Mithoefer et al Literature Review Notes

* SSRIs, sertraline, and paroxetine are the only two drugs that are approved for use on PTSD by the FDA
* The review of PTSD treatment studies by the IoM was inconclusive regarding evidence of any of the drugs studied on PTSD
* Widely used methods psychosocial treatments of PTSD
  + CBT
  + prolonged exposure therapy
  + cognitive processing therapy
  + Eye movement desensitization and reprocessing therapy
  + psychodynamic psychotherapy
  + Not a huge difference in effect between these treatments
* High dropout rate in psychotherapy trials (20-30 percent)
* Current therapies for PTSD are ineffective for 25 to 50 percent of patients
* Phase 1 clinical trials (these trials in our group folder are all phase 2) have shown that MDMA is a safe treatment

It causes 2-4 hours of euphoria increased well-being, sociability, self-confidence, and extraversion

***Theory***

Decreased fear response might help in treatment of PTSD because PTSD involves uncontrolled fight or flight responses

This might catalyze the psychotherapy process because it reduces fear and increasing trust all without clouding interpersonal judgement

***All sources found in Mithoefer et al., 2011***