

Table 20. Eye Movement Desensitization and Reprocessing Therapy for Anxiety following SCI

| Author Year Country Research Design PEDro Score Total Sample Size | Methods | Outcome |
|--|--|---|
| <p>Hatefi et al. (2019) Iran RCT Pedro =6 Level 1b NInitial=75 NFinal=68</p> | <p>Population: <i>Intervention group</i> (Eye movement desensitization and reprocessing; n=33): Mean age=48.66±12.66yr; Gender: males=20, females=13; Mean time post injury= 1-2yr=7, 3-5yr=19, >5yr=7; Level of injury: not reported; Severity of injury: not reported; Anxiety status=severe as reported by Beck's Anxiety Inventory.</p> <p><i>Control group:</i> (n=35); Mean age=49.12±10.13yr; Gender: males=25, females=10; Mean time post injury= 1-2yr=7, 3-5yr=20, >5yr=8; Level of injury: not reported; Severity of injury: not reported; Anxiety status=severe as reported by Beck's Anxiety Inventory.</p> <p>Intervention: Participants were randomized to receive Eye Movement Desensitization and Reprocessing (EMDR) therapy (45-60min/session, 2 sessions) or to a control group with no treatment. Outcomes measured at baseline and post- intervention.</p> | <ol style="list-style-type: none"> 1. The EMDR group experienced a significant reduction in depression and anxiety scores following post-intervention ($p < .02$ and $p < .0001$), respectively. 2. There was no significant change in depression or anxiety among participants in the control group. |

| | | |
|--|---|--|
| | Outcome Measures: Beck's Depression Inventory, Beck's Anxiety Inventory | |
|--|---|--|