

EFFICACY OF EYE MOVEMENT DESENSITIZATION TREATMENT THROUGH THE INTERNET

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ABSTRACT

The effectiveness of an internet based eye movement desensitization (Internet EMD) developed mainly on the third and fourth phases of Shapiro's EMDR protocol as a treatment of current emotional impact of personal distressing memories was examined both in the Internet EMD group (n = 49) and in the delayed Internet EMD group (n = 45) of a non-clinical female university student sample. Significant reduction in distress on the Subjective Units of Disturbance Scale (SUDS) and increased their confidence in positive cognition on the Validity of Cognition Scale (VOC) in both groups after introducing the internet EMD procedure supported the effectiveness of the Internet EMD. The SUDS ratings decreased sharply at the time when the participants started the Internet EMD training in both groups. The VOC ratings also increased greatly at the time when the participants started the Internet EMD training. Internet interventions might be an effective way of delivering EMD addressing university students with PTSD and a variety of complaints who hesitate to obtain treatment through traditional clinic-based services.

Keywords: Eye movement desensitization, Internet, SUDS, VOC, university students.