

Web-appendix 1: Search strategy.

MEDLINE (Ovid)

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| Diagnosis | Exp Anxiety Disorders/ ((trauma* adj3 stress) or (stress adj3 disorder*) or PTSD).tw. |
| Design | randomized controlled trial.pt. OR controlled clinical trial.pt. OR randomized.ab. OR placebo.ab. OR clinical trials as topic.sh. OR randomly.ab. OR trial.ti.ab. OR groups.ab. |
| Intervention | psychotherapy/ or aromatherapy/ or art therapy/ or autogenic training/ or behavior therapy/ or aversive therapy/ or "biofeedback (psychology)"/ or cognitive therapy/ or desensitization, psychologic/ or implosive therapy/ or relaxation techniques/ or meditation/ or bibliotherapy/ or color therapy/ or crisis intervention/ or dance therapy/ or gestalt therapy/ or hypnosis/ or suggestion/ or autosuggestion/ or "imagery (psychotherapy)"/ or music therapy/ or nondirective therapy/ or psychoanalytic therapy/ or free association/ or transactional analysis/ or psychotherapeutic processes/ or abreaction/ or catharsis/ or association/ or "countertransference (psychology)"/ or psychotherapy, brief/ or psychotherapy, multiple/ or psychotherapy, rational-emotive/ or reality therapy/ or socioenvironmental therapy/ or milieu therapy/ or therapeutic community/ or psychodrama/ or role playing/ (Psychotherap* or ((centered or based or focused or oriented or acceptance or attachment or behavior?r* or analytic* or brief or person or cognitive or dynamic or energetic or coherence or collaborative or contemplative or dasein* or drama* or emotion* or feminist or sensiti?ation or existen* or exposure or gestalt or holistic or humanistic or hypno* or integr* or short-term* or shortterm* or long-term* or longterm* or interpersonal* or inter-personal* or logo* or mindfulness* or multimodal or multi-modal or narrative or positive or provocative or psychol* or rational* or reality or solution* or system* or transactional* or transpersonal or eclectic* or experiential* or expressive* or individual or insight* or persuasion or relationship or supportive* or implosive or inhibition or aversion or relaxation or talk or confront* or schema*) adj5 (treatment* or therapy or therapies)) or intervention*).tw. |
| Humans | Humans/ |

EMBASE (Ovid)

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| Diagnosis | posttraumatic stress disorder/ (see Medline term list of text words referring to posttraumatic stress disorder) |
| Design | exp controlled clinical trial/ or comparative study/ or treatment outcome/ or random*.tw. or clinical trial*.tw. |
| Intervention | counter transference/ or crisis intervention/ or hypnosis/ or psychoanalysis/ or suggestion/ or transference/ or psychotherapy/ or art therapy/ or assertive training/ or autogenic training/ or aversion therapy/ or behavior contracting/ or behavior modification/ or behavior therapy/ or cognitive behavioral stress management/ or cognitive rehabilitation/ or cognitive therapy/ or gestalt therapy/ or guided imagery/ or |

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| | milieu therapy/ or music therapy/ or pet therapy/ or psychodrama/ or relaxation training/ or role playing/ or sex therapy/ or sociotherapy/ or therapeutic community/ or validation therapy/ <i>(see Medline term list of text words referring to psychological interventions)</i> |
| Humans | "Human" [Subjects] |

PsycINFO (Ovid)

