

Efficacy of cognitive behavioral interventions on complicated grief in adults: a quantitative meta-analysis

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Abstract

Most of the existing studies and meta-analysis deal with grief treatments in general, rather than complicated grief in particular. The main objectives of this meta-analysis were (1) to identify a mean effect size of cognitive behavioral interventions in complicated grief on adult population, (2) to provide indicators of the average effect size for co-morbid symptoms (e.g. depression and anxiety) and (3) to investigate potential moderators of the effect size. A comprehensive search of the literature identified 11 studies (n = 629) that were included in the final analysis. The results show that cognitive behavioral therapy is not efficient in reducing complicated grief symptoms, nor co-morbid symptoms of depression and anxiety. Implications are discussed.

Keywords

complicated grief intervention/treatment/therapy, cognitive techniques, cognitive behavioral intervention/therapy