression (HSCL-25)  Anxiety(HSCL-25)  Retention rate | Baseline  Post treatment  3 months FU |
| 23 | Ivarsson et al, 2014 | **Country**: Sweden  **Race,** *n* (%): NI | CAPS based on DSM-IV | **Sample size,** *n*: 62  EG: 31  CG: 31  **Age in years**, *M* (SD):  EG: 44.8 (11.2)  CG: 47.2 (12.2)  **Female,** *n* (%):  EG: 24 (77.4)  CG: 27 (87.1) | **Trauma index:** Mixed  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI  Assaults: 28 (45.2)  Threatening illness: 6 (9.7)  Offense: 6 (9.7)  Accident: 6 (9.7)  Sudden death: 4 (6.5)  War related: 2 (3.2)  Medical malpractice: 3 (4.8)  Multiple: 5 (8.1) | **EG: CBT**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** NI  **Days of week:** 1x/week  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (PDS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI-II)  Anxiety(BAI)  Retention rate | Baseline  Post treatment |
| 24 | Knaevelsrud et al, 2007 | **Country**: Germany  **Race,** *n* (%): NI | IES-R based on DSM-IV | **Sample size,** *n*: 96  EG: 49  CG: 47  **Age in years**, *M* (SD):  EG: 34 (11.5)  CG: 36 (9.6)  **Female,** *n* (%):  EG: 41 (84)  CG: 45 (96) | **Trauma index:** NI  **Time since trauma,** months (SD):  EG: 128 (7.2)  CG: 124 (6.12)  **Trauma background,** *n* (%):  Assaults: 31 (32.3)  Threatening illness: 9 (9.4)  Accident: 6 (6.3)  Sudden death: 40 (41.7) | **EG: CBT**  **Format:** Individual  **Frequency:** 10 sessions  **Duration:** NI  **Days of week:** 2x/week  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (IES-R)  **Secondary outcomes:**  Loss of PTSD diagnosis (IES)  Depression (BSI)  Anxiety(BSI)  Retention rate | Baseline  Post treatment |
| 25 | Knaevelsrud et al, 2015 | **Country**: Germany  **Race,** *n* (%): NI | PDS based on DSM-IV | **Sample size,** *n*: 159  EG: 79  CG: 80  **Age in years**, *M* (SD):  EG: 29.1 (8.2)  CG: 27.2 (6.5)  **Female,** *n* (%):  EG: 47 (60)  CG: 44 (55) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 63 (39.6)  Sudden death: 24 (15.1)  Exposed to trauma: 30 (189) | **EG: CBT**  **Format:** Individual  **Frequency:** 10 sessions  **Duration:** 90 minutes  **Days of week:** 2x/week  **Total times:** 15 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (PDS)  **Secondary outcomes:**  Loss of PTSD diagnosis (PDS)  Depression (HSCL-25)  Anxiety(HSCL-25)  Retention rate | Baseline  Post treatment |
| 26 | Maercker et al, 2006 | **Country**: UK  **Race,** *n* (%): NI | CAPS based on DSM-IV | **Sample size,** *n*: 42  EG: 21  CG: 21  **Age in years**, *M* (SD):  EG: 39.4 (11.4)  CG: 41.3 (10.8)  **Female,** *n* (%):  EG: 19 (90.5)  CG: 13 (61.9) | **Trauma index:** Mixed  **Time since trauma,** months (SD):  EG: 63.1 (75.2)  CG: 49.1 (52.9)  **Trauma background,** *n* (%):  Accident/disaster: 42 (100) | **EG: CBT**  **Format:** Individual  **Frequency:** 8-12 sessions  **Duration:** NI  **Days of week:** 1x/week  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Retention rate | Baseline  Post treatment |
| 27 | Maguen et al, 2017 | **Country**: USA  **Race,** *n* (%):  Asian: 1 (3)  Black: 6 (21.2)  Caucasian: 18 (60.6)  Latino: 1 (3)  Multiracial: 4 (12.2) | SCID PTSD based on DSM-IV | **Sample size,** *n*: 30  EG: 15  CG: 15  **Age in years**, *M* (SD):  EG: 61.2 (12.3)  CG: 61.1 (14)  **Female,** *n* (%):  EG: 0 (0)  CG: 0 (0) | **Trauma index:** Mixed  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 30 (100) | **EG: CBT**  **Format:** Individual  **Frequency:** 6-8 sessions  **Duration:** 60-90 minutes  **Days of week:** 1x/week  **Total times:** 6-12 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Depression (BSI)  Anxiety(BSI)  Retention rate | Baseline  Post treatment |
| 28 | McDonagh et al, 2005 | **Country**: USA  **Race,** *n* (%):  White: 69 (93.2)  African American: 1 (1.4)  Native American: 3 (4)  Others: 1 (1.4) | CAPS based on DSM-IV | **Sample size,** *n*: 74  EG: 29  CG1: 22  CG2: 23  **Age in years**, *M* (SD):  EG: 39.8 (9.9)  CG1: 39.6 (9.6)  CG2: 42 (9.8)  **Female,** *n* (%):  EG: 29 (100)  CG1: 2 (100)  CG2: 23 (100) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assault: 74 (100) | **EG: CBT**  **Format:** Individual  **Frequency:** 14 sessions  **Duration:** 90-120 minutes  **Days of week:** 1x/week  **Total times:** 24.5 hours  **CG1: PCT**  **Format:** Individual  **Frequency:** 14 sessions  **Duration:** 90-120 minutes  **Days of week:** 1x/week  **Total times:** 24.5 hours  **CG2: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI)  Anxiety(STAI)  Retention rate | Baseline  Post treatment  3 months FU  6 months FU |
| 29 | Monson et al, 2012 | **Country**: Canada  **Race,** *n* (%):  White: 29 (72.5)  Nonwhite: 11 (27.5) | CAPS based on DSM-IV | **Sample size,** *n*: 40  EG: 20  CG: 20  **Age in years**, *M* (SD):  EG: 40.4 (11.3)  CG: 33.8 (10.5)  **Female,** *n* (%):  EG: 13 (65)  CG: 17 (85) | **Trauma index:** Multiple  **Time since trauma,** months (SD):  EG: 156 (NI)  CG: 78 (NI)  **Trauma background,** *n* (%):  Assaults: 25 (62.5)  Accident/disaster: 3 (7.5)  Witnessed traumatic event: 5 (12.5)  War related: 2 (5)  Others: 5 (12.5) | **EG: CBT**  **Format:** Individual  **Frequency:** 15 sessions  **Duration:** NI  **Days of week:** 2x/week  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI)  Anxiety(STAI)  Retention rate | Baseline  Post treatment |
| 30 | Nieminen et al, 2016 | **Country**: Sweden  **Race,** *n* (%): NI | TES based on DSM-IV | **Sample size,** *n*: 56  EG: 28  CG: 28  **Age in years**, *M* (SD):  EG: 35.4 (5.8)  CG: 33.8 (3.5)  **Female,** *n* (%):  EG: 28 (100)  CG: 28 (100) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Traumatic childbirth: 56 (100) | **EG: CBT**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** NI  **Days of week:** 1x/week  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (IES)  **Secondary outcomes:**  Loss of PTSD diagnosis (MINI)  Depression (BDI-II)  Anxiety(BAI)  Retention rate | Baseline  Post treatment |
| 31 | Paunovic & Ost, 2001 | **Country**: Sweden  **Race,** *n* (%): NI | CAPS based on DSM-IV | **Sample size,** *n*: 16  EG: 8  CG: 8  **Age in years**, *M* (SD): 37.9 (7.6)  **Female,** *n* (%): 3 (18.8) | **Trauma index:** Mixed  **Time since trauma,** months (SD): 93.6 (NI)  **Trauma background,** *n* (%):  Assaults: 13 (32.5)  Accident/disaster: 2 (5)  Witnessed traumatic event: 18 (45)  War related: 6 (15)  Medical-related: 1 (2.5) | **EG: CBT**  **Format:** Individual  **Frequency:** 16-20 sessions  **Duration:** 60-120 minutes  **Days of week:** 1x/week  **Total times:** 16-40 hours  **CG: PE**  **Format:** Individual  **Frequency:** 16-20 sessions  **Duration:** 60-120 minutes  **Days of week:** 1x/week  **Total times:** 16-40 hours | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Depression (HDS)  Anxiety(HAS)  Retention rate | Baseline  Post treatment  6 months FU |
| 32 | Pruiksma et al, 2020 | **Country**: USA  **Race,** *n* (%):  Black: 13 (32.5)  Hispanic: 10 (25)  White: 19 (47.5)  Native American: 3 (7.5)  Other: 5 (12.5) | CAPS-5 based on DSM-5 | **Sample size,** *n*: 40  EG: 20  CG: 20  **Age in years**, *M* (SD): 33.03 (7.65)  **Female,** *n* (%):  EG: 4 (20)  CG: 2 (10) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 5 (12.5)  Accident/disaster: 1 (2.5)  War related: 25 (62.5)  Death of closed one: 7 (17.5) | **EG: CBT**  **Format:** Individual  **Frequency:** 5 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 7.5 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (PCL-5)  **Secondary outcomes:**  Depression (PHQ-9)  Retention rate | Baseline  Post treatment |
