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| ISTDP Research Update 2: Cost Effectiveness  |

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| There are now at least 21 published studies that have outcomes measuring cost to either directly or indirectlyThe domains covered include medication use, physician visits, healthcare visits, hospital use and disability rates or costs.The studies vary a great deal in terms of quality and type of study. Some have control conditions but few are randomized controlled trials.In summary there is a fair amount of research supporting ISTDP as a cost effective intervention.A Table containing summaries of the papers and the references are here: http://reachingthroughresistance.com/wp-content/uploads/2018/10/Cost-Effectiveness-studies-October-2018.docxJoel Town and I are offering a new ISTDP Core Training program with blocks of training in Halifax Canada over a 3 year period. The information can be found by clcking here: http://reachingthroughresistance.com/wp-content/uploads/2018/10/2019-Halifax-Core-Training-Advert.pdfIf you wish to enroll or have any questions please email Joel at dr.joel.town@gmail.comAll the Best in your work!Allan |

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**Table: Cost Effectiveness of Intensive Short-term Dynamic Psychotherapy Studies**

**(October, 2018, Adapted from Abbass and Katzman, 2013 and updated)**

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| **Sample**  | ***n***  | **# Session**  | **Control**  | **Reference Time Period**  | **Cost Domains Included**  | **Cost Reduction Per Patient or other outcome**  |
| Panic disorder (1)  | 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 (3)  | 89  | 14.9  | –  | 1-2 years post vs. 1 year pre  | Hospital costs, physician costs, medication costs, disability costs  | $6,202  |
| Personality disorders (4)  | 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 (5)  | 88  | 14.9  | –  | 3 years follow-up vs. projections  | Hospital costs, physician costs  | $1,827  |
| Treatment-resistant depression (6) | 10  | 13.6  | –  | 6 months post vs. 6 months pre  | Hospital costs, medication costs, disability costs  | $5,688  |
| Chronic headache (7)  | 29  | 19.7  | –  | 1 year post vs. 1 year pre  | Medication costs, disability costs  | $7,009  |
| Personality disorder (8)  | 27  | 27.7  | RCT: wait list  | 2 years post vs. 1 year pre  | Medication costs, disability costs  | $10,148  |
| Mixed sample. Trial therapy (9)  | 30  | 1  | –  | Pre vs 1 month post  | Employment rate, medication use only  | Medication and disability reductions |
| Medically unex­plained symptoms (10)  | 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 (11) | 155  | Up to 6 months  | –  | 10 years post vs. 1 year pre  | Employment rates only  | Increased employment 39% to 88%  |
| Psychiatry inpatients (12)  | 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 (13)  | 140  | 9.9  | –  | 3 years post vs. 1 year pre  | Physician costs, hospital costs  | $3,773  |
| Pseudoseizures (14)  | 28 | 3.6 | - | 3 years post vs. 1 year pre | Physician costs, hospital costs | $57,400 |
| Mixed Sample (15) | 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 (16) | 38 | 13 | - | Pre vs 4 years post | Physician costs, hospital costs | $80,400 |
| Generalized Anxiety Disorder (17) | 215 | 8.3 | - | Pre vs 4 years post | Physician costs, hospital costs | $16,200  |
| Inpatient Refractory cases (18) | 95 | 8 wk | Wait list control | Pre versus post | Healthcare useMedicationsDisability | Reduced healthcare use, medications and disability |
| Family Medicine FC Cases (19) | 37 | 7 | - | Pre versus post 6 months | Family Doctor visits | 23% drop  |
| Treatment Resistant Depression (20) | 60 | 16 | RCT: Treatment as Usual | Pre vs 6 month post | Medication use | Reduced medications vs controls |
| Mixed Conditions: Trial Therapy (21) | 344 | 1 | - | 3 years post vs. 1 year pre | Physician costs, hospital costs | $10,840 |

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