**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 studied for a broad range of complex and refractory treatment populations. For studies of 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 36 published studies including 16 RCTs of over 3700 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 USA (Winston et al., 1994) | 25 | RCT | ISTDP> Ctrl |
| 2 | Personality Disorder USA (Hellerstein et al., 1998) | 25 | RCT | ISTDP= BSP |
| 3 | Personality Disorder USA (Callahan, 2000) | 6 | Case Series | Post> Pre |
| 4 | Personality Disorder Norway (Svartberg et al., 2004) | 25 | RCT | STDP =/> CBT |
| 5 | Treatment Resistant Depression NS (Abbass, 2006)\* | 10 | Case Series | Post>Pre, Cost Effective |
| 6 | Personality Disorder NS (Abbass, et al., 2008)\* | 27 | RCT | ISTDP> Minimal ContactCost effective |
| 7 | Refractory Mixed Diagnoses Tier 3 or 4 NHS, UK (Hajkowski, 2012) | 23 | Case Series | Post> Pre |
| 8 | Psychiatric Inpatients in Nova Scotia (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> WaitCost Effective |
| 11 | Bipolar Disorder NS (Abbass, 2002) | 4 | Case Series | Post>Pre |
| 12 | Bipolar Disorder NS (Abbass et al., 2019) | 29 | Case Series | Post>PreCost Effective |
| 13 | Psychotic Disorders NS (Abbass et al., 2018) | 38 | Case Series | Post>PreCost Effective |
| 14 | Mixed Treatment Refractory Nova Scotia Psychiatric sample NS (Johansson et al, 2014, Abbass et al, 2015) | 1182 | Controlled | Cost effective vs control. Savings=17 x cost |
| 15 | Refractory Eating Disorders NS (Nowowieski, Abbass et al, 2020) | 27 | Case Series | Post> PreCost Effective |
| 16 | Treatment Resistant Depression NS (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 UK (Russell, Abbass et, al, 2016) | 28 | Case Series | Post>PreCost Effective |
| 19 | Refractory Post Traumatic Stress Disorder NS(Roggenkamp, Abbass et al, 2020) | 41 | Case Series | Post>PreCost 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 NS (Lilliengren, Abbass et al, 2020) \* | 215 | Case Series | Post>PreCost Effective |
| 22 | Chronically disabled or missing work days: CDHA employees NS (SBAR Report, internal hospital document)  | 18 | Case Series | Net CDHA savings of $250,000 18 months later |
| 23 | Chronic Pain NS (Lilliengren, Abbass et al, 2020)  | 228 | Case Series | Post > PreCost Effective |
| 25 | Chronic Pain Iran (Chavooshi et al, 2016) | 63 | RCT | ISTDP > CBT |
| 26 | Mixed Refractory sample: Trial Therapy NS (Abbass et al, 2017, 2018) | 500 | Case Series | Post > PreCost 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 |
| 32  | Substance Dependence  | 58 | RCT | ISTDP + 12 step >Control |
| 33  | Chronic Pain (Shayesteh et al, 2022) | 60 | RCT | ISTDP > Hypnosis > Control |
| 34 | Antisocial Personality Disorder (Salehian, 2022 a and b) | 16 | RCT | ISTDP> Control (aggression ++, social adjustment) |
| 35 | Substance Dependence (Ahmadi et al, 2021) | 30 | RCT | ISTDP > control  |
| 36 | Substance Dependence (Kashfi et al, 2022) | 39 | RCT | ISTDP > control in relapse prevention |

**References**

Abbass A (2002). Modified Short-term Dynamic Psychotherapy in Patients with Bipolar Disorder: Preliminary Report of a Case Series. Canadian Child Psychiatric Review, 11(1), 19-22.

Abbass A (2006). Intensive Short-term Dynamic Psychotherapy in Treatment Resistant Depression: A Pilot Study. Depression and Anxiety, 23, 449-552.

Abbass A, Bernier D, Kisely S, Town J, Johansson R (2015). Sustained reduction in health care costs after adjunctive treatment of graded intensive short-term dynamic psychotherapy in patients with psychotic disorders. Psychiatry Research, 228(3), 538-43.

Abbass A, Bernier D, Town J (2013). Intensive Short-term Dynamic Psychotherapy Associated with Decreases in Electroconvulsive Therapy and Briefer Admissions on Adult Acute Care Inpatient Ward. Psychotherapy and Psychosomatics, 82(6), 406-7.

Abbass A, Kisely S, Rasic D, Town JM, Johansson R (2015). Long-term healthcare cost reduction with Intensive Short term Dynamic Psychotherapy in a tertiary psychiatric service. Journal of psychiatric research, 64, 114-20.

Abbass A, Sheldon A, Gyra J, Kalpin A (2008). Intensive Short-term Dynamic Psychotherapy of Personality Disorders: A Randomized Controlled Trial. Journal of Nervous and Mental Disease, 196, 211-216.