| 33 | Sijbrandij et al, 2007 | **Country**: Netherlands  **Race,** *n* (%):  Dutch: 71 (62.8)  Other: 42 (37.2) | DSM-IV | **Sample size,** *n*: 113  EG: 61  CG: 52  **Age in years**, *M* (SD): 37.63 (NI)  **Female,** *n* (%):  EG: 36 (59.3)  CG: 26 (50) | **Trauma index:** Mixed  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 83 (73.5)  Accident/disaster: 14 (12.4)  Witnessed traumatic event: 2 (1.8)  Death of closed one: 6 (5.3)  Other: 8 (7) | **EG: CBT**  **Format:** Individual  **Frequency:** 4 sessions  **Duration:** 120 minutes  **Days of week:** 1x/week  **Total times:** 8 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (SI-PTSD)  **Secondary outcomes:**  Loss of PTSD diagnosis (SI-PTSD)  Depression (HADS)  Anxiety(HADS)  Retention rate | Baseline  Post treatment  4 months FU |
| 34 | Spence et al, 2011 | **Country**: Australia  **Race,** *n* (%): NI | MINI based on DSM-IV | **Sample size,** *n*: 42  EG: 23  CG: 19  **Age in years**, *M* (SD): 42.6 (13.1)  **Female,** *n* (%):  EG: 17 (74)  CG: 17 (89) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI | **EG: CBT**  **Format:** Individual  **Frequency:** 7 sessions  **Duration:** NI  **Days of week:** NI  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (PCL-C)  **Secondary outcomes:**  Depression (PHQ-9)  Anxiety(GAD-7)  Retention rate | Baseline  Post treatment |
| 35 | Stecker et al, 2014 | **Country**: Lebanon  **Race,** *n* (%):  Caucasian: 190 (69.3)  African American: 38 (13.9)  Other: 40 (14.6) | MINI based on DSM | **Sample size,** *n*: 274  EG: 123  CG: 151  **Age in years**, *M* (SD): EG: 28.3 (5.3)  CG: 30.2 (6.9)  **Female,** *n* (%):  EG: 21 (15)  CG: 14 (9.3) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI | **EG: CBT**  **Format:** Individual  **Frequency:** 7 sessions  **Duration:** NI  **Days of week:** NI  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (PCL-C)  **Secondary outcomes:**  Depression (PHQ-9)  Anxiety(GAD-7)  Retention rate | Baseline  Post treatment |
| 36 | Chard, 2005 | **Country**: USA  **Race,** *n* (%):  African American: 12 (14)  White: 70 (81.4)  Hispanic: 3 (3.5)  Other: 1 (1) | SCID based on DSM-IV | **Sample size,** *n*: 71  EG: 36  CG: 35  **Age in years**, *M* (SD): 32.8 (8.9)  EG: NI  CG: NI  **Female,** *n* (%):  EG: 36 (100)  CG: 35 (100) | **Trauma index:** Mixed  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 71 (100) | **EG: CPT**  **Format:** Individual & group  **Frequency:** 17 sessions  **Duration:** 60-90 minutes  **Days of week:** 2x/week  **Total times:** 21 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI-II)  Retention rate | Baseline  Post treatment |
| 37 | Forbes et al, 2012 | **Country**: Australia  **Race,** *n* (%):  Caucasian: 59 (100) | CAPS based on DSM-IV | **Sample size,** *n*: 59  EG: 30  CG: 29  **Age in years**, *M* (SD):  EG: 53.1 (13,9)  CG: 53.6 (13.3)  **Female,** *n* (%):  EG: 2 (7)  CG: 0 (0) | **Trauma index:** Mixed  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 59 (100) | **EG: CPT**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 60 minutes  **Days of week:** 2x/week  **Total times:** 12 hours  **CG: TAU** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI-II)  Anxiety (STAI-state)  Retention rate | Baseline  Post treatment  3 months FU |
| 38 | Galovski et al, 2012 | **Country**: USA  **Race,** *n* (%):  Black: 51 (51)  White: 42 (42)  Hispanic: 7 (7) | CAPS based on DSM-IV | **Sample size,** *n*: 100  EG: 53  CG: 47  **Age in years**, *M* (SD): 39.8 (11.7)  EG: NI  CG: NI  **Female,** *n* (%): NI  EG: NI  CG: NI | **Trauma index:** Multiple  **Time since trauma,** months (SD): 228.8 (191.7)  **Trauma background,** *n* (%):  Assaults: 100 (100) | **EG: CPT**  **Format:** Individual  **Frequency:** 4-18 sessions  **Duration:** NI  **Days of week:** NI  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Depression (BDI-II)  Retention rate | Baseline  Post treatment  3 months FU |
| 39 | Monson et al, 2006 | **Country**: USA  **Race,** *n* (%):  No-White: 4 (6.7)  White: 56 (93.3)  Hispanic: 7 (7) | CAPS based on DSM-IV | **Sample size,** *n*: 60  EG: 30  CG: 30  **Age in years**, *M* (SD):  EG: 54.9 (6.5)  CG: 53.1 (6.1)  **Female,** *n* (%):  EG: 2 (6.7)  CG: 4 (13.3) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 60 (100) | **EG: CPT**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** NI  **Days of week:** 2x/week  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Depression (BDI)  Anxiety (STAI)  Retention rate | Baseline  Post treatment  1 month FU |
| 40 | Resick et al, 2002 | **Country**: USA  **Race,** *n* (%):  African American: 43 (25)  White: 121 (71)  Others: 7 (4) | CAPS based on DSM-IV | **Sample size,** *n*: 171  EG1: 62  EG2: 62  CG: 47  **Age in years**, *M* (SD): 32 (9.9)  EG1: NI  EG2: NI  CG: NI  **Female,** *n* (%):  EG1: 62 (100)  EG2: 62 (100)  CG: 47 (100) | **Trauma index:** Mixed  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 200 (117)  Kidnapped: 37 (21.9)  Crime: 75 (43.9) | **EG1: CPT**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 60 minutes  **Days of week:** 2x/week  **Total times:** 13 hours  **EG2: PE**  **Format:** Individual  **Frequency:** 9 sessions  **Duration:** 90 minutes  **Days of week:** 2x/week  **Total times:** 13.5 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI)  Retention rate | Baseline  Post treatment  3 months FU  9 months FU |
| 41 | Resick et al, 2015 | **Country**: USA  **Race,** *n* (%):  Black: 22 (20.4)  White: 62 (57.4)  Hispanic: 15 (13.9)  Others: 9 (8.3) | PSS-I based on DSM-IV-TR | **Sample size,** *n*: 108  EG: 56  CG: 52  **Age in years**, *M* (SD):  EG: 31.8 (7.3)  CG: 32.4 (7.9)  **Female,** *n* (%):  EG: 4 (7)  CG: 4 (8) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 108 (100) | **EG: CPT**  **Format:** Group  **Frequency:** 12 sessions  **Duration:** 90 minutes  **Days of week:** 2x/week  **Total times:** 18 hours  **CG: PCT**  **Format:** Group  **Frequency:** 12 sessions  **Duration:** 90 minutes  **Days of week:** 2x/week  **Total times:** 18 hours | **Primary outcome:**  PTSD symptom (PCL-S)  **Secondary outcomes:**  Depression (BDI-II)  Retention rate | Baseline  Post treatment  12 months FU |
| 42 | Suris et al, 2013 | **Country**: USA  **Race,** *n* (%):  African American: 35 (41)  White: 38 (44)  Other: 13 (15) | CAPS based on DSM-IV | **Sample size,** *n*: 86  EG: 52  CG: 34  **Age in years**, *M* (SD):  EG: 44.6 (10.5)  CG: 48.4 (8.2)  **Female,** *n* (%):  EG: 43 (83)  CG: 30 (88) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 86 (100) | **EG: CPT**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 60 minutes  **Days of week:** 2x/week  **Total times:** 12 hours  **CG: PCT**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 60 minutes  **Days of week:** 1x/week  **Total times:** 12 hours | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Depression (BDI) | Baseline  Post treatment  4 months FU |
