

## **CGA/18/31 - Eye movement desensitisation and reprocessing for PTSD post perinatal loss: final details of a pilot trial**

Approximately 3500 women in the UK experience the trauma of perinatal loss each year. Up to 39% go on to develop perinatal PTSD. There is no effective treatment for these women, but EMDR is effective in reducing PTSD symptoms in other populations. Definitive evaluation of the effect, acceptability and cost-effectiveness of EMDR is required for this population, for which prior piloting and feasibility work is necessary. The number of women with perinatal PTSD, and their attitudes towards entering a randomised trial and receiving EMDR, is unknown. We are seeking funds to conduct a small 2-phase study to obtain this information.