

intensive grieving process of parents for the loss of their child influences and may hinder the bereavement process of the surviving siblings. Numerous studies indicate that the death of a sibling can result in long-term psychological impairment for those affected, especially regarding the development of PGD, depression or anxiety disorder. *Objective:* The objective of this study was to examine the effectiveness of an Internet-based intervention aimed at bereaved siblings comparing the treatment group with a waiting-list control-group. *Method:* The six-module Internet-based writing intervention for bereaved siblings was based on CBT and a systematic approach to promote the relationship and communication within the family. Primary outcome were symptoms of prolonged grief disorder, secondary outcome were depression, PTSD and posttraumatic cognitions. *Results:* The results showed a significant reduction in symptoms of prolonged grief disorder, depression and posttraumatic stress disorder at post-treatment. Further, a significant difference between treatment and waiting-list group could be found.

### **Mechanisms of Change in Cognitive Behavioural Therapy for Disturbed Grief in Bereaved Children**

Paul Boelen and Mariken Spuij

Utrecht University, the Netherlands

*Background:* Although few studies have examined treatments for disturbed grief in bereaved children, there are indications that cognitive behavioural interventions may be effective. An unexplored issue is what type of cognitions and coping behaviours should best be targeted to foster adjustment to loss among bereaved children. In Utrecht, the current authors developed GriefHelp, a nine-session protocolized cognitive-behavioural therapy (CBT) administered in combination with five sessions of parental counselling. *Objective:* The objective of this study was to examine the effectiveness of GriefHelp and to enhance knowledge on the nature of cognitive behavioural variables that should be targeted to yield most effective outcomes. *Method:* Data were available from over 60 children who underwent GriefHelp. They completed measures of prolonged grief, depression and bereavement-related posttraumatic stress plus several measures tapping negative cognitions and avoidance behaviours before and after treatment. Changes in symptoms and cognitive behavioural variables were evaluated and correlated. *Results:* GriefHelp coincided with considerable reductions on disturbed grief reactions

that were strongly associated with declines in negative thoughts and avoidance. Negative thoughts about the self and anxious avoidance behaviours were among the strongest correlates of symptom reduction.

## **S1.2**

### **Early Screening for PTSD Risk following Emergency Department Admission: Clinical Relevance and Novel Prognostic Models**

Mirjam van Zuiden<sup>a</sup>, Juanita Haagsma<sup>b</sup>, Katharina Schultebrucks<sup>c</sup>, and Miranda Olff<sup>a,d</sup>

<sup>a</sup>Amsterdam UMC, the Netherlands; <sup>b</sup>Erasmus MC University Medical Center Rotterdam, the Netherlands; <sup>c</sup>New York University School of Medicine, USA; <sup>d</sup>Arq Psychotrauma Expert Group, the Netherlands

Track: Biological & Medical

Experiencing a traumatic event requiring emergency department (ED) admission leads to development of PTSD in a significant percentage of patients. Early screening with prognostic models accurately and reliably discerning individuals at risk early after ED admission may provide a window for target early interventions, preventing a chronic course of PTSD. This symposium starts with a presentation outlining the relevance of early screening for PTSD in ED patients (Haagsma), by presenting large-scale studies on long-term PTSD prevalence and patterns upon ED admission following injury and PTSD's consequences for physical recovery. Thereafter, two presenters discuss novel findings from diverse European (van Zuiden) and American (Schultebrucks) cohorts showing that long-term PTSD severity following ED admission can be reliably predicted by computational models using routinely collected biomedical data upon ED admission. Further directions for clinical implementation of early screening using prognostic models and implications for public health are delineated in the discussion (Olff).

### **Posttraumatic Stress Disorder following Injury: Prevalence, Patterns, Risk Factors and Effect on Health-Related Quality of Life**

Juanita Haagsma

Erasmus MC University Medical Center Rotterdam, the Netherlands

*Background:* In rehabilitation of injury patients, the main focus lies in the treatment of physical injuries. Nonetheless, over the past decades the importance of