| 43 | Duran et al, 2020 | **Country**: Brazil  **Race,** *n* (%): NI | SCID based on DSM-IV-TR | **Sample size,** *n*: 95  EG: 44  CG: 51  **Age in years**, *M* (SD):  EG: 40.12 (12.4)  CG: 43.64 (12.6)  **Female,** *n* (%): 76 (79.2)  EG: NI  CG: NI | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI | **EG: CT**  **Format:** Individual  **Frequency:** 13 sessions  **Duration:** 60 minutes  **Days of week:** 1x/week  **Total times:** 13 hours  **CG: PE**  **Format:** Individual  **Frequency:** 13 sessions  **Duration:** 60 minutes  **Days of week:** 1x/week  **Total times:** 13 hours | **Primary outcome:**  PTSD symptom (DTS)  **Secondary outcomes:**  Depression (BDI)  Anxiety(BAI)  Retention rate | Baseline  Post treatment  3 months FU |
| 44 | Ehlers et al, 2003 | **Country**: UK  **Race,** *n* (%): NI | SCID based on DSM-IV | **Sample size,** *n*: 55  EG: 28  CG: 27  **Age in years**, *M* (SD):  EG: NI  CG: NI  **Female,** *n* (%):  EG: NI  CG: NI | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI | **EG: CT**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 60-90 minutes  **Days of week:** 1x/week  **Total times:** 12.5 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI)  Anxiety(BAI)  Retention rate | Baseline  Post treatment  6 months FU |
| 45 | Ehlers et al, 2005 | **Country**: UK  **Race,** *n* (%): NI | SCID based on DSM-IV | **Sample size,** *n*: 28  EG: 14  CG: 14  **Age in years**, *M* (SD):  EG: 35.4 (10.9)  CG: 37.8 (11.2)  **Female,** *n* (%):  EG: 8 (57)  CG: 7 (50) | **Trauma index:** NI  **Time since trauma,** months (SD):  EG: 11.5  CG: 10.8  **Trauma background,** *n* (%):  Assaults: 9 (32.1)  Accident/disaster: 15 (53.6)  Witnessed traumatic event: 4 (14.3) | **EG: CT**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 60-90 minutes  **Days of week:** 1x/week  **Total times:** 12.5 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI)  Anxiety(BAI) | Baseline  Post treatment |
| 46 | Ehlers et al, 2014 | **Country**: UK  **Race,** *n* (%):  Caucasian: 41 (67.2)  Minority: 20 (32.8) | SCID based on DSM-IV | **Sample size,** *n*: 61  EG: 31  CG: 30  **Age in years**, *M* (SD):  EG: 41.5 (11.7)  CG: 36.8 (10.5)  **Female,** *n* (%):  EG: 18 (58.1)  CG2: 18 (60) | **Trauma index:** Mixed  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 22 (36.1)  Accident/disaster: 21 (34.4)  Witnessed traumatic event: 5 (8.2)  Others: 13 (21.3) | **EG: CT**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 90-120 minutes  **Days of week:** 1x/week  **Total times:** 18 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI)  Anxiety(BAI) | Baseline  Post treatment |
| 47 | Kubany et al, 2003 | **Country**: USA  **Race,** *n* (%):  White: 18 (48.7)  Asian: 10 (27)  Native Hawaiian: 6 (16.2)  Other: 3 (8.1) | CAPS based on DSM-IV | **Sample size,** *n*: 37  EG: 19  CG: 18  **Age in years**, *M* (SD): 36.4 (9.1)  **Female,** *n* (%): 37 (100)  EG: 19 (100)  CG2: 18 (100) | **Trauma index:** Mixed  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 204 (551.3)  Accident/disaster: 59 (159.5)  Witnessed traumatic event: 53 (143.2)  War related: 1 (2.7)  Sudden death of loved one: 29 (78.4)  Threatening illness: 46 (124.3) | **EG: CT**  **Format:** Individual  **Frequency:** 8-11 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 12-16.5 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI)  Retention rate | Baseline  Post treatment |
| 48 | Tarrier et al, 1999 | **Country**: UK  **Race,** *n* (%):  White: 18 (48.7)  Asian: 10 (27)  Native Hawaiian: 6 (16.2)  Other: 3 (8.1) | CAPS based on DSM-III-R | **Sample size,** *n*: 62  EG: 33  CG: 29  **Age in years**, *M* (SD): 38.6 (11.6)  **Female,** *n* (%): NI  EG: NI  CG2: NI | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Accident/disaster: 21 (34)  Crime: 32 (52)  Other: 9 (15) | **EG: CT**  **Format:** Individual  **Frequency:** 16 sessions  **Duration:** 60 minutes  **Days of week:** 1x/week  **Total times:** 16 hours  **CG: PE**  **Format:** Individual  **Frequency:** 16 sessions  **Duration:** 60 minutes  **Days of week:** 1x/week  **Total times:** 16 hours | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI)  Anxiety (BAI)  Retention rate | Baseline  Post treatment  6 months FU |
| 49 | Acarturk et al, 2015 | **Country**: Turkey  **Race,** *n* (%): NI | IES-R | **Sample size,** *n*: 29  EG: 15  CG: 14  **Age in years**, *M* (SD):  EG: 35.27 (13.21)  CG: 37.92 (9.06)  **Female,** *n* (%): NI  EG: 11 (73.3)  CG2: 11 (78.6) | **Trauma index:** NI  **Time since trauma,** months (SD):  EG: 14.44 (4.25)  CG: 14.43 (4.99)  **Trauma background,** *n* (%):  War related: 29 (100) | **EG: EMDR**  **Format:** Individual  **Frequency:** 7 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 10.5 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (IES-R)  **Secondary outcomes:**  Loss of PTSD diagnosis (IES-R)  Depression (BDI)  Retention rate | Baseline  Post treatment |
| 50 | Acarturk et al, 2016 | **Country**: Turkey  **Race,** *n* (%): NI | MINI based on DSM-IV | **Sample size,** *n*: 98  EG: 49  CG: 49  **Age in years**, *M* (SD):  EG: 33.2 (11.1)  CG: 34 (10)  **Female,** *n* (%): NI  EG: 39 (79.2)  CG2: 15 (68.7) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 98 (100) | **EG: EMDR**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 12 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (IES-R)  **Secondary outcomes:**  Loss of PTSD diagnosis (MINI)  Depression (BDI-II)  Retention rate | Baseline  Post treatment  1 month FU |
| 51 | Arabia et al, 2011 | **Country**: Italy  **Race,** *n* (%): NI | IES-R based on DSM-IV-TR | **Sample size,** *n*: 42  EG: 21  CG: 21  **Age in years**, *M* (SD): 63.48 (10.32)  EG: NI  CG: NI  **Female,** *n* (%): 14 (33.3)  EG: NI  CG2: NI | **Trauma index:** Single  **Time since trauma,** months (SD): 1.5 (NI)  **Trauma background,** *n* (%):  Medical intervention: 42 (100) | **EG: EMDR**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** 45 minutes  **Days of week:** 2x/week  **Total times:** 6 hours  **CG: PE**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** 45 minutes  **Days of week:** 2x/week  **Total times:** 6 hours | **Primary outcome:**  PTSD symptom (IES-R)  **Secondary outcomes:**  Loss of PTSD diagnosis (IES-R)  Depression (BDI-II)  Anxiety (STAI)  Retention rate | Baseline  Post treatment  6 months FU |
| 52 | Capezzani et al, 2013 | **Country**: Italy  **Race,** *n* (%): NI | CAPS based on DSM-IV-TR | **Sample size,** *n*: 21  EG: 11  CG: 10  **Age in years**, *M* (SD):  EG: 50.8 (7.6)  CG: 52.7 (8.7)  **Female,** *n* (%):  EG: 11 (100)  CG2: 8 (80) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Life threatening illness: 21 (100) | **EG: EMDR**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** NI  **Days of week:** 1x/week  **Total times:** NI  **CG: CBT**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** NI  **Days of week:** 1x/week  **Total times:** NI | **Primary outcome:**  PTSD symptom (IES-R)  **Secondary outcomes:**  Loss of PTSD diagnosis (IES-R)  Depression (BDI-II)  Anxiety (STAI) | Baseline  Post treatment |
