

# Promising new research paradigm proves useful for studying trauma and imaginary treatment techniques: IRRT enhances agreeability of Prolonged Exposure.

Effects of a brief audio-based intervention with exposure and rescripting techniques on the processing of shameful biographic events: A trauma research paradigm.

👤 Grabow, J., Kulla, P. & Kruse, J.

## INTRO

- Grunert et al. (2007): IRRT (Schmucker & Köster, 2017) might be more effective in reducing trauma-related non-fear emotions than Prolonged Exposure (PE, Foa & Kozak, 1986)
- Lack of research paradigm to induce event-related non-basic emotions like shame and guilt to be used in analogue research of PTSD

## → Twofold aim:

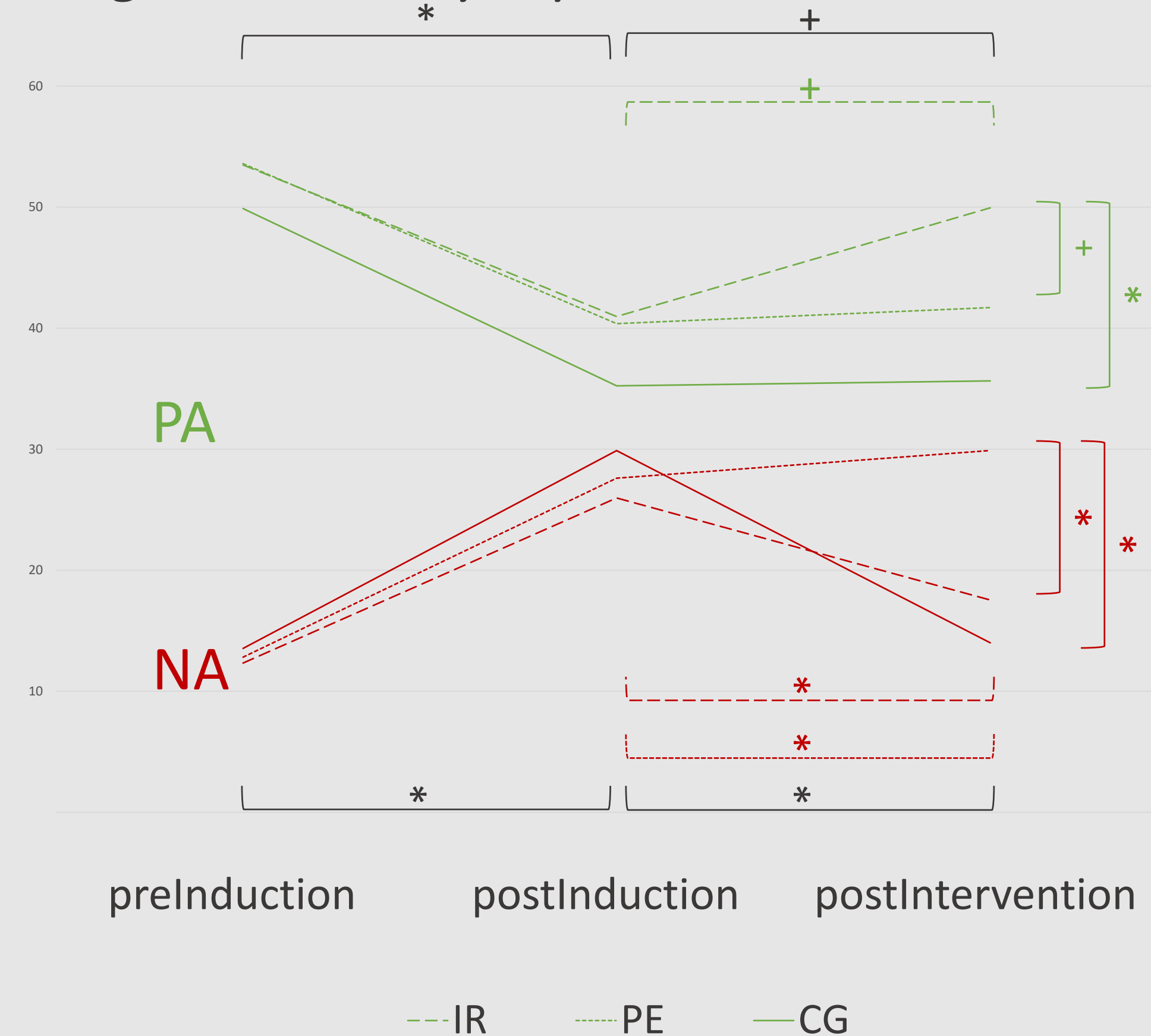
- Test of emotion induction paradigm via audio-guided recall of biographic event
- Comparison of applicability and effects of two audio-delivered mini-interventions

## METHODS

- $n = 44$  students, 65.9 % male.
- IV: PE, IR and Control Intervention at preInduction, postInduction and postIntervention; DV: PANAS, FESS
- Tested with Split-Plot ANOVA and post-hoc Univariate ANOVAS

## RESULTS

### Change in PANAS by Experimental Condition



- FESS: superiority of CI at one day post, but possible long-term superiority of IR on event-related shame

## DISCUSSION

- Effective modulation of event-related emotion, usable in future analogue studies
- Underlines potential of IR in increasing agreeableness of standard PE

## AMMO BAR

*F- and p-Values for Change in PANAS after Induction and Intervention*

PANAS	preInd – postInd	postInd – postInt
PA	$F=84.54, p=0.00$	$F=3.94, p=0.05$
NA	$F=51.17, p=0.00$	$F=13.26, p=0.00$

*F- and p-Values for Change in PANAS after Intervention by Treatment Condition*

PANAS	All groups	IR	PE	CG
PA	$F=2.22$ <i>ns</i>	$F=3.53$ $p=0.07$	$F=0.23$ <i>ns</i>	$F=0.02$ <i>ns</i>
NA	$F=4.05$ $p=0.01$	$F=6.83$ $p=0.02$	$F=0.30$ <i>ns</i>	$F=36.67$ $p=0.00$

*Effect Sizes for Change after Intervention by Treatment Condition*

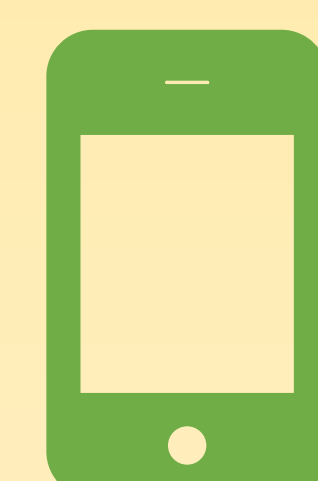
PANAS	IR	PE	CG
PA	0.63	0.16	0.04
NA	-0.67	0.15	-1.76

*Effect Sizes for Change over Time in Shame and Guilt by Treatment Condition*

FESS Subscales	IR	PE	CG
Shame			
Day 2 to 3	0.22	0.74	0.68
Day 3 to 15	1.51	0.13	0.89
Guilt			
Day 2 to 3	0.32	0.14	0.89
Day 3 to 15	1.46	0.43	0.84

der Bundeswehr  
**Universität München**

Institut für Psychologie  
Professur für Klinische Psychologie und Traumatherapie  
Prof. Dr. Joachim Kruse



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