

# Psychosocial interventions post paediatric burn injury: A systematic review

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**Purpose:** The purpose of this review was to examine the effectiveness of interventions aimed at improving psychosocial outcomes in children and adolescents with a burn injury.

**Methods:** Electronic searches of five databases and manual searches of reference lists were conducted. Interventions which targeted psychosocial outcomes such as quality of life, depression, and self-esteem were included. Studies were included if they were published between the years 2000 and 2015 and were in English language. The methodological quality of included studies was assessed individually by two review authors.

**Results:** Five studies were included in this review. Of the five studies, four were randomised control trials. A variety of interventions were used including cognitive behavioural therapy, social skills training, exercise, peer support and camouflage makeup. Two studies reported significant changes in improved quality of life, and three studies reported inconclusive findings with no differences detected between control and intervention groups. Methodological quality of the studies ranged from adequate to strong.

**Conclusions:** The prevalence of psychological co-morbidities in children and adolescents post burn injury is well reported and indicates that some children will experience ongoing psychological issues. This systematic review assesses the effectiveness of interventions aimed at improving psychological outcomes in children and adolescents. Interventions published to date are scarce but do appear to be effective in enhancing quality of life post burn. In particular, findings from this review highlight that there are potentially many ways to continue to improve the effectiveness of interventions for this group. These include the need for the development of programmes aimed at early intervention and incorporating the use of new technologies.

## Key Words

Psychosocial; systematic review; children; adolescents

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