

Intensive Short-term Dynamic Psychotherapy Somatic Conditions, update August, 2023

Condition	Study Type	n	Outcome
Urethral Syndrome/ Pelvic Pain (1)	RCT	36	ISTDP > Medical TAU
Mixed MUS (2)	Case Series	29	Sig symptom reduction
Back Pain (3)	Case Series	47	Sig pain reduction
Functional Movement Disorders (4)	Case Series	9	Sig symptom reduction
Chronic Headache (5)	Case Series	29	Sig symptom and healthcare cost reduction
Pseudoseizures (6)	Case Series	28	Sig symptom and cost reduction
Chronic Pain (7)	RCT	63	ISTDP> Mindfulness Based Stress Reduction and TAU
Chronic Pain (8)	RCT	81	ISTDP in person > ISTDP by Skype
Chronic Pain (9)	RCT	100	ISTDP by Skype > TAU
Irritable Bowel Syndrome (10)	RCT	102	ISTDP > Medical TAU
MUS in Emergency (11)	Controlled	77	Sig symptom reduction and emergency visit reduction pre vs post and vs control
Mixed MUS + (12)	Controlled	890	Sig symptom reduction and Cost reduction
Atopic Dermatitis (13)	RCT	32	ISTDP> control in anxious Cases
Bruxism (14)	RCT	41	ISTDP> control
Functional Neurological (15)	Case Series	11	Improvement on multiple domains
Mixed Somatic Symptoms in Family Practice (16)	Case Series	37	Sig symptom improvement
Inflammatory Bowel Disease (IBD)* (17)	Case Series	7	Improvement on IBD symptoms
Fibromyalgia (18)	Case Series	67	Sig symptom reduction
Chronic Pain (19)	RCT	341	Sig symptom effects ISTDP=CBT
Chronic Pain (20)	Case Series	228	Symptom reduction and healthcare cost reduction
Chronic Pain in Veterans ** (21)	RCT	64	ISTDP+EAET>CBT
Chronic Pain*** (22)	RCT	230	EAET> or equal to CBT
Irritable Bowel Syndrome ***(23)	RCT	106	EAET > Structured Relaxation
Fibromyalgia (24, 25)	RCT	36	ISTDP> MBSR, Control
Irritable Bowel Syndrome (26, 27)	RCT	30	ISTDP> Control
Functional Seizures (28, 29)	Case Series	18	Reduced symptoms, long term health cost reductions

MUS= Medically Unexplained Symptoms, TAU= Treatment as Usual, RCT=Randomized Controlled Trial. *Though not a somatic symptom disorders, emotional stress is a factor generating symptoms and relapses. ** Emotion Awareness and Expression Therapy (EAET) combined with ISTDP. ***EAET is a derived from ISTDP and related models.

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