Abbass A, Town J, Johansson R, Lahti M, Kisely S (2019). Sustained Reduction in Health Care Service Usage after Adjunctive Treatment of Intensive Short-Term Dynamic Psychotherapy in Patients with Bipolar Disorder. Psychodynamic Psychiatry, 47(1), 99-112.

Abbass, A., Kisley, S., & Town, J. (2018). Cost-Effectiveness of Intensive Short-Term Dynamic Psychotherapy Trial Therapy. *Psychother Psychosom, 87*(4), 255-256. doi:10.1159/000487600

Abbass, A., Town, J., Ogrodniczuk, J., Joffres, M., & Lilliengren, P. (2017). Intensive Short-Term Dynamic Psychotherapy Trial Therapy: Effectiveness and Role of "Unlocking the Unconscious". *J Nerv Ment Dis, 205*(6), 453-457. doi:10.1097/NMD.0000000000000684

###### Ahmadi F, Goodarzi M, Rezaei K, (2021) The Effectiveness of Intensive Short- Term Dynamic Psychotherapy (ISTDP) in Dissociative Experiences, Object Relations and Delayed Reward Discounting in Patients with Substance Use Disorders and Addiction, Journal of Clinical Psychology [13 (1) 49](https://jcp.semnan.ac.ir/issue_554_555.html?lang=en) April 2021, 65-78

Castillo J, Valvanis S, Algorta G. (2020) Short term psychodynamic psychotherapy (STPP) for clients with complex and enduring difficulties within NHS mental health services: a case series. Psychoanalytic Psychotherapy, https://doi.org/10.1080/02668734.2020.1802615

Callahan, P. (2000). Indexing resistance in short-term dynamic psychotherapy (STDP): Change in breaks in eye contact during anxiety (BECAS). Psychotherapy Research, 10(1), 87-99.

Chavooshi, B., Mohammadkhani, P., & Dolatshahee, B. (2016). Efficacy of Intensive Short-Term Dynamic Psychotherapy for Medically Unexplained Pain: A Pilot Three-Armed Randomized Controlled Trial Comparison with Mindfulness-Based Stress Reduction. Psychotherapy and Psychosomatics, 123–125.

Chavooshi, B., Mohammadkhani, P., & Dolatshahee, B. (2016). Telemedicine vs. inperson delivery of intensive short-term dynamic psychotherapy for patients with medically unexplained pain: A 12-month randomized, controlled trial. Journal of Telemedicine and Telecare, 0(0), 1–9.

Chavooshi B, Saberi M, Tavallaie SA, Sahraei H. (2017) Psychotherapy for Medically Unexplained Pain: A Randomized Clinical Trial Comparing Intensive Short-Term Dynamic Psychotherapy and Cognitive-Behavior Therapy. Psychosomatics. Sep-Oct;58(5):506-518. doi: 10.1016/j.psym.2017.01.003. Epub 2017 Jan 11. PMID: 28279495.

Chavooshi, B., Mohammadkhani, P., & Dolatshahee, B. (2016). A Randomized Double-Blind Controlled Trial Comparing Davanloo’s Intensive Short-Term Dynamic Psychotherapy as Internet-Delivered Versus Treatment as Usual for Medically Unexplained Pain: A Six-Month Pilot Study. Psychosomatics, 57(3), 292–300.

Cornelissen, K. (2014). Long term follow up of residential ISTDP with patients sufferingfrom personality disorders. Ad Hoc Bulletin of Short-Term Dynamic Psychotherapy, 18(3), 20-29.

Cornelissen, K., & Roel, V. (2002). Treatment outcome of residential treatment with ISTDP. AD HOC Bulletin of Short-Term Dynamic Psychotherapy Practice and Theory, 6(2), 14-23.

denDooven B, Frederickson J, Abbass A , Solbakken O, Rousmaniere T (2019). Pilot Study: An Inpatient Drug Rehabilitation Program Based on Intensive Short-Term Dynamic Psychotherapy. Journal of Addictive Diseases . [Published] DOI: 10.1080/10550887.2019.1658513

Hajkowski, S., & Buller, S. (2012). Implementing short-term psychodynamic psychotherapy in a tier 4 pathfinder service: Interim report. Derby, UK: Derbyshire Trust.

Harnashki H, Ahadi H, Tajeri B (2021) The Effectiveness of Short-term Intensive Dynamic Psychotherapy Interventions and Twelve-step Method in Reducing Drug Temptation and Reducing the Projective Defense Mechanisms of Recovering Addicts in Tehran Province. Journal of Preventive Counseling 2, No.4 , (2021), 18-31

Hellerstein, D., Rosenthal, R., Pinsker, H., Samstag, L., Muran, J. C., & Winston, A. (1998). A randomized prospective study comparing supportive and dynamic therapies. Outcome and alliance. Journal of Psychotherapy Practice and Research,7(4), 261-271.

