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| ISTDP Research Update: Cost Effectiveness . Revised July 2020 |

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| There are now at least 25 published studies that have outcomes measuring cost effectiveness of ISTDP. The 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. Five have non randomized control conditions and a four are randomized controlled trials.In summary there is growing research supporting ISTDP as a cost-effective intervention. |

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

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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 control.  | 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 control. 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 |
| Chronic Pain (22) | 221 |  |  | 3 years post vs. 1 year pre | reduction in all health care costs | $14,000 by 3 years later |
| Eating Disorders (23) | 27 | 9.8 |  | 3 years post vs. 1 year pre | reduction in all health care costs | $15,024/ case |
| PTSD (24) | 41 | 6 |  | 3 years post vs. 1 year pre | reduction in all health care costs | $10950/case |
| Treatment Resistant Depression (25) | 60 | 16 | RCT: Mental Health Treatment as usual | 1 year post vs mental health team care |  | $503/ case compared to mental health team care |

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