| 53 | Carlson et al, 1998 | **Country**: Italy  **Race,** *n* (%):  White: 12 (54.5)  Non-white: 10 (45.5) | CAPS based on DSM-IV | **Sample size,** *n*: 22  EG: 10  CG: 12  **Age in years**, *M* (SD):  EG: 52.7 (8.6)  CG: 45.4 (3.5)  **Female,** *n* (%): NI | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 21 (100) | **EG: EMDR**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 60-75 minutes  **Days of week:** 1x/week  **Total times:** 12-15 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Depression (BDI)  Anxiety (STAI)  Retention rate | Baseline  Post treatment |
| 54 | Devilly et al, 1998 | **Country**: Australia  **Race,** *n* (%): NI | PTSD-I based on DSM-III-R | **Sample size,** *n*: 22  EG: 12  CG: 10  **Age in years**, *M* (SD): 50.1 (6.48)  EG: NI  CG: NI  **Female,** *n* (%):  EG: 0 (0)  CG: 0 (0) | **Trauma index:** NI  **Time since trauma,** months (SD): 28.3 (NI)  **Trauma background,** *n* (%):  War related: 22 (100) | **EG: EMDR**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 12 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (PTSD-I)  **Secondary outcomes:**  Depression (BDI)  Anxiety (STAI)  Retention rate | Baseline  Post treatment  6 months FU |
| 55 | Devilly et al, 1999 | **Country**: Australia  **Race,** *n* (%): NI | PTSD-I based on DSM-III-R | **Sample size,** *n*: 23  EG: 11  CG: 12  **Age in years**, *M* (SD): 37.9 (12.8)  EG: 40.2 (10.9)  CG: 35.9 (14.5)  **Female,** *n* (%):  EG: 0 (0)  CG: 0 (0) | **Trauma index:** NI  **Time since trauma,** months (SD): 112.4 (147.5)  **Trauma background,** *n* (%):  Assaults: 15 (65.2)  Accident/disaster: 6 (26.1)  War related: 2 (8.7) | **EG: EMDR**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 12 hours  **CG: CBT**  **Format:** Individual  **Frequency:** 9 sessions  **Duration:** 90-120 minutes  **Days of week:** 1x/week  **Total times:** 12 hours 50 minutes | **Primary outcome:**  PTSD symptom (PSS-SR)  **Secondary outcomes:**  Depression (BDI)  Anxiety (STAI)  Retention rate | Baseline  Post treatment  3 months FU |
| 56 | Hogberg et al, 2007 | **Country**: Sweden  **Race,** *n* (%):  Swedish: 10 (45.8)  Non-Swedish: 11 (54.2) | SCID-1 based on DSM-IV | **Sample size,** *n*: 21  EG: 12  CG: 9  **Age in years**, *M* (SD):  EG: 43 (8)  CG: 43 (11)  **Female,** *n* (%):  EG: 3 (25)  CG: 2 (22.2) | **Trauma index:** Mixed  **Time since trauma,** months (SD):  EG: 30 (NI)  CG: 26.4 (NI)  **Trauma background,** *n* (%):  Accident/disaster: 21 (100) | **EG: EMDR**  **Format:** Individual  **Frequency:** 5 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 7.5 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (IES)  **Secondary outcomes:**  Loss of PTSD diagnosis (SCID-1)  Depression (HAM-D)  Anxiety (HAM-A)  Retention rate | Baseline  Post treatment |
| 57 | Jarero et al, 2015 | **Country**: Mexico  **Race,** *n* (%): NI | SPRINT | **Sample size,** *n*: 25  EG: 13  CG: 12  **Age in years**, *M* (SD): 38.6 (NI)  EG: NI  CG: NI  **Female,** *n* (%):  EG: 11 (100)  CG: 10 (100) | **Trauma index:** NI  **Time since trauma,** months (SD): 3-54 (NI)  **Trauma background,** *n* (%):  Life threatening illness: 25 (100) | **EG: EMDR**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** 60 minutes  **Days of week:** 1x/week  **Total times:** 8 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (SPRINT)  **Secondary outcomes:**  Retention rate | Baseline  Post treatment |
| 58 | Jarero et al, 2018 | **Country**: Mexico  **Race,** *n* (%): NI | PCL-5 based on DSM-5 | **Sample size,** *n*: 61  EG: 35  CG: 26  **Age in years**, *M* (SD): 47 (NI)  EG: NI  CG: NI  **Female,** *n* (%):  EG: 35 (100)  CG: 26 (100) | **Trauma index:** NI  **Time since trauma,** months (SD): 3-54 (NI)  **Trauma background,** *n* (%):  Life threatening illness: 61 (100) | **EG: EMDR**  **Format:** Individual  **Frequency:** 6 sessions  **Duration:** 50-100 minutes  **Days of week:** 2 days  **Total times:** 6 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (IES)  **Secondary outcomes:**  Depression (HADS)  Anxiety (HADS)  Retention rate | Baseline  Post treatment  3 months FU |
| 59 | Jensen, 1994 | **Country**: USA  **Race,** *n* (%): NI | SI-PTSD based on DSM-III-R | **Sample size,** *n*: 25  EG: 13  CG: 12  **Age in years**, *M* (SD): 43.1 (2.84)  EG: NI  CG: NI  **Female,** *n* (%):  EG: 0 (0)  CG: 0 (0) | **Trauma index:** NI  **Time since trauma,** months (SD):  **Trauma background,** *n* (%):  War related: 25 (100) | **EG: EMDR**  **Format:** Individual  **Frequency:** 3 sessions  **Duration:** NI  **Days of week:** 10 days  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (SI-PTSD)  **Secondary outcomes:**  Retention rate | Baseline  Post treatment |
| 60 | Marcus et al, 1997 | **Country**: USA  **Race,** *n* (%):  Caucasian: 44 (66)  African American: 9 (13)  Latino: 8 (12)  Asian/Pacific Islander: 2 (3)  Native American: 1 (2)  Others: 3 (4) | DSM-III-R | **Sample size,** *n*: 67  EG: 34  CG: 33  **Age in years**, *M* (SD): 40.98 (NI)  EG: NI  CG: NI  **Female,** *n* (%): 53 (79.1)  EG: NI  CG: NI | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: NI  Incest: NI  Life threatening illness: NI  Accident/disaster: NI  Witnessing traumatic event: NI | **EG: EMDR**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** 50-90 minutes  **Days of week:** 1x/week  **Total times:** 6-12 hours  **CG: TAU** | **Primary outcome:**  PTSD symptom (M-PTSD)  **Secondary outcomes:**  Depression (BDI)  Anxiety (STAI-T)  Retention rate | Baseline  Post treatment |
| 61 | Power et al, 2002 | **Country**: UK  **Race,** *n* (%): NI | CAPS based on DSM-IV | **Sample size,** *n*: 72  EG1: 27  EG2: 21  CG: 24  **Age in years**, *M* (SD):  EG1: 38.6 (11.8)  EG2: 43.2 (11)  CG: 36.5 (11.6)  **Female,** *n* (%):  EG1: 12 (44.4)  EG2: 8 (38.1)  CG: 10 (41.7) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 25 (35.3)  Accident/disaster: 38 (53.5)  Witnessing traumatic event: 3 (4.2)  Others: 5 (7) | **EG1: EMDR**  **Format:** Individual  **Frequency:** 10 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 15 hours  **EG2: CBT**  **Format:** Individual  **Frequency:** NI  **Duration:** NI  **Days of week:** 7x/week  **Total times:** NI  **CG: TAU** | **Primary outcome:**  PTSD symptom (SI-PTSD)  **Secondary outcomes:**  Depression (HADS-D)  Anxiety (HADS-A)  Retention rate | Baseline  Post treatment |
| 62 | Rogers et al, 1999 | **Country**: USA  **Race,** *n* (%): NI | CAPS based on DSM-III-R | **Sample size,** *n*: 12  EG: 6  CG: 6  **Age in years**, *M* (SD): NI  **Female,** *n* (%):  EG: 0 (0)  CG: 0 (0) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 12 (100) | **EG: EMDR**  **Format:** Individual  **Frequency:** 1 session  **Duration:** 60-90 minutes  **Days of week:** 1x/week  **Total times:** 1-1.5 hours  **CG: PE**  **Format:** Individual  **Frequency:** 1 session  **Duration:** 60-90 minutes  **Days of week:** 1x/week  **Total times:** 1-1.5 hours | **Primary outcome:**  PTSD symptom (IES)  **Secondary outcomes:**  Retention rate | Baseline  Post treatment |
