

Research Update 5

Intensive Short-term Dynamic Psychotherapy for Treatment Refractory and Complex Patient Populations October 2020

Intensive Short-term Dynamic Psychotherapy has not been study for a broad range of complex and refractory treatment populations. For some these studies, for example those with severe mental disorders, the treatment was used as an adjunct. For the rest of the treatment was the main intervention provided. As you can see below the therapy has been studied in all the main psychiatric diagnostic conditions as well as many somatic symptom presentations. It is notable that in the study of treatment resistant depression below, ISTDP achieved the highest remission rate of any published outcome study for this complex sample.

Below are 30 published studies of over 3500 patients.

These are outcome and cost based studies, but there are also other types of published research studies of these patient groups.

	Treatment Resistant Studies	N	Study Type	Effect
1	Personality Disorder (Winston et al., 1994)	25	RCT	ISTDP> Ctrl
2	Personality Disorder (Hellerstein et al., 1998)	25	RCT	ISTDP= BSP
3	Personality Disorder (Callahan, 2000)	6	Case Series	Post> Pre
4	Personality Disorder (Svartberg et al., 2004)	25	RCT	ISTDP =/> CBT
5	Treatment Resistant Depression (Abbass, 2006)*	10	Case Series	Post>Pre, Cost Effective
6	Personality Disorder (Abbass, et al., 2008)*	27	RCT	ISTDP> Minimal Contact Cost effective
7	Refractory Mixed Diagnoses Tier 3 or 4 NHS, UK (Hajkowski, 2012)	23	Case Series	Post> Pre
8	Psychiatric Inpatients on 6 and 7 Lane (Abbass et al., 2013)	33	Case Series	Post>Pre, ECT reduction, Cost Effective
9	Refractory/ Severe Personality Disorders, Netherlands (Cornelissen & Roel, 2002), Cornelissen, 2014)	155	Case Series	Post>Pre
10	Mixed Treatment Resistant Samples (2 studies, Norway, Solbakken & Abbass, 2014, 2015, 2016)	60	Controlled	ISTDP> Wait Cost Effective
11	Bipolar Disorder (Abbass, 2002)	4	Case Series	Post>Pre

12	Bipolar Disorder (Abbass et al., 2019)	29	Case Series	Post>Pre Cost Effective
13	Psychotic Disorders (Abbass et al., 2018)	38	Case Series	Post>Pre Cost Effective
14	Mixed Treatment Refractory Nova Scotia Psychiatric sample (Johansson et al, 2014, Abbass et al, 2015)	1182	Controlled	Cost effective vs control. Savings=17 x cost
15	Refractory Eating Disorders (Nowowieski, Abbass et al, 2020)	27	Case Series	Post> Pre Cost Effective
16	Treatment Resistant Depression (Town, Abbass et al., 2017, 2020)	60	RCT	ISTDP> CMHT (mostly CBT + med increases), More Cost Effective
17	Severe Substance Addiction, USA (denDooven, Frederickson, Abbass et al, 2019)	42	RCT	ISTDP> TAU on sobriety and retention
18	Pseudoseizures, Dissociative Disorder (Russell, Abbass et, al, 2016)	28	Case Series	Post>Pre Cost Effective
19	Refractory Post Traumatic Stress Disorder (Roggenkamp, Abbass et al, 2020)	41	Case Series	Post>Pre Cost Effective
20	Dept Community Service Cases Chronically on Social Assistance (Internal Report, 2012)	63	Case Series	Net Government savings of \$740,000 by 5 y later
21	Refractory Generalized Anxiety Disorder (Lilliengren, Abbass et al, 2020) *	215	Case Series	Post>Pre Cost Effective
22	Chronically disabled or missing work days: CDHA employees (SBAR Report, internal hospital document)	18	Case Series	Net CDHA savings of \$250,000 18 months later
23	Chronic Pain (Lilliengren, Abbass et al, 2020)	228	Case Series	Post > Pre Cost Effective
25	Chronic Pain Iran (Chavooshi et al, 2016)	63	RCT	ISTDP > CBT
26	Mixed Refractory sample: Trial Therapy (Abbass et al, 2017, 2018)	500	Case Series	Post > Pre Cost effective
27	Chronic Pain, Iran, (Chavooshi et al, 2017)	341	RCT	ISTDP = CBT
28	Chronic Pain in Elderly Veterans, USA (Yarns et al, 2020)	53	RCT	ISTDP > CBT
29	Chronic Pain, Iran, (Chavooshi et al, 2016)	100	RCT	ISTDP Online> Control
30	Chronic Pain, Iran, (Chavooshi et al, 2016)	81	RCT	ISTDP face to face > online

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