

Review of: "A Systematic Review and Meta-Analysis of Psychotherapeutic Approaches for Recurring Nightmares"

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Potential competing interests: No potential competing interests to declare.

Thanks alot for letting me participate in the review...

Very good work...

Meta analysis of many researchers

Results are not uncommon as CBT is an easy way to be applied worldwide with good outcome...

IRT and EMDR are less common than CBT

Also by the meta analysis less researches were done using IRT and EMDR than CBT...

So we need to involve more studies on these types of therapy to understand their effects on nightmares treatment...

As the study

CBT 21

IRT 7

EMDR 2

But in the research the inclusion was to 15 studies...this was confusing...

Also the majority of researchs were in western countries..and the majority of contributors were females ...as the researcher said we need further studies to exclude these biases..

No clear discription about ways of measuring the severity of nightmares and if the response to therapy was by the mild cases only or by all...and if co morbidly as depression or anxiety was excluded or how they dealt with it...

Thanks again and good work and good luck

Zainab

