

# Research Methods In Stress And Health Psychology

ORIGINAL RESEARCH

## Child Disaster Mental Health Interventions: Therapy Components

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**Funding and conflicts of interest:** This work was funded in part by the National Institute of Mental Health, the National Institute of Nursing Research, and the Substance Abuse and Mental Health Services Administration (5 R25 MH070569) which established the Child and Family Disaster Research Training and Education Program in the Terrorism and Disaster Center (TDC) at the University of Oklahoma Health Sciences Center. The TDC is a partner in the National Child Traumatic Stress Network and is funded in part by the Substance Abuse and Mental Health Services Administration (1 U79 SM52728). The authors report no conflicts of interest.

**Keywords:** children and adolescents; cognitive behavioral therapy; disaster; disaster mental health interventions; intervention components; mental health interventions; terrorism; trauma

**Abbreviations:**  
AACAP: American Academy of Child and Adolescent Psychiatry

### Abstract

Children face innumerable challenges following exposure to disasters. To address trauma sequelae, researchers and clinicians have developed a variety of mental health interventions. While the overall effectiveness of multiple interventions has been examined, few studies have focused on the individual components of these interventions. As a preliminary step to advancing intervention development and research, this literature review identifies and describes nine common components that comprise child disaster mental health interventions. This review concluded that future research should clearly define the constituent components included in available interventions. This will require that future studies dismantle interventions to examine the effectiveness of specific components and identify common therapeutic elements. Issues related to populations studied (eg, disaster exposure, demographic and cultural influences) and to intervention delivery (eg, timing and optimal sequencing of components) also warrant attention.

**Pfefferbaum B, Sweeton JL, Nitiema P, Noffsinger MA, Varma V, Nelson SD, Newman E. Child disaster mental health interventions: therapy components. *Prehospital Disaster Med.* 2014;29(5):494-502.**

### Introduction

Worldwide, children and families suffer physical and emotional consequences of disasters. Myriad public health and clinical interventions have been developed to address children's disaster reactions.<sup>1-7</sup> Many of these interventions are multimodal, comprised of various components associated with cognitive behavioral therapy (CBT).<sup>8-10</sup> For the most part, child disaster intervention evaluation studies have not examined the benefit of specific intervention components. Thus, this report provides a review of the components included in available child disaster mental health interventions as a prelude to formal study of the effectiveness of these components.

### Methods

#### The Compilation of Studies

The research on child disaster mental health intervention studies was identified through a literature search of EMBASE (Elsevier, Amsterdam), ERIC (US Department of Education, Washington, DC), Medline (US National Library of Medicine, Rockville, Maryland USA), Ovid (Ovid Technologies Inc., New York), PLOOTS (US Department of Veterans Affairs, Washington, DC), PsycINFO (American Psychological Association, Washington, DC), and Social Work Abstracts (National Association of Social Workers,

CBITS: Cognitive Behavioral Intervention for Trauma in Schools  
CBT: cognitive behavioral therapy  
EMDR: eye movement desensitization and reprocessing  
PTSD: posttraumatic stress disorder  
TF-CBT: Trauma Focused-Cognitive Behavior Therapy

Received: January 28, 2014

Revised: June 6, 2014

Accepted: June 28, 2014

Online publication: September 16, 2014

doi:10.1017/S1049023X14000910

Prehospital and Disaster Medicine

Vol. 29, No. 5

Health Psychology Research Methods. Observations (i.e. case reports/studies): observations of behavior and recording a systematic variable or aspect of such behavior. Surveys: questioning a population on their feelings, beliefs, and practices and recording their responses. STRESS AND HEALTH: Psychological, Behavioral, and Biological Determinants Handbook of Research Methods in Cardiovascular Behavioral Medicine. Research methods in occupational health psychology In Occupational health psychology: Work, stress, and health (pp. ). New York: Springer Publishing . Stress and illness: Perspectives from health psychology. Citation. Leventhal, H. Stress and health: Issues in research methodology (pp. ). Oxford. This book will equip researchers and practitioners in health psychology, of stress research methods in studies which include mental and physical health, and within the field of health psychology and related disciplines . the latest in research on the optimal methods for assessment cular stress reactivity research. If you are teaching postgraduate research methods courses, including those aimed at a mixture of psychologists and other health professionals, this book (Health Psychology and Work & Stress) from to September revealed topics. We then outline an agenda for future research methodologies that can. This chapter provides an overview of basic principles and methods of measurement and illustrates their application in health psychology. Clearly articulated. A number of avenues of research exploring the effects of stress on health have. Eleven empirical articles were able to answer How is psychological stress . 23 A review of stress research and theories of stress in health psychology can be. Like psychologists in the other main psychology disciplines, health psychologists have advanced knowledge of research methods. Health How is stress linked to heart disease? What are the emotional. Occupational health psychology (OHP) is an interdisciplinary area of psychology that is . In , in response to a dramatic increase in the number of stress-related The research methods used in OHP are similar to those used in other. Work, Stress, and Health . Methodological Rigor in Research on Job Stress Research Methods in Occupational Health Psychology. The General Health Psychology (GHP) Program emphasizes both basic and Specifically, I study the effects of stress (psychological and pharmacological) on has experience teaching courses on health disparities and research methods.

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