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| Diagnosis | posttraumatic stress disorder/ OR emotional trauma/ OR stress reactions/ OR traumatic neurosis/ <i>(see Medline term list of text words referring to posttraumatic stress disorder)</i> |
| Design | (random* or placebo* or assign* or allocat*).mp. or (control* or compar* or ((clin* or evaluat* or prospectiv*) adj3 (trial* or studi* or study))).tw. or exp treatment effectiveness evaluation/ or exp experimental design/ or versus.id. or vs.id. |
| Intervention | psychotherapy/ or adlerian psychotherapy/ or adolescent psychotherapy/ or analytical psychotherapy/ or autogenic training/ or brief psychotherapy/ or client centered therapy/ or cognitive behavior therapy/ or eclectic psychotherapy/ or emotion focused therapy/ or existential therapy/ or experiential psychotherapy/ or expressive psychotherapy/ or eye movement desensitization therapy/ or feminist therapy/ or geriatric psychotherapy/ or gestalt therapy/ or guided imagery/ or individual psychotherapy/ or insight therapy/ or integrative psychotherapy/ or interpersonal psychotherapy/ or logotherapy/ or narrative therapy/ or persuasion therapy/ or primal therapy/ or psychodrama/ or psychodynamic psychotherapy/ or rational emotive behavior therapy/ or reality therapy/ or relationship therapy/ or solution focused therapy/ or supportive psychotherapy/ or transactional analysis/ or exp behavior therapy/ or exp exposure therapy/ or exp aversion therapy/ or exp humanistic psychotherapy/ or exp hypnotherapy/ or exp psychoanalysis/ or psychotherapeutic counseling/ or behavior modification/ or biofeedback training/ or exp contingency management/ or "fading (conditioning)"/ or exp self management/ or bibliotherapy/ or computer assisted therapy/ or movement therapy/ or multimodal treatment approach/ or online therapy/ or partial hospitalization/ or personal therapy/ or sex therapy/ or exp cognitive techniques/ or exp creative arts therapy/ or exp cross cultural treatment/ or outpatient treatment/ or animal assisted therapy/ or mirroring/ or morita therapy/ or motivational interviewing/ or mutual storytelling technique/ or paradoxical techniques/ or exp relaxation therapy/ <i>(see Medline term list of text words referring to psychological interventions)</i> |

CENTRAL

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| Diagnosis | Stress, Psychological (Explode Tree 1) OR Anxiety Disorders (Explode all trees) (trauma* NEAR3 stress) OR (stress NEAR3 disorder*) OR PTSD |
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| Design | - |
| Intervention | Psychotherapy (explode all trees) |
| | <p>Psychotherap* or intervention* or (Centered NEAR5 treatment*) or (Centered NEAR5 therapy) or (Centered NEAR5 therapies) or (based NEAR5 treatment*) or (based NEAR5 therapy) or (based NEAR5 therapies) or (acceptance NEAR5 treatment*) or (acceptance NEAR5 therapy) or (acceptance NEAR5 therapies) or (attachment NEAR5 treatment*) or (attachment NEAR5 therapy) or (attachment NEAR5 therapies) or (behavior* NEAR5 treatment*) or (behavior* NEAR5 therapy) or (behavior* NEAR5 therapies) or (analytic* NEAR5 treatment*) or (analytic* NEAR5 therapy) or (analytic* NEAR5 therapies) or (brief NEAR5 treatment*) or (brief NEAR5 therapy) or (brief NEAR5 therapies) or (person NEAR5 treatment*) or (person NEAR5 therapy) or (person NEAR5 therapies) or (cognitive NEAR5 treatment*) or (cognitive NEAR5 therapy) or (cognitive NEAR5 therapies) or (dynamic NEAR5 treatment*) or (dynamic NEAR5 therapy) or (dynamic NEAR5 therapies) or (energetic NEAR5 treatment*) or (energetic NEAR5 therapy) or (energetic NEAR5 therapies) or (coherence NEAR5 treatment*) or (coherence NEAR5 therapy) or (coherence NEAR5 therapies) or (collaborative NEAR5 treatment*) or (collaborative NEAR5 therapy) or (collaborative NEAR5 therapies) or (contemplative NEAR5 treatment*) or (contemplative NEAR5 therapy) or (contemplative NEAR5 therapies) or (dasein* NEAR5 treatment*) or (dasein* NEAR5 therapy) or (dasein* NEAR5 therapies) or (drama* NEAR5 treatment*) or (drama* NEAR5 therapy) or (drama* NEAR5 therapies) or (emotion* NEAR5 treatment*) or (emotion* NEAR5 therapy) or (emotion* NEAR5 therapies) or (feminist NEAR5 treatment*) or (feminist NEAR5 therapy) or (feminist NEAR5 therapies) or (sensitization NEAR5 treatment*) or (sensitization NEAR5 therapy) or (sensitization NEAR5 therapies) or (existen* NEAR5 treatment*) or (existen* NEAR5 therapy) or (existen* NEAR5 therapies) or (exposure NEAR5 treatment*) or (exposure NEAR5 therapy) or (exposure NEAR5 therapies) or (gestalt NEAR5 treatment*) or (gestalt NEAR5 therapy) or (gestalt NEAR5 therapies) or (holistic NEAR5 treatment*) or (holistic NEAR5 therapy) or (holistic NEAR5 therapies) or (humanistic NEAR5 treatment*) or (humanistic NEAR5 therapy) or (humanistic NEAR5 therapies) or (hypno* NEAR5 treatment*) or (hypno* NEAR5 therapy) or (hypno* NEAR5 therapies) or (integr* NEAR5 treatment*) or (integr* NEAR5 therapy) or (integr* NEAR5 therapies) or (short-term* NEAR5 treatment*) or (short-term* NEAR5 therapy) or (short-term* NEAR5 therapies) or (interpersonal* NEAR5 treatment*) or (interpersonal* NEAR5 therapy) or (interpersonal* NEAR5 therapies) or (logo* NEAR5 treatment*) or (logo* NEAR5 therapy) or (logo* NEAR5 therapies) or (mindfulness* NEAR5 treatment*) or (mindfulness* NEAR5 therapy) or (mindfulness* NEAR5 therapies) or (multimodal NEAR5 treatment*) or (multimodal NEAR5 therapy) or (multimodal NEAR5 therapies) or (narrative NEAR5 treatment*) or (narrative NEAR5 therapy) or (narrative NEAR5 therapies) or (positive NEAR5 treatment*) or (positive NEAR5 therapy) or (positive NEAR5 therapies) or (provocative NEAR5 treatment*) or (provocative NEAR5 therapy) or (provocative NEAR5 therapies) or (short-term NEAR5 treatment*) or (short-term NEAR5 therapy) or (short-term NEAR5 therapies) or (psychol* NEAR5 treatment*) or (psychol* NEAR5 therapy) or (psychol* NEAR5 therapies) or (oriented NEAR5 treatment*) or (oriented NEAR5 therapy) or (oriented NEAR5 therapies) or (rational* NEAR5 treatment*) or (rational* NEAR5 therapy) or (rational* NEAR5 therapies) or (reality NEAR5 treatment*) or (reality NEAR5 therapy) or (reality NEAR5 therapies) or (solution* NEAR5 treatment*) or (solution* NEAR5 therapy) or (solution* NEAR5 therapies) or (system* NEAR5 treatment*) or (system* NEAR5 therapy) or (system* NEAR5 therapies) or (transactional* NEAR5 treatment*) or (transactional* NEAR5 therapy) or (transactional* NEAR5 therapies) or (transpersonal NEAR5 treatment*) or (transpersonal NEAR5 therapy) or (transpersonal NEAR5 therapies) or (eclectic* NEAR5 treatment*) or (eclectic* NEAR5 therapy) or (eclectic* NEAR5 therapies) or (experiential* NEAR5 treatment*) or (experiential* NEAR5 therapy) or (experiential*</p> |

