

P02-376 - ANALYTIC AND SYSTEMIC INCEST GROUP PSYCHOTHERAPY: FIVE-YEAR FOLLOW-UP OF A RANDOMIZED TRIAL

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Introduction: In a previous study women with long-term sequelae of child sexual abuse (CSA) were randomly assigned to analytic (Group A) or systemic group psychotherapy (Group S). Pre-post-analysis indicated that both therapies led to significant improvement, but overall Group S had significantly better outcome than Group A. As gains tended to rise in Group A during follow-up and decline in Group S, no statistically significant difference was detected in gains between the two treatment modalities after one year.

Objectives: This study investigates if gains are maintained five year following termination, and if the groups differ in gains.

Methods: 106 women started on allocated intervention. Psychological distress (GSI from SCL-90R), psycho-social functioning (GAF), and global life quality (GLQ), were assessed before and after treatment and one and five years following termination.

Results: 86 patients (81%) completed group therapy, 68 (64%) completed the one-year follow-up and 64 (60%) the five-year follow-up. At five year follow-up ANOVA was performed using treatment group as a between factor and the four time points as repeated measures. Intention to treat analysis demonstrated that improvement were significant on all measures ($P < 0.000$). Independent samples t-test on gains was NS for all measures.

Conclusions: Women with a history of CSA who were treated with Group A or Group S treatment maintained statistical significant improvement on GSI, GAF and GLQ five years post-treatment. No significant difference was found in gains between groups.