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Topic: Trauma in adolescence and efficacy in treatment

Problem: Millions of children are affected by child abuse and violence worldwide, each year.

This research specifically addresses **adolescence traumatic stress** experienced by trauma incidents occurred specifically in the community and in the family caused from abuse (emotional, verbal, physical, sexual), violence, and neglect during adolescence. The incident can be a single event, multiple, and continued traumatic events.

The aim of this research is to assist in **solving these traumatic experiences** and therefore, these trauma sufferers can move forward with life and be healthy and happy.

Objective of this investigation is to minimise the impact of trauma that has on the society and **enhance treatment efficacy** for trauma sufferers.

Research Question: When is the best time to treat adolescence trauma?

A rapid systematic review of existing research evidence was conducted to find answers to this research question.

Results/Answers: If the adolescent still experience significant distress after four to six weeks of traumatic event, it may be time to seek help from a mental health professional.

For effectiveness in treatment, early psychosocial interventions and trauma specific therapy (e.g. Trauma Focused Cognitive Behaviour Therapy) are necessary.

Treatments need being provided after two days of the trauma experience when there is security for the young person, and within the first 12 months of the traumatic incident.