**Research Update 5: Intensive Short-term Dynamic Psychotherapy for Treatment Refractory and Complex Patient Populations October 2020**

**Intensive Short-term Dynamic Psychotherapy has now 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.**

**Below are 31 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.**

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|  | **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 | STDP =/> 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 with EAET > 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 |
| 31 | Complex Populations, UK (Castillo et al, 2020) | 8 | Case Series | Enduring symptom reduction |

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