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| | <p>NEAR5 therapies) or (expressive* NEAR5 treatment*) or (expressive* NEAR5 therapy) or (expressive* NEAR5 therapies) or (individual NEAR5 treatment*) or (individual NEAR5 therapy) or (individual NEAR5 therapies) or (insight* NEAR5 treatment*) or (insight* NEAR5 therapy) or (insight* NEAR5 therapies) or (persuasion NEAR5 treatment*) or (persuasion NEAR5 therapy) or (persuasion NEAR5 therapies) or (relationship NEAR5 treatment*) or (relationship NEAR5 therapy) or (relationship NEAR5 therapies) or (supportive* NEAR5 treatment*) or (supportive* NEAR5 therapy) or (supportive* NEAR5 therapies) or (implosive NEAR5 treatment*) or (implosive NEAR5 therapy) or (implosive NEAR5 therapies) or (inhibition NEAR5 treatment*) or (inhibition NEAR5 therapy) or (inhibition NEAR5 therapies) or (aversion NEAR5 treatment*) or (aversion NEAR5 therapy) or (aversion NEAR5 therapies) or (focused NEAR5 treatment*) or (focused NEAR5 therapy) or (focused NEAR5 therapies) or (shortterm* NEAR5 treatment*) or (shortterm* NEAR5 therapy) or (shortterm* NEAR5 therapies) or (long-term* NEAR5 treatment*) or (long-term* NEAR5 therapy) or (long-term* NEAR5 therapies) or (longterm* NEAR5 treatment*) or (longterm* NEAR5 therapy) or (longterm* NEAR5 therapies) or (inter-personal* NEAR5 treatment*) or (inter-personal* NEAR5 therapy) or (inter-personal* NEAR5 therapies) or (multi-modal NEAR5 treatment*) or (multi-modal NEAR5 therapy) or (multi-modal NEAR5 therapies) or (relaxation NEAR5 treatment*) or (relaxation NEAR5 therapy) or (relaxation NEAR5 therapies) or (talk NEAR5 treatment*) or (talk NEAR5 therapy) or (talk NEAR5 therapies) or (confront* NEAR5 treatment*) or (confront* NEAR5 therapy) or (confront* NEAR5 therapies) or (schema* NEAR5 treatment*) or (schema* NEAR5 therapy) or (schema* NEAR5 therapies)</p> |
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Psyndex (Ovid)

