**Intensive Short-term Dynamic Psychotherapy for Somatic Conditions, update February 2024. Allan Abbass**

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| **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 |
| 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 |
| 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 alexithymia, well-being, depression and FM symptoms |
| Irritable Bowel Syndrome (26, 27) | RCT | 30 | ISTDP> Control |
| Functional Seizures (28, 29) | Case Series | 18 | Reduced symptoms, long term health cost reductions |
| Chronic Pain (30) | RCT | 60 | ISTDP > hypnosis > Control |
| Chronic Pain (31, 32) | RCT | 45 | ISTDP >/= Mindfulness based Cognitive Therapy > Control |
| Mixed Somatic Symptoms (34) | RCT | 45 | ISTDP > Existential Therapy > Control |
| Tension Headaches (35) | RCT | 30 | ISTDP > Control in headache, anger, anxiety and emotion regulation |
| Chronic Pain (36) | RCT | 30 | ISTDP> Control Attachment styles improved, as did health anxiety and somatization |
| Mixed Somatic Symptoms (37) | RCT | 45 | ISTDP> Existential Therapy somatic symptom reduction |
| Chronic Pain (38) | Case Series | 73 | EAET Post > pre |
| Urogenital/Pelvic Pain (39) | RCT | 62 | EAET > waitlist control |
| Chronic Pain (40) | RCT | 91 | EAET + ISTDP > control |
| Fibromyalgia (41) | RCT | 230 | EAET > CBT |
| SSD (42) | RCT | 74 | EAET > control |
| SSD (43) | Case Series | 52 | EAET Post > pre |
| IBS (44) | RCT | 106 | EAET > Structured Relaxation |
| MUS (45) | RCT | 75 | EAET Post > pre |
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| *OTHER SOMATIC SOMATIC CONDITIONS* |  |  |  |
| Atopic Dermatitis (13) | RCT | 32 | ISTDP> control in anxious Cases |
| Atopic Dermatitis (33) | Case series | 5 | Post > Pre |
| Inflammatory Bowel Disease (IBD)\* (17) | Case Series | 7 | Improvement on IBD symptoms |
| Treatment resistant sexual dysfunction in females (46) | Case series | 5 | Post > Pre, normalization on outcomes |
| Breast Cancer (47) | Case series | 6 | Post > pre defense maturation and emotion expression |
| Rheumatoid Arthritis (48, 49) | RCT | 40 | ISTDP> Control, Reduced anxiety, Reduced alexithymia |
| Multiple Sclerosis (50) | Case series | 10 | Post > Pre on symptoms and doctor visits |

*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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