

Table 6. Eye Movement Desensitization and Reprocessing Therapy for Depression following SCI

<b>Author Year</b> <b>Country</b> <b>Research Design</b> <b>PEDro Score</b> <b>Total Sample Size</b>	<b>Methods</b>	<b>Outcome</b>
<p><a href="#">Hatefi et al.</a> (2019)</p> <p>Iran</p> <p>RCT</p> <p>Pedro=6</p> <p>Level 1b</p> <p>N<sub>Initial</sub>=75 N<sub>Final</sub>=68</p>	<p><b>Population:</b> <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, &gt;5yr=7; Level of injury: not reported; Severity of injury: not reported; Depression status=severe as measured by Beck's Depression 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, &gt;5yr=8; Level of injury: not reported; Severity of injury: not reported; Depression status=severe as measured by Beck's Depression Inventory.</p> <p><b>Intervention:</b> 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"> <li>1. The EMDR group experienced a significant reduction in depression and anxiety scores following post-intervention (p&lt;.02 and p&lt;.0001), respectively.</li> <li>2. There was no significant change in depression or anxiety among participants in the control group.</li> </ol>

	<b>Outcome Measures:</b> Beck's Depression Inventory, Beck's Anxiety Inventory	
--	---	--