

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

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)

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)

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

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