Johansson R, Town JM, Abbass A (2014). Davanloo's Intensive Short-Term Dynamic Psychotherapy in a tertiary psychotherapy service: overall effectiveness and association between unlocking the unconscious and outcome. PeerJ, 2, e548.

# Kashfi N, Ghanifar M, Nasri M, Dastjerdi G (2022) The effectiveness of short-term intensive dynamic psychotherapy on emotion regulation and prevention of relapse of recovering addicts Journal of Modern Psychological Research 17, 68.

Lilliengren P, Cooper A, Town J, Kisely S, Abbass A (2019). Clinical- and Cost-Effectiveness of Intensive Short-Term Dynamic Psychotherapy for Chronic Pain in a Tertiary Psychotherapy Service. Australasian Journal of Psychiatry

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.

Nowoweiski D, Abbass A , Town J, Keshen A, Kisely S (2020). An observational study of the treatment and cost effectiveness of intensive short-term dynamic psychotherapy on a cohort of eating disorder patients. Journal of Psychiatry and Behavioral Sciences , 3(1), 1030.

Roggenkamp H, Abbass A , Kisely S, Town J, Johansson R (2020). 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 . [Epub] DOI: https://doi.org/10.1016/j.ejtd.2019.100122 .

Russell LA, Abbass A A, Allder SJ, Kisely S, Pohlmann-Eden B, Town JM (2016). A pilot study of reduction in healthcare costs following the application of intensive short-term dynamic psychotherapy for psychogenic nonepileptic seizures. Epilepsy & Behavior : E&B , 63, 17-19.

Salehian N, Moradi S, 2022, The effect of intensive short-term dynamic psychotherapy (ISTDP) on reducing psychological symptoms in patients with antisocial personality disorder Journal of Psychology New Ideas, Volume 14, Number 18, Fall 1-13

Salehian N, Moradi S, 2022, The effect of intensive short-term dynamic psychotherapy (ISTDP) on the social adjustment in patients with antisocial personality disorder Journal of Psychology New Ideas, Volume 14, Number 18, Fall 13-20

Shayesteh H, Narimani M, Fathi M  (2022) Comparing the effectiveness of short-term dynamic psychotherapy and hypnotherapy on the quality of life of patients with chronic pain disorder, Journal of Anesthesiology and Pain 3, 13.

 Solbakken, O. A., & Abbass, A. (2014). Implementation of an intensive short-term dynamic treatment program for patients with treatment-resistant disorders in residential care. BMC Psychiatry, 14, 12. doi:10.1186/1471-244X-14-12

Solbakken, O. A., & Abbass, A. (2015). Intensive short-term dynamic residential treatment program for patients with treatment-resistant disorders. Journal of Affective Disorders, 181, 67-77. doi:10.1016/j.jad.2015.04.003

Solbakken, O. A., & Abbass, A. (2016). Symptom and personality disorder changes in intensive short-term dynamic residential treatment for treatment-resistant anxiety and depressive disorders. Acta Neuropsychiatrica. Advance online publication. doi:10.1017/neu.2016.5

Svartberg, M., Stiles, T., & Michael, S. (2004). Randomized, controlled trial of the effectiveness of short-term dynamic psychotherapy and cognitive therapy for Cluster C personality disorders. American Journal of Psychiatry, 161, 810-817.

Town JM, Abbass A , Stride C, Bernier D (2017). A randomised controlled trial of Intensive Short-Term Dynamic Psychotherapy for treatment resistant depression: the Halifax Depression Study. Journal of Affective Disorders, 214, 15-25.

Town, J. M., Abbass, A., Stride, C., Nunes, A., Bernier, D., & Berrigan, P. (2020). Efficacy and cost-effectiveness of intensive short-term dynamic psychotherapy for treatment resistant depression: 18-Month follow-up of the Halifax depression trial. *J Affect Disord, 273*, 194-202. doi:10.1016/j.jad.2020.04.035

Winston, A., Laikin, M., Pollack, J., Samstag, L., McCullough, L., & Muran, J. C. (1994). Short-term psychotherapy of personality disorders. American Journal of Psychiatry, 151(2), 190-194.

Yarns BC, Lumley MA, Cassidy JT, Steers WN, Osato S, Schubiner H, Sultzer DL. Emotional Awareness and Expression Therapy Achieves Greater Pain Reduction than Cognitive Behavioral Therapy in Older Adults with Chronic Musculoskeletal Pain: A Preliminary Randomized Comparison Trial. Pain Med. 2020 May 25:pnaa145. doi: 10.1093/pm/pnaa145. Epub ahead of print. PMID: 32451528.