



Canadian Agency for
Drugs and Technologies
in Health

RAPID RESPONSE REPORT: REFERENCE LIST

TITLE: Intensive Short Term Dynamic Psychotherapy In Adult Patients With Any Psychiatric Diagnosis: Clinical and Cost-Effectiveness, Safety, and Guidelines

DATE: 18 February 2016

RESEARCH QUESTIONS

1. What is the clinical effectiveness of intensive short term dynamic psychotherapy in adult patients with any psychiatric diagnosis in any setting?
2. What is the cost-effectiveness of intensive short term dynamic psychotherapy in adult patients with any psychiatric diagnosis in any setting?
3. What are the evidence-based guidelines surrounding the use of intensive short term dynamic psychotherapy?

KEY FINDINGS

Five systematic reviews and meta-analyses, three randomized controlled trials, five non-randomized studies, five economic evaluations, and one evidence-based guideline were identified regarding the clinical and cost-effectiveness, safety, and guidelines of intensive short term dynamic psychotherapy in adult patients with any psychiatric diagnosis.

METHODS

A limited literature search was conducted on key resources including PubMed, OVID, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No filters were applied to limit retrieval by publication type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2011 and February 11, 2016. Internet links were provided, where available.

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SELECTION CRITERIA

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

Population	Adult patients with any psychiatric diagnosis in any setting (in and outpatient settings)
Intervention	Intensive short term dynamic psychotherapy
Comparator	Long term psychotherapy; General psychotherapy; Medication therapy; No comparator
Outcomes	Clinical effectiveness; Safety and harms; Cost-effectiveness; Guidelines
Study Designs	