

Research Update 6. Studies of ISTDP for Anxiety Disorders

Allan Abbass, allan.abbass@dal.ca, February 2022

Sample	<i>n</i>	# Session	Study design	Control	Main Outcomes
Panic disorder (1)	40	15	RCT	ISTDP plus clomipramine vs. Clomipramine alone	Less symptoms in ISTDP group at 9 months. Medication use reduced vs control. More relapses in medication only group.
Generalized Anxiety Disorder (2)	215	8.3	Case series		Anxiety reduction, Interpersonal problem reduction, physician costs, hospital costs reduction
Mixed Anxiety Disorders (3)	22	24	Case series		Anxiety reduction, Personality Changes (SWAP-200, IIP)
Social Anxiety Disorder (4)	42	10	RCT	Wait List	Greater reductions in fear and avoidance
Social Anxiety Disorder (5)	41	10	RCT	Wait List	Greater reductions in fear and avoidance
Performance Anxiety (6)	1	1	Case report		Description of one session only
OCD and Schizophrenia (7)	1	20	Case report		Symptom reduction
Social Anxiety (mothers of children with Aspergers) (8)	16	12	RCT	Wait list	Greater anxiety reduction
Mixed Anxiety in rheumatoid arthritis (9)	40	15	RCT	Wait list	Greater reduction in anxiety and "clinical symptoms" of RA
Mixed anxiety disorders, Female sample (10)	30	15	RCT	Wait list	Greater reduction in anxiety
Obsessive-compulsive Disorder (11)	30	20	RCT	Wait list	Greater reduction in OCD symptoms (YBOCS, IBT)
Post Traumatic Stress Disorder (12)	41	5.5	Case series		Reduced symptoms, interpersonal problems, physician costs and hospital costs

References

1. Wiborg, I. M., & Dahl, A. A. Does brief dynamic psychotherapy reduce relapse rate of panic disorder. *Archive of General Psychiatry*, 1996; 53: 689-94.
2. Lilliengren P, Johansson R, Town JM, Kisely S, Abbass A (2017). Intensive Short-Term Dynamic Psychotherapy for generalized anxiety disorder: A pilot effectiveness and process-outcome study. *Clinical Psychology & Psychotherapy* Nov;24(6):1313-1321
3. Rocco D, Calvo V, Agrosi V, Bergami F, Busetto LM, Marin S, Pezzetta G, Rossi L, Zuccotti L, Abbass A (2021). Intensive Short-term Dynamic Psychotherapy provided by psychology trainees: effects on symptomatology and psychological structure in patients with anxiety disorders. *Research in Psychotherapy: Psychopathology* 24:4-13
4. Rhamani F, Abbass A, Hemmati A, Ghaffari N, Mirghaed S, (2020). Challenging the role of challenge in intensive short-term dynamic psychotherapy for Social Anxiety Disorder: a randomized controlled trial. *Journal of Clinical Psychology*. [Published] DOI: <https://doi.org/10.1002/jclp.22993>.
5. Rahmani F, Abbass A, Hemmati A, Mirghaed SR, Ghaffari N (2020). The Efficacy of Intensive Short-Term Dynamic Psychotherapy for Social Anxiety Disorder Randomized Trial and Substudy of Emphasizing Feeling Versus Defense Work. *Journal of Nervous and Mental Disease*, 208(3), 245-251. [Published] DOI: [10.1097/NMD.0000000000001097](https://doi.org/10.1097/NMD.0000000000001097).
6. Kenny DT, Arthey S, Abbass A (2016). Identifying attachment ruptures underlying severe music performance anxiety in a professional musician undertaking an assessment and trial therapy of Intensive Short-Term Dynamic Psychotherapy (ISTDP). *SpringerPlus*, 5(1), 1591. [Published] PubMed ID: [27652164](https://pubmed.ncbi.nlm.nih.gov/27652164/)
7. Abbass A, Modified STDP of a Patient with Obsessive Compulsive Disorder and Schizophrenia *Quaderni di Psichiatria Practica* 17/18:143-145, December, 2001
8. Fooladi, F., Broojeni, M. K., Soodjani, Y. R., & Province, B. (2018). Effectiveness of Intensive Short-Term Dynamic Psychotherapy (ISTDP) on the Social Anxiety of Mothers of Children with Asperger Syndrome. *Journal of Exceptional Children (Iran)*, 55–64.
9. Amani, N., Haji alizadeh, K., Zarei, E., & Dortaj, F. (2021). Effectiveness of intensive short-term dynamic psychotherapy on anxiety in Rheumatoid Arthritis patients. *Journal of Research in Behavioural Sciences (Iranian)*, 19(1). <https://doi.org/10.29252/rbs.19.1.13>
10. Qaziani, M. M., & Arefi, M. (2017). The effectiveness of intensive short-term dynamic psychotherapy on affection control of anxious women. *International Journal of Educational and Psychological Researches*, 3(4), 235-239. http://www.ijepjournal.org/temp/IntJEducPsycholRes34235-6200115_171321.pdf

11. Ranjbar Sudejani, Y., Sharifi, K., Sayyah. S.S., & Malek Mohamadi Galeh, Z. (2017) Effectiveness of Intensive Short-Term Dynamic Psychotherapy (ISTDP) on correcting irrational beliefs and reducing cognitive avoidance of people with obsessive compulsive disorder. *Journal of Counseling Research* (article in persian), 15 (62), 140-169.
<http://irancounseling.ir/journal/article-1-364-en.html>

12. Roggenkamp H, Abbass A, Kisely S, Town J, Johansson R (2021). Healthcare cost reduction and psychiatric symptom improvement in posttraumatic stress disorder patients treated with intensive short-term dynamic psychotherapy. *European Journal of Trauma and Dissociation*, 5. [Published] DOI: [10.1016/j.ejtd.2019.100122](https://doi.org/10.1016/j.ejtd.2019.100122).