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| Diagnosis | <p>posttraumatic stress disorder/ OR emotional trauma/ OR stress reactions/ OR traumatic neurosis/ ((trauma* adj3 stress) or (trauma* adj3 belastung*) or (stress adj3 stoerung*) or (Belastung* adj3 stoerung*) or belastungsstoerung* or PTSD or PTB or PTBS).tw.</p> |
| Design | <p>(random* or zufa?l* or placebo* or zuweis*).mp. or (kontrol* or kompar* or relativ* or vergleich* or ((klin* or evaluat* or prospektiv*) adj3 (trial* or studi* or untersuch*))) .tw. or exp treatment effectiveness evaluation/ or exp experimental design/ or versus.id. or vs.id.</p> |
| Intervention | <p>psychotherapy/ or adlerian psychotherapy/ or adolescent psychotherapy/ or analytical psychotherapy/ or autogenic training/ or brief psychotherapy/ or client centered therapy/ or cognitive behavior therapy/ or eclectic psychotherapy/ or emotion focused therapy/ or existential therapy/ or experiential psychotherapy/ or expressive psychotherapy/ or eye movement desensitization therapy/ or feminist therapy/ or geriatric psychotherapy/ or gestalt therapy/ or guided imagery/ or individual psychotherapy/ or insight therapy/ or integrative psychotherapy/ or interpersonal psychotherapy/ or logotherapy/ or narrative therapy/ or persuasion therapy/ or primal therapy/ or psychodrama/ or psychodynamic psychotherapy/ or rational emotive behavior therapy/ or reality therapy/ or relationship therapy/ or solution focused therapy/ or supportive psychotherapy/ or transactional analysis/ or exp behavior therapy/ or implosive therapy/ or reciprocal inhibition therapy/ or "response cost"/ or systematic desensitization therapy/ or exp aversion therapy/ or covert sensitization/ or exp exposure therapy/ or implosive therapy/ or systematic desensitization therapy/ or exp humanistic psychotherapy/ or existential therapy/ or gestalt therapy/ or humanism/ or exp humanistic psychology/ or transpersonal psychology/ or exp hypnotherapy/ or "age regression (hypnotic)"/ or exp psychoanalysis/ or dream analysis/ or self analysis/ or exp psychotherapeutic counseling/</p> |

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| | <p>(Psychotherap* or Intervention* or (Zentriert* or Basiert* or Fundiert* or Fokussiert* or Akzeptanz or Bindung* or Verhalten* or Behavior* or Analytisch* or Kurz* or Person* or Kognitiv* or Dynamisch* or Energetisch* or Kohaerenz or Kollaborativ* or Kontemplativ* or dasein* or drama* or emotion* or Feministisch* or Sensibilisierung* or existen* or Exposition* or Gestalt* or Holistisch* or Ganzheitlich* or Humanistisch* or hypno* or Integr* or Kurzzeit* or Langzeit* or interpersonal* or logo* or Achtsamkeit* or mindfulness* or Multimodal* or Narrativ* or Positiv* or Provokativ* or Orientiert* or psychol* or rational* or Realitaet* or Loesung* or system* or Transaktion* or Transpersonal* or eklektisch* or Empirisch* or Expressiv* or Individu?l* or einzel* or Einsicht* or Ueberzeugung* or Beziehung* or Supportiv* or Unterstuetz* or Implosiv* or Inhibition* or Hemm* or Aversion* or Abneig* or Konfront* or Schema* or Relaxation* or Entspannung* or Gesprach*) adj5 (Behandlung* or Therapie or Therapien)).tw</p> |
| Humans | - |