**Somatic Symptom Disorder Outcome Studies of Intensive Short-term Dynamic Psychotherapy**

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| **Condition (Reference)** | **Country** | **Study Type** | **Number** **Cases** | **Outcome** |
| Urethral Syndrome/ Pelvic Pain (1) | Italy | RCT  | 36 | ISTDP > Medical TAU |
| Mixed MUS (2) | Canada | Case Series | 29 | Sig symptom reduction |
| Back Pain (3) | USA | Case Series | 47 | Sig Pain Reduction |
| Functional Movement Disorders (4) | USA | Case Series | 9 | Sig Symptom Reduction |
| Chronic Headache (5) | Canada | Case Series | 29 | Sig Symptom and cost reduction |
| Pseudoseizures (6) | Canada/ UK | Case Series | 28 | Sig symptom and cost reduction |
| Chronic Pain (7) | Iran | RCT  | 63 | ISTDP> Mindfulness Based Stress Reduction and TAU |
| Chronic Pain (8) | Iran | RCT  | 81 | ISTDP in person > Skype |
| Chronic Pain (9) | Iran | RCT  | 100 | ISTDP by Skype > TAU |
| Irritable Bowel Syndrome (10) | UK | RCT  | 102 | ISTDP > Medical TAU  |
| MUS in Emergency (11) | Canada | Controlled | 77 | Sig reduction pre post and vs referred control. |
| Mixed MUS + (12) | Canada | Controlled | 890 | Sig health cost and symptom reduction vs referred control |
| Atopic Dermatitis (13) | Denmark | RCT  | 32 | ISTDP> Ctrl in Anxious Cases |
| Bruxism (14) | Italy | RCT In Progress |  |  |
| Functional Neurological (15) | UK | Case Series | 11 | Improvement on multiple domains |
| Mixed MUS in Family Practice (16) | Canada | Case Series | 37 | Sig symptom improvement |
| Chronic Pain (39) | Iran | RCT | 341 | Sig symptom effects ISTDP=CBT |

 *MUS= Medically Unexplained Symptoms, TAU= Treatment as Usual, RCT=Randomized Controlled Trial*

**Intensive Short-term Dynamic Psychotherapy for Treatment Resistant or Complex samples (Adapted from Abbass, Psychodynamic Psychiatry, 2016 and added)**

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| **Treatment Resistant Sample (Reference)** | **Number** **of Sessions** | **Number****of Patients** | **Study Type****(follow-up in months)** | **Within Group Effect Size: Post treatment** |
| Personality Disorder (17)  | 40 | 25 | RCT(18) | 0.84 |
| Personality Disorder (18) | 29 | 25 | RCT (6) | 0.27 |
| Personality Disorder (19) | 60 | 6 | Case Series | 4.92 |
| Personality Disorder (20) | 40 | 25 | RCT (24) | 1.76 |
| Treatment Resistant Depression (21) | 13.6 | 10 | Case Series (6) | 2.16 |
| Personality Disorder (22) | 27.7 | 27 | RCT (24) | 1.95 |
| Refractory Mixed Diagnoses (23) | 8.6 | 23 | Case Series | 0.53 |
| Psychiatric Inpatients (24) | 9.0 | 33 | Case Series | 0.74 |
| Refractory/ Personality Disorders (25, 26) | 6 months | 155 | Case Series(12-120) | 1.07 |
| Mixed Treatment Resistant (27-29) | 8 weeks | 60 | Controlled (14) | 1.68 |
| Treatment Resistant Depression (30) | 16 | 60 | RCT (12) | Large within grp effects |
| **Numerical Means (unweighted)** | **29.4** | **38.9** |  | **1.59** |

**Cost Effectiveness of Intensive Short-term Dynamic Psychotherapy Studies (Adapted from Abbass and Katzman, 2013 and added to)**

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| **Sample**  | ***n***  | **# Session**  | **Control**  | **Reference Time Period**  | **Cost Domains Included**  | **Cost Reduction Per Patient or other outcome**  |
| Panic disorder (31)  | 40  | 15  | RCT. Clomipramine alone.  | 18-month after stopping clomip­ramine  | Medication use rates only  | Medication use reduced  |
| Mixed sample (2)  | 166  | 16.9  | Wait list. Non-randomized.  | Before vs. 1.75-year passive follow-up  | Medication use, disability rates  | Medications and disability reductions  |
| Mixed sample (32)  | 89  | 14.9  | –  | 1-2 years post vs. 1 year pre  | Hospital costs, physician costs, medication costs, disability costs  | $6,202  |
| Personality disorders (25,26)  | 93  | Up to 6 months  | –  | 2 years post vs. 1 year pre  | Hospital costs, physician costs, health professionals cost. Utiliza­tion rates only  | Healthcare and disability reductions |
| Mixed sample (33)  | 88  | 14.9  | –  | 3 years follow-up vs. projections  | Hospital costs, physician costs  | $1,827  |
| Treatment-resistant depression (21) | 10  | 13.6  | –  | 6 months post vs. 6 months pre  | Hospital costs, medication costs, disability costs  | $5,688  |
| Chronic headache (5)  | 29  | 19.7  | –  | 1 year post vs. 1 year pre  | Medication costs, disability costs  | $7,009  |
| Personality disorder (22)  | 27  | 27.7  | RCT: wait list  | 2 years post vs. 1 year pre  | Medication costs, disability costs  | $10,148  |
| Mixed sample. Trial therapy (34)  | 30  | 1  | –  | Pre vs 1 month post  | Employment rate, medication use only  | Medication and disability reductions |
| Medically unex­plained symptoms (35)  | 50  | 3.8  | Non-randomized. Patients referred but not seen  | 1 year post vs. 1 year pre  | Medical (emergency) visits and costs  | $910  |
| Personality disorder (26) | 155  | Up to 6 months  | –  | 10 years post vs. 1 year pre  | Employment rates only  | Increased employment 39% to 88%  |
| Psychiatry inpatients (24)  | 33  | 9.0  | Other psychiatric ward. Non-random­ized.  | 1 year post vs. 1 year pre  | Electroconvulsive therapy costs  | $1,400 |
| Mixed sample: Treated by Residents (36)  | 140  | 9.9  | –  | 3 years post vs. 1 year pre  | Physician costs, hospital costs  | $3,773  |
| Pseudoseizures (6)  | 28 | 3.6 | - | 3 years post vs. 1 year pre | Physician costs, hospital costs | $57,400 |
| Mixed Sample (12) | 890 | 7.3 | Non-randomized. Patients referred but not seen | 3 years post vs. 1 year pre | Physician costs, hospital costs | $12,700 |
| Psychotic Disorders (37) | 38 | 13 | - | Pre vs 4 years post | Physician costs, hospital costs | $80,400 |
| Generalized Anxiety Disorder (38) | 215 | 8.3 | - | Pre vs 4 years post | Physician costs, hospital costs | $16,200  |
| Inpatient Refractory cases (29) | 95 | 8 wk | Wait list control | Pre versus post | Healthcare useMedicationsDisability | Reduced healthcare use, medications and disability |
| Family Medicine FC Cases (16) | 37 | 7 | - | Pre versus post 6 months | Family Doctor visits | 23% drop  |
| Treatment Resistant Depression (31) | 60 | 16 | RCT: Treatment as Usual | Pre vs 6 month post | Medication use | Reduced medications vs controls |
| Mixed Conditions: Trial Therapy (40) | 344 | 1 | - | 3 years post vs. 1 year pre | Physician costs, hospital costs | $10,840 |

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