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## **Psychological Defusing in the Emergency Room in a Military Group After a Trauma**

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### Introduction

Psychological diffusing takes place within the first hours after a trauma. At first, authors had hope it would be an efficient way to prevent post traumatic stress disorder (PTSD) but it is now considered as an ineffective intervention by many authors. Although, studies showed it could be more effective in military populations compared with civilian populations.

### Objectives and aims

To evaluate the effects of defusing after a trauma in a military population.

### Patients and Methods

A group of 5 active military soldiers who faced a mine explosion were included. They were referred to the emergency room in military hospital in Tunis with various benign lesions on the first day of trauma. A psychological diffusing was performed by psychiatrists from the psychiatry ward on this very first day. These patients were evaluated one month after in order to screen for PTSD.

### Results

All participants were male, aged 23 to 29. All patients met criteria for acute stress disorder on the first day. After one month, all 5 patients reported a significant subjective improving of their symptoms. Screening for PTSD was performed using the CAPS and found that 2 over 5 patients met criteria for PTSD. All 5 patients had residual symptoms. All patients were put on medications and a cognitive behavioral therapy is planned for them.

### Conclusions

Psychological diffusing can sometimes be an effective intervention in military populations. Further research is needed with larger populations.