**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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