Helping prevent PTSD in children

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"It's important that we learn how to reduce childhood trauma as it can have lifelong implications."

The researchers compared outcomes for 60 children aged between seven and 16 who received the web-based information and booklet, to those who received usual care at the hospital. The study found that targeting the intervention at those with high initial distress was likely to be more effective than intervening with all children involved in accidents.

"We hope to one day see these tools used by health services and professionals," Professor Kenardy said.

"The ultimate aim is to have highly distressed children more likely to recover both physically and mentally from accidents."

Professor Kenardy's research, co-authored with UQ colleague Felicity Brown and CONROD's Catherine Cox, is published in the *Journal of Traumatic Stress*.


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