The effectiveness of an attention bias modification program as an adjunctive treatment for Post-Traumatic Stress Disorder.

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Summary
Attention bias modification (ABM) may be an effective treatment for anxiety disorders (Beard, Sawyer, & Hofmann, 2012). One intervention designed to reduce hypervigilance towards and enhance disengagement from threat-related information is attention bias modification (ABM), with several recent meta-analyses suggesting that ABM may result in significant reduction in anxiety symptoms (Beard, Sawyer, & Hofmann, 2012; Hakamata et al., 2010; Hallion & Ruscio, 2011). For example, several studies suggest that level of attentional bias at pre-treatment moderates the effect of ABM, such that individuals with higher levels of attentional bias show greater treatment gains from the intervention (Amir, Taylor, & Donohue, 2011), even when ABM is delivered entirely in non-laboratory settings (Kuckertz et al., 2014). To add to the research base on ABM in PTSD as well as to examine questions of moderation/mediation in a real-world setting, we conducted an initial pilot study in which we administered an attention training program in conjunction with a combination of individual, group, and pharmacological treatment to 23 active duty outpatients in a military clinic.