**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 use  Medications  Disability | 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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