

**Evidence-Based Practice Group Answers to Clinical
Questions**

**“Restricted Environmental Stimulus Therapy
(REST) as Treatment for Post-Traumatic
Stress Disorder (PTSD)”**

A Rapid Systematic Review

By

WorkSafeBC Evidence-Based Practice Group

***Dr. Craig Martin
Manager, Clinical Services
Chair, Evidence-Based Practice Group***

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About this report

Restricted Environmental Stimulus Therapy (REST) as Treatment for Post-Traumatic Stress Disorder (PTSD)

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About the Evidence-Based Practice Group

The Evidence-Based Practice Group was established to address the many medical and policy issues that WorkSafeBC officers deal with on a regular basis. Members apply established techniques of critical appraisal and evidence-based review of topics solicited from both WorkSafeBC staff and other interested parties such as surgeons, medical specialists, and rehabilitation providers.

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Contact Information

Evidence-Based Practice Group
WorkSafeBC
PO Box 5350 Stn Terminal
Vancouver BC V6B 5L5

Email • craig.martin@worksafebc.com
Phone • 604 279-7417
Toll-free • 1 888 967-5377 ext 7417

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Objective

To determine whether there is any evidence to support the efficacy and/or effectiveness of using restricted environmental stimulus therapy (REST) as treatment for patients diagnosed with Post-Traumatic Stress Disorder (PTSD).

Methods

- A comprehensive, systematic literature search was conducted on August 9, 2018.
- The search was done on commercial medical literature databases, including the Cochrane Database of Systematic Reviews® (2005 to August 8, 2018), ACP Journal Club® (1991 to July 2018), UK York University Database of Abstracts of Reviews of Effects® (1st Quarter 2016), Cochrane Clinical Answers® (July 2018), Cochrane Central Register of Controlled Trials® (July 2018), UK NHS Health Technology Assessment® (4th Quarter 2016), UK NHS Economic Evaluation Database® (1st Quarter 2016), BIOSIS Previews® (1969 to 2008), Embase® (1974 to 2018 August 08), Medline Epub Ahead of Print®, Medline In-Process & Other Non-Indexed Citations®, Medline Daily® and Medline® (1946 to August 08, 2018), that are available through the Ovid® platform.
- These searches were done by employing combinations of keywords, as follows:

(((post-traumatic **ADJ** stress **ADJ** disorder\$) **OR** (post **ADJ** traumatic **ADJ** stress **ADJ** disorder\$) **OR** ptsd)) **AND** ((restricted **ADJ** environmental **ADJ** stimulus **ADJ** therapy) **OR** (restricted **ADJ** environmental **ADJ** stimulation **ADJ** therapy) **OR** (floatation **ADJ** therapy))
- No restrictions, such as on the language or date of publication, were implemented in any of these searches.

Results

- Twenty-eight⁽¹⁻²⁸⁾ published studies were identified through the systematic literature search.
- Upon examination of the titles and abstracts of these 28⁽¹⁻²⁸⁾ published studies, no study was relevant to the objective of this systematic review.

Summary

- At present, there is no published study showing the efficacy and/or effectiveness of restricted environmental stimulus therapy in treating PTSD.

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Appendix 1

WorkSafeBC - Evidence-Based Practice Group Levels of Evidence

(adapted from 1,2,3,4)

1	Evidence from at least 1 properly randomized controlled trial (RCT) or systematic review of RCTs.
2	Evidence from well-designed controlled trials without randomization or systematic reviews of observational studies.
3	Evidence from well-designed cohort or case-control analytic studies, preferably from more than 1 centre or research group.
4	Evidence from comparisons between times or places with or without the intervention. Dramatic results in uncontrolled
5	Opinions of respected authorities, based on clinical experience, descriptive studies or reports of expert committees.

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