| 63 | Rothbaum, 1997 | **Country**: USA  **Race,** *n* (%): NI | PSS based on DSM-IV | **Sample size,** *n*: 18  EG: 10  CG: 8  **Age in years**, *M* (SD):  EG: 31.6 (9.8)  CG: 37.5 (11.1)  **Female,** *n* (%):  EG: 10 (100)  CG: 8 (100) | **Trauma index:** NI  **Time since trauma,** months (SD):  EG: 62.2 (53.3)  CG: 155.8 (106.6)  **Trauma background,** *n* (%):  Assaults: 18 (100) | **EG: EMDR**  **Format:** Individual  **Frequency:** 3 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 4.5 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (PSS)  **Secondary outcomes:**  Loss of PTSD diagnosis (PSS)  Depression (BDI)  Anxiety (STAI-T)  Retention rate | Baseline  Post treatment |
| 64 | Yurtsever et al, 2018 | **Country**: Turkey  **Race,** *n* (%): NI | MINI | **Sample size,** *n*: 47  EG: 18  CG: 29  **Age in years**, *M* (SD):  EG: 39.9 (10.9)  CG: 35.9 (11.1)  **Female,** *n* (%):  EG: 13 (72.2)  CG: 23 (79.3) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 47 (100) | **EG: EMDR**  **Format:** Individual  **Frequency:** 2 sessions  **Duration:** 120 minutes  **Days of week:** NA  **Total times:** 4 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (IES-R)  **Secondary outcomes:**  Loss of PTSD diagnosis (MINI)  Depression (BDI-II)  Retention rate | Baseline  Post treatment  1 month FU |
| 65 | Adenauer et al, 2011 | **Country**: Germany  **Race,** *n* (%): NI | DSM-IV | **Sample size,** *n*: 19  EG: 11  CG: 8  **Age in years**, *M* (SD):  EG: 28.6 (8.6)  CG: 33.6 (9.8)  **Female,** *n* (%):  EG: 3 (27.3)  CG: 4 (50) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 19 (100) | **EG: NET**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 100 minutes  **Days of week:** 1-2x/week  **Total times:** 12-24 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (IES-R)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (HDRS)  Retention rate | Baseline  4 months FU |
| 66 | Jacob et al, 2014a | **Country**: Germany  **Race,** *n* (%): NI | PDS based on DSM-IV | **Sample size,** *n*: 43  EG: 21  CG: 22  **Age in years**, *M* (SD):  EG: 48.3 (13.4)  CG: 46.9 (11.7)  **Female,** *n* (%):  EG: 21 (100)  CG: 22 (100) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 9 (21)  Genocide: 9 (21)  Witnessing traumatic events: 6 (14)  Others: 19 (44) | **EG: NET**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** 90-150 minutes  **Days of week:** 2x/week  **Total times:** 12-20 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Retention rate | Baseline  3 months FU |
| 67 | Jacob et al, 2014b | **Country**: Germany  **Race,** *n* (%): NI | PDS based on DSM-IV | **Sample size,** *n*: 33  EG: 17  CG: 16  **Age in years**, *M* (SD):  EG: 25.1 (4.3)  CG: 24 (4.4)  **Female,** *n* (%):  EG: 13 (76.5)  CG: 14 (87.5) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 7 (21)  Genocide: 4 (12)  Witnessing traumatic events: 5 (15.2)  Others: 17 (51.8) | **EG: NET**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** 90-150 minutes  **Days of week:** 2x/week  **Total times:** 12-20 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Retention rate | Baseline  3 months FU |
| 68 | Lely et al, 2019 | **Country**: Netherland  **Race,** *n* (%): NI | CAPS based on DSM-IV-TR | **Sample size,** *n*: 33  EG: 18  CG: 15  **Age in years**, *M* (SD):  EG: 62.7 (5.9)  CG: 62.5 (6.2)  **Female,** *n* (%):  EG: 5 (27.8)  CG: 4 (26.7) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 10 (32.3)  Others: 21 (67.7) | **EG: NET**  **Format:** Individual  **Frequency:** 11 sessions  **Duration:** 90 minutes  **Days of week:** 1-2x/week  **Total times:** 16.5 hours  **CG: PCT**  **Format:** Individual  **Frequency:** 11 sessions  **Duration:** 90 minutes  **Days of week:** 1-2x/week  **Total times:** 16.5 hours | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Retention rate | Baseline  Posttreatment  4 months FU |
| 69 | Morath et al, 2014a | **Country**: Switzerland  **Race,** *n* (%): NI | CAPS | **Sample size,** *n*: 38  EG: 19  CG: 19  **Age in years**, *M* (SD):  EG: 28.7 (9.4)  CG: 30.1 (8.2)  **Female,** *n* (%):  EG: 6 (31.6)  CG: 6 (31.6) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI | **EG: NET**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 18 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS) | Baseline  Posttreatment |
| 70 | Morath et al, 2014b | **Country**: Switzerland  **Race,** *n* (%): NI | CAPS | **Sample size,** *n*: 34  EG: 17  CG: 17  **Age in years**, *M* (SD):  EG: 28 (NI)  CG: 31 (NI)  **Female,** *n* (%):  EG: 8 (47.1)  CG: 6 (35.3) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%): NI | **EG: NET**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 18 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Depression (HAM-D)  Retention rate | Baseline  Posttreatment |
| 71 | Neuner et al, 2008 | **Country**: Uganda  **Race,** *n* (%): NI | CIDI based on DSM-IV | **Sample size,** *n*: 166  EG: 111  CG: 55  **Age in years**, *M* (SD):  EG: 34.4 (12.2)  CG: 35.6 (14)  **Female,** *n* (%):  EG: 56 (50.5)  CG: 28 (49.1) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 166 (100) | **EG: NET**  **Format:** Individual  **Frequency:** 6 sessions  **Duration:** 60-120 minutes  **Days of week:** 2x/week  **Total times:** 6-12 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (PDS)  **Secondary outcomes:**  Loss of PTSD diagnosis (PDS)  Retention rate | Baseline  3 months FU |
| 72 | Neuner et al, 2010 | **Country**: Uganda  **Race,** *n* (%): NI | PDS based on DSM-IV | **Sample size,** *n*: 32  EG: 16  CG: 16  **Age in years**, *M* (SD):  EG: 31.6 (7.7)  CG: 31.1 (7.8)  **Female,** *n* (%):  EG: 5 (31.2)  CG: 5 (31.2) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 29 (90.6)  War related: 23 (71.9) | **EG: NET**  **Format:** Individual  **Frequency:** 6 sessions  **Duration:** 90-120 minutes  **Days of week:** 2x/week  **Total times:** 18-24 hours  **CG: TAU**  **Format:** Individual  **Frequency:** NI  **Duration:** NI  **Days of week:** NI  **Total times:** NI | **Primary outcome:**  PTSD symptom (PDS)  **Secondary outcomes:**  Depression (HSC-D)  Retention rate | Baseline  Posttreatment |
| 73 | Orang et al, 2018 | **Country**: Uganda  **Race,** *n* (%): NI | PSS-I based on DSM-IV | **Sample size,** *n*: 34  EG: 17  CG: 17  **Age in years**, *M* (SD):  EG: 38 (9.7)  CG: 37.3 (7.9)  **Female,** *n* (%):  EG: 17 (100)  CG: 17 (100) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 34 (100) | **EG: NET**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 120-150 minutes  **Days of week:** 1x/week  **Total times:** 24-30 hours  **CG: TAU**  **Format:** Individual  **Frequency:** NI  **Duration:** 90-120 minutes  **Days of week:** NI  **Total times:** NI | **Primary outcome:**  PTSD symptom (PSS-I)  **Secondary outcomes:**  Loss of PTSD diagnosis (PSS-I)  Depression (PHQ-9)  Retention rate | Baseline  Posttreatment  3 months FU |
| 74 | Zang et al, 2013 | **Country**: China  **Race,** *n* (%): NI | PDS based on DSM-IV | **Sample size,** *n*: 22  EG: 11  CG: 11  **Age in years**, *M* (SD):  EG: 56.6 (12.2)  CG: 54.8 (11.6)  **Female,** *n* (%):  EG: 8 (72.7)  CG: 9 (81.8) | **Trauma index:** Mixed  **Time since trauma,** months (SD): 20.5 (NI)  **Trauma background,** *n* (%):  Accident/Disaster: 22 (100) | **EG: NET**  **Format:** Individual  **Frequency:** 4 sessions  **Duration:** 60-90 minutes  **Days of week:** 2x/week  **Total times:** 4-6 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (IES-R)  **Secondary outcomes:**  Depression (HADS-D)  Anxiety (HADS-A)  Retention rate | Baseline  Posttreatment |
| 75 | Zang et al, 2014 | **Country**: China  **Race,** *n* (%): NI | PDS based on DSM-IV | **Sample size,** *n*: 20  EG: 10  CG: 10  **Age in years**, *M* (SD):  EG: 53.5 (1.2)  CG: 50.9 (1.2)  **Female,** *n* (%):  EG: 9 (90)  CG: 8 (80) | **Trauma index:** Mixed  **Time since trauma,** months (SD): 32 (NI)  **Trauma background,** *n* (%):  Accident/Disaster: 20 (100) | **EG: NET**  **Format:** Individual  **Frequency:** 3 sessions  **Duration:** 60-120 minutes  **Days of week:** 1-2x/week  **Total times:** 3-6 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (IES-R)  **Secondary outcomes:**  Depression (HADS-D)  Anxiety (HADS-A)  Retention rate | Baseline  Posttreatment |
| 76 | Ford et al, 2011 | **Country**: USA  **Race,** *n* (%):  African American: 39 (40)  Latina: 18 (18)  White not Hispanic: 40 (41)  Other: 1 (1) | SCID PTSD based on DSM-IV | **Sample size,** *n*: 98  EG: 53  CG: 45  **Age in years**, *M* (SD): 30.7 (6.9)  EG: NI  CG: NI  **Female,** *n* (%):  EG: 53 (100)  CG: 45 (100) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Criminal: 98 (100) | **EG: PCT**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** NI  **Days of week:** NI  **Total times:** NI  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Depression (BDI)  Anxiety (STAI)  Retention rate | Baseline  Posttreatment |
| 77 | Asukai et al, 2010 | **Country**: Japan  **Race,** *n* (%):  Japanese: 24 (100) | SCID PTSD based on DSM-IV | **Sample size,** *n*: 24  EG: 12  CG: 12  **Age in years**, *M* (SD): 30.7 (6.9)  EG: 27.1 (5.4)  CG: 31.4 (8.8)  **Female,** *n* (%):  EG: 11 (91.7)  CG: 10 (83.3) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 17 (70.8)  Accident/disaster: 7 (29.2) | **EG: PE**  **Format:** Individual  **Frequency:** 8-15 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 12-22.5 hours  **CG: TAU** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Depression (BDI)  Retention rate | Baseline  Posttreatment |
| 78 | Feske et al, 2008 | **Country**: USA  **Race,** *n* (%):  African American: 20 (95.2)  Caucasian: 1 (4.8) | PDS-I based on DSM-IV | **Sample size,** *n*: 21  EG: 9  CG: 12  **Age in years**, *M* (SD): 43.1 (NI)  EG: NI  CG: NI  **Female,** *n* (%):  EG: 9 (100)  CG: 12 (100) | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 20 (95.2)  Witnessing traumatic event: 1 (4.8) | **EG: PE**  **Format:** Individual  **Frequency:** 9-12 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 13.5-18 hours  **CG: TAU**  **Format:** Individual & group  **Frequency:** 9-12 sessions  **Duration:** 60 minutes  **Days of week:** 1x/week  **Total times:** 9-12 hours | **Primary outcome:**  PTSD symptom (PDS-I)  **Secondary outcomes:**  Depression (BDI)  Anxiety (BAI)  Retention rate | Baseline  Posttreatment  6 months FU |
| 79 | Foa et al, 1991 | **Country**: USA  **Race,** *n* (%):  Black: 9 (29)  White: 21 (67.8)  Hispanic: 1 (3.2) | PDS-I based on DSM-III-R | **Sample size,** *n*: 31  EG1: 10  EG2: 11  CG: 10  **Age in years**, *M* (SD):  EG1: 32.7 (7.3)  EG2: 34.2 (9.8)  CG: 32 (9.6)  **Female,** *n* (%):  EG1: 10 (100)  EG2: 11 (100)  CG: 10 (100) | **Trauma index:** NI  **Time since trauma,** months (SD): 74.4 (NI)  EG1: 66 (99.3)  EG2: 113.1 (105.2)  CG: 82.1 (59.9)  **Trauma background,** *n* (%):  Assaults: 31 (100) | **EG1: PE**  **Format:** Individual  **Frequency:** 9 sessions  **Duration:** 90 minutes  **Days of week:** 2x/week  **Total times:** 13.5 hours  **EG2: TAU**  **Format:** Individual  **Frequency:** 9 sessions  **Duration:** 90 minutes  **Days of week:** 2x/week  **Total times:** 13.5 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (PDS-I)  **Secondary outcomes:**  Depression (BDI)  Anxiety (STAI-state)  Retention rate | Baseline  Posttreatment |
| 80 | Foa et al, 1999 | **Country**: USA  **Race,** *n* (%):  African American: 14 (36)  Caucasian: 24 (63) | SCID based on DSM-III-R | **Sample size,** *n*: 38  EG: 23  CG: 15  **Age in years**, *M* (SD):NI  **Female,** *n* (%):  EG: 23 (100)  CG: 15 (100) | **Trauma index:** Mixed  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 38 (100) | **EG: PE**  **Format:** Individual  **Frequency:** 9 sessions  **Duration:** 90 minutes  **Days of week:** 2x/week  **Total times:** 13.5 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (PSS-I)  **Secondary outcomes:**  Loss of PTSD diagnosis (PSS-I)  Depression (BDI)  Anxiety (STAI-state)  Retention rate | Baseline  Posttreatment |
| 81 | Foa et al, 2005 | **Country**: USA  **Race,** *n* (%):  African American: 78 (43.6)  Caucasian: 88 (49.2)  Others: 13 (7.3) | SCID based on DSM-IV | **Sample size,** *n*: 179  EG1: 79  EG2: 74  CG: 26  **Age in years**, *M* (SD): 31.3 (9.8)  **Female,** *n* (%):  EG1: 79 (100)  EG2: 74 (100)  CG: 26 (100) | **Trauma index:** Mixed  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 179 (100) | **EG1: PE**  **Format:** Individual  **Frequency:** 9 sessions  **Duration:** 90-120 minutes  **Days of week:** 1x/week  **Total times:** 13.5 hours  **EG2: CBT**  **Format:** Individual  **Frequency:** 9 sessions  **Duration:** 90-120 minutes  **Days of week:** 1x/week  **Total times:** 13.5 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (PSS-I)  **Secondary outcomes:**  Depression (BDI)  Retention rate | Baseline  Posttreatment  3 months FU  12 months FU |
| 82 | Foa et al, 2018 | **Country**: USA  **Race,** *n* (%):  Hispanic: 51 (29.8)  Non-Hispanic: 206 (80.2) | PSS-I based on DSM-IV-TR | **Sample size,** *n*: 257  EG1: 110  EG2: 107  CG: 40  **Age in years**, *M* (SD):  EG1: 32.7 (7.5)  EG2: 32.5 (7.5)  CG: 32.7 (7.7)  **Female,** *n* (%):  EG1: 16 (14.5)  EG2: 16 (15)  CG: 2 (5) | **Trauma index:** Mixed  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 257 (100) | **EG1: PE**  **Format:** Individual  **Frequency:** 10 sessions  **Duration:** 90 minutes  **Days of week:** 1-2x/week  **Total times:** 15 hours  **EG2: PCT**  **Format:** Individual  **Frequency:** 10 sessions  **Duration:** 90 minutes  **Days of week:** 1-2x/week  **Total times:** 15 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (PSS-I)  **Secondary outcomes:**  Loss of PTSD diagnosis (PSS-I)  Retention rate | Baseline  Posttreatment  2 weeks FU  6 months FU |
| 83 | Franklin et al, 2016 | **Country**: USA  **Race,** *n* (%):  European American: 9 (75)  African American: 1 (8.3)  Other: 2 (16.7) | CAPS based on DSM-IV-TR | **Sample size,** *n*: 10  EG: 3  CG: 7  **Age in years**, *M* (SD): 50 (16.8)  **Female,** *n* (%): 1 (7.7)  EG: NI  CG: NI | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  War related: 13 (100) | **EG: PE**  **Format:** Individual  **Frequency:** 10 sessions  **Duration:** NI  **Days of week:** 1x/week  **Total times:** NI  **CG: TAU**  **Format:** Individual  **Frequency:** 10 sessions  **Duration:** NI  **Days of week:** NI  **Total times:** NI | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI)  Anxiety (BAI)  Retention rate | Baseline  Posttreatment  1 month FU |
| 84 | Hien et al, 2017 | **Country**: USA  **Race,** *n* (%):  African American: 37 (55.2)  White: 14 (20.9)  Hispanic: 13 (19.4)  Other: 3 (4.5) | SCID based on DSM-IV | **Sample size,** *n*: 67  EG: 39  CG: 28  **Age in years**, *M* (SD):  EG: 43.1 (10)  CG: 47.2 (8.2)  **Female,** *n* (%): 1 (7.7)  EG: 11 (28.2)  CG: 13 (46.4) | **Trauma index:** Single  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Substance used: 67 (100) | **EG: PE**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 18 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (MPSS-SR)  **Secondary outcomes:**  Retention rate | Baseline  Posttreatment |
| 85 | Laugharne et al, 2016 | **Country**: Australia  **Race,** *n* (%): NI | CAPS based on DSM-IV | **Sample size,** *n*: 20  EG: 10  CG: 10  **Age in years**, *M* (SD):  EG: 40.1 (9.9)  CG: 45.5 (12)  **Female,** *n* (%): 1 (7.7)  EG: 8 (80)  CG: 6 (60) | **Trauma index:** Mixed  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 8 (40)  Accident/disaster: 5 (25)  Witnessing traumatic events: 5 (25)  Sudden death of loved one: 2 (10) | **EG: PE**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 90 minutes  **Days of week:** 2x/week  **Total times:** 18 hours  **CG: EMDR** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Retention rate | Baseline  Posttreatment |
| 86 | Lee et al, 2002 | **Country**: Australia  **Race,** *n* (%): NI | SI PTSD based on DSM-III-R | **Sample size,** *n*: 24  EG: 12  CG: 12  **Age in years**, *M* (SD):  EG: 36.6 (13.6)  CG: 34 (17.2)  **Female,** *n* (%): 11 (45.8)  EG: NI  CG: NI | **Trauma index:** Mixed  **Time since trauma,** months (SD):  EG: 12.2 (10.6)  CG: 17.7 (19.7)  **Trauma background,** *n* (%):  Assaults: 14 (58.3)  Other: 10 (41.7) | **EG: PE**  **Format:** Individual  **Frequency:** 7 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 10.5 hours  **CG: EMDR**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 12 hours | **Primary outcome:**  PTSD symptom (SI-PTSD)  **Secondary outcomes:**  Loss of PTSD diagnosis (SI-PTSD)  Depression (BDI)  Retention rate | Baseline  Posttreatment  3 months FU |
| 87 | Nacasch et al, 2011 | **Country**: USA  **Race,** *n* (%): NI | MINI based on DSM-IV | **Sample size,** *n*: 30  EG: 15  CG: 15  **Age in years**, *M* (SD):  EG: 34.8 (11.4)  CG: 33.7 (11.9)  **Female,** *n* (%): NI  EG: NI  CG: NI | **Trauma index:** Single  **Time since trauma,** months (SD):  EG: 121.2 (129.6)  CG: 110.4 (130.8)  **Trauma background,** *n* (%):  War related: 30 (58.3) | **EG: PE**  **Format:** Individual  **Frequency:** 9-15 sessions  **Duration:** 90-120 minutes  **Days of week:** 1x/week  **Total times:** 13.5-30 hours  **CG: PDT**  **Format:** Individual  **Frequency:** NI  **Duration:** 60 minutes  **Days of week:** 1x/week  **Total times:** NI | **Primary outcome:**  PTSD symptom (PSS\_I)  **Secondary outcomes:**  Depression (BDI)  Anxiety (STAI)  Retention rate | Baseline  Posttreatment  12 months FU |
| 88 | Pacella et al, 2012 | **Country**: USA  **Race,** *n* (%):  African American: 29 (44.6)  Caucasian: 25 (38.5)  Hispanic: 4 (6.1)  Mixed: 7 (10.8) | SCID based on DSM-IV | **Sample size,** *n*: 65  EG: 40  CG: 25  **Age in years**, *M* (SD):  EG: 46 (5.8)  CG: 48 (7)  **Female,** *n* (%): 24 (36.9)  EG: NI  CG: NI | **Trauma index:** Single  **Time since trauma,** months (SD):  EG: 121.2 (129.6)  CG: 110.4 (130.8)  **Trauma background,** *n* (%):  Threatening illness: 65 (100) | **EG: PE**  **Format:** Individual  **Frequency:** 10 sessions  **Duration:** 90-120 minutes  **Days of week:** 2x/week  **Total times:** 15-20 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (PSS-I)  **Secondary outcomes:**  Depression (CESD)  Retention rate | Baseline  Posttreatment  3 months FU |
| 89 | Rauch et al, 2015 | **Country**: USA  **Race,** *n* (%):  Black: 4 (13.9)  White: 21 (83.3)  Other: 1 (2.8) | CAPS based on DSM-IV | **Sample size,** *n*: 26  EG: 11  CG: 15  **Age in years**, *M* (SD): NI  EG: NI  CG: NI  **Female,** *n* (%): NI  EG: NI  CG: NI | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Military related: 26 (100) | **EG: PE**  **Format:** Individual  **Frequency:** 10-12 sessions  **Duration:** 80 minutes  **Days of week:** 1x/week  **Total times:** 13.3-16 hours  **CG: PCT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Retention rate | Baseline  Posttreatment |
| 90 | Reger et al, 2016 | **Country**: USA  **Race,** *n* (%): NI | CAPS based on DSM-IV-TR | **Sample size,** *n*: 79  EG: 32  CG: 47  **Age in years**, *M* (SD):  EG: 29.5 (6.5)  CG: 30.4 (6.5)  **Female,** *n* (%): NI  EG: NI  CG: NI | **Trauma index:** NI  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Military related: 79 (100) | **EG: PE**  **Format:** Individual  **Frequency:** 10 sessions  **Duration:** 90-120 minutes  **Days of week:** 2x/week  **Total times:** 15-20 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI-II)  Anxiety (BAI)  Retention rate | Baseline  Posttreatment |
| 91 | Schnurr et al, 2007 | **Country**: USA  **Race,** *n* (%):  Black: 93 (32.7)  White: 155 (54.6)  Hispanic: 17 (6)  Other: 19 (6.7) | CAPS based on DSM-IV | **Sample size,** *n*: 284  EG: 141  CG: 143  **Age in years**, *M* (SD):  EG: 44.6 (8.9)  CG: 44.9 (9)  **Female,** *n* (%):  EG: 141 (100)  CG: 143 (100) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 511 (179.9)  Accident/disaster: 437 (153.9)  Life threatening illness: 123 (43.3)  War related: 71 (25)  Others: 252 (88.7) | **EG: PE**  **Format:** Individual  **Frequency:** 10 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 15 hours  **CG: PCT**  **Format:** Individual  **Frequency:** 10 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 15 hours | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Depression (BDI)  Anxiety (STAI)  Retention rate | Baseline  Posttreatment  3 months FU  6 months FU |
| 92 | Shalev et al, 2012 | **Country**: Israel  **Race,** *n* (%): NI | CA based on DSM-IV | **Sample size,** *n*: 168  EG1: 56  EG2: 33  CG: 79  **Age in years**, *M* (SD):  EG1: 40.1 (12)  EG2: 39.5 (12.2)  CG: 37.3 (11.9)  **Female,** *n* (%):  EG1: 25 (44.4)  EG2: 25 (75)  CG: 46 (58.1) | **Trauma index:** Single  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Accident/disaster: 137 (81.7)  War related: 21 (12.2)  Others: 10 (6.1) | **EG2: PE**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 18 hours  **EG2: CT**  **Format:** Individual  **Frequency:** 12 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 18 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CA)  Retention rate | Baseline  Posttreatment |
| 93 | Vandenberg et al, 2015 | **Country**: Netherland  **Race,** *n* (%):  Dutch: 97 (62.6)  Non-Western: 48 (31)  Western non-Dutch: 10 (6.5) | MINI based on DSM-IV-TR | **Sample size,** *n*: 155  EG1: 53  EG2: 55  CG: 47  **Age in years**, *M* (SD):  EG1: 42.6 (10.3)  EG2: 40.4 (11.3)  CG: 40.3 (9.7)  **Female,** *n* (%):  EG1: 30 (56.6)  EG2: 30 (54.5)  CG: 24 (51) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 245 (158.1)  Traumatic psychosis: 28 (18.1)  Others: 84 (54.2) | **EG1: PE**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 12 hours  **EG2: EMDR**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** 90 minutes  **Days of week:** 1x/week  **Total times:** 12 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (CAPS)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Retention rate | Baseline  Posttreatment  6 months FU |
| 94 | Wells et al, 2014 | **Country**: UK  **Race,** *n* (%): NI | SCID based on DSM-IV-TR | **Sample size,** *n*: 20  EG: 10  CG: 10  **Age in years**, *M* (SD):  EG: 40.5 (10.9)  CG: 42.7 (18.5)  **Female,** *n* (%):  EG: 4 (36.4)  CG: 4 (40) | **Trauma index:** Multiple  **Time since trauma,** months (SD): NI  **Trauma background,** *n* (%):  Assaults: 12 (57.1)  Accident/disaster: 7 (33.3)  War related: 1 (4.87)  Witnessing traumatic event: 1 (4.8) | **EG: PE**  **Format:** Individual  **Frequency:** 8 sessions  **Duration:** 60 minutes  **Days of week:** 1x/week  **Total times:** 8 hours  **CG: NT** | **Primary outcome:**  PTSD symptom (IES)  **Secondary outcomes:**  Loss of PTSD diagnosis (CAPS)  Depression (BDI-II)  Anxiety (BAI)  Retention rate | Baseline  Posttreatment |

*Abbreviation.* Diagnostic criteria: Diagnostic and Statistical Manual for Mental Disorders (DSM) 3rd Version (DSM-III), 4th Version (DSM-IV), 4th edition Revision (DSM-IV-R), 4th Edition Text Revision (DSM-IV-TR), 5th Edition (DSM-5); Structured Interview for PTSD (SI-PTSD); Impact Event Scale (IES); Impact Event Scale-Revision (IES-R); Clinical Administered PTSD Scale (CAPS); Clinical Administered PTSD Scale 2nd edition (CAPS-2); PTSD symptoms scale (PSS); PTSD symptoms Scale Interview (PSS-I); Structural Clinical Interview for DSM-IV-TR patient edition (SCID-I/P); Structural Clinical Interview Diagnostic (SCID); The Children Impact of Event Scale 13 (CRIES-13); Kiddie schedule for affective disorders and schizophrenia, present and lifetime version (K-SADS-PL); The UCLA PTSD reaction index (PTSD-RI); Clinical Administered PTSD Scale for children and adolescents (CAPS-CA); Posttraumatic Diagnostic Scale (PDS); Harvard Trauma Questionnaire (HTQ); PTSD symptoms scale self-report (PSS-SR); Child report of post-traumatic symptoms (CROPS); Parent Report of Post-traumatic Stress Symptoms (PROPS); Child PTSD Symptoms Scale (CPSS); Kiddie schedule for affective disorders and schizophrenia (K-SADS); Anxiety disorders interview schedule for DSM-IV (ADIS); Children’s PTSD inventory (CPTSDI); University of California Los Angeles PTSD (UCLA-PTSD); Clinical Administered PTSD Scale DSM-5 (CAPS-5); Diagnostic Interview schedule for children version 2.3 (DISC-2.3); The Anxiety Disorder Interview Schedule-for Children and Parent (ADIS-CP);Posttraumatic stress disorder checklist-civilian version (PCL-C); Mini international neuropsychiatric interview-PTSD subscale (MINI); Post-traumatic cognition inventory (PTCI); PTSD checklist stressor specific version (PCL-S); The diagnostic interview for children and adolescence (DICA); The Short Post-Traumatic Stress Disorder Rating Interview (SPRINT); Children responses to trauma inventory (CRTI); Therapy or treatment of intervention group (T1); Therapy or treatment of control group (T2/T3): Brief eclectic psychotherapy (BEP); Cognitive behaviour therapy (CBT); Cognitive processing therapy (CPT); Cognitive therapy (CT); Eye movement desensitization and reprocessing (EMDR); Narrative exposure therapy (NET); No treatment (NT); Present-centred therapy (PCT); Psychodynamic therapy (PDT); Prolonged exposure (PE); Therapy as usual (TAU); Not available (NA); and Follow up (FU). Table was created by the authors. The Traumatic Event Scale (TES); Hopkins symptom checklist-25 depression scale (HSC-D); Clinical assessment (CA).

**Supplement 5. References of the included studies**

| Author (year) | Reference |
| --- | --- |
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Table was created by the author

**Supplement 6. Estimates of effect, certainty, and rank for psychotherapies effectiveness in depression symptom, anxiety symptom, and retention rate**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Population:** People diagnosed with PTSD  **Intervention:** BEP, CBT, CPT, CT, EMDR, NET, PCT, PDT, PE, TAU  **Comparator (reference):** No treatment (NT)  **Outcome:**   * Depression at immediate posttreatment * Anxiety at immediate posttreatment * Retention rate | | | | | Diagram  Description automatically generated with low confidenceNodes are equal for all therapies. The edges were equal to the number of studies  Chart, diagram, bubble chart  Description automatically generatedChart, diagram, bubble chart  Description automatically generated  Depression symptom Anxiety symptom Retention rate | | | | |
| Psychotherapy | | Depression symptom | | Anxiety symptom | | | Retention rate | | Interpretation |
| Network estimate  *Mean* (95%CI) | Rank (%) | Network estimate  *Mean* (95%CI) | | Rank (%) | Network estimate  *RR* (95%CI) | Rank (%) |
|  | CPT | -1.46  (-1.86 to -1.07) | 96 | -0.62  (-1.50 to 0.26) | | 60 | 0.89  (0.79 to 1.01) | 30 | Probably superior |
|  | CT | -1.25  (-1.70 to -0.80) | 87 | -0.92  (-1.49 to -0.35) | | 78 | 1.00  (0.89 to 1.13) | 77 | Probably superior |
|  | EMDR | -1.09  (-1.41 to -0.78) | 79 | -0.90  (-1.34 to -0.46) | | 77 | 0.97  (0.91 to 1.04) | 66 | Probably superior |
|  | NET | -0.93  (-1.47 to -0.38) | 67 | -1.25  (-2.25 to -0.26) | | 88 | 0.98  (0.89 to 1.08) | 70 | Probably superior |
|  | PE | -0.90  (-1.19 to -0.61) | 66 | -0.52  (-0.95 to -0.10) | | 53 | 0.88  (0.83 to 0.95) | 22 | Probably superior |
|  | CBT | -0.70  (-0.92 to -0.48) | 52 | -0.90  (-1.18 to -0.62) | | 78 | 0.93  (0.89 to 1.13) | 42 | Probably superior |
|  | PCT | -0.31  (-0.77 to 0.15) | 32 | -0.44  (-1.09 to 0.20) | | 49 | 0.92  (0.87 to 0.99) | 43 | Definitely inferior |
|  | BEP | -0.22  (-0.86 to 0.42) | 27 | 0.31  (-0.44 to 1.05) | | 15 | 0.79  (0.60 to 1.03) | 12 | Definitely inferior |
|  | TAU | -0.18  (-0.54 to 0.19) | 25 | 0.04  (-0.50 to 0.59) | | 23 | 0.98  (0.89 to 1.08) | 69 | Definitely inferior |
|  | PDT | 0.56  (-0.66 to 1.78) | 6 | 0.99  (-0.40 to 2.39) | | 5 | 0.88  (0.63 to 1.25) | 38 | Definitely inferior |
| **Explanatory footnotes**  Effect size, 0.2 (small); 0.3 (medium); 0.8 (large); 1.3 (very large) (Cohen’s *d*) | | | **Abbreviation**  Posttraumatic stress disorder (PTSD): Confidence interval (CI); Cognitive processing therapy (CPT); Eye movement desensitization and reprocessing (EMDR); Cognitive therapy (CT); Narrative exposure therapy (NET); Prolonged exposure (PE); Cognitive behaviour therapy (CBT); Present-centred therapy (PCT); Brief eclectic psychotherapy (BEP); Treatment as usual (TAU); Psychodynamic therapy (PDT) | | | | | | |

**Supplement 7. Publication bias funnel plot**

Chart, diagram

Description automatically generated

**Note**: Publication bias was checked using funnel command from *netmeta* package to produce the comparison-adjusted funnel plot based on order: CBT, CPT, CT, PE, BEP, EMDR, NET, PCT, PDT, TAU and NT. Egger test showed *p*=0.0008, Several studies found as outlier that might influence the final result of publication bias.

**Abbreviation**: Cognitive therapy (CT); Cognitive processing therapy (CPT); Cognitive behaviour therapy (CBT); Eye movement desensitization and reprocessing (EMDR); Prolonged exposure (PE); Narrative exposure therapy (NET); Brief eclectic psychotherapy (BEP); Present-centred therapy (PCT); Psychodynamic therapy (PDT); Therapy as usual (TAU); and No treatment (NT). Figure was created by the author.