Reducing Psychological Harm from Traumatic Events Among Children and Adolescents: Psychological Debriefing

Task Force Finding

Intervention Definition
Psychological debriefing, also known as critical-incident stress management, is intended to be a group meeting offered shortly after a traumatic event for the purpose of preventing the development of adverse reactions.

Task Force Finding (June 2006)*
The Task Force finds insufficient evidence to determine the effectiveness of psychological debriefing in reducing psychological harm in children and adolescents, because only one study of good quality of execution was found and suggested no effect.

*From the following publication:

Publications


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The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

Document last updated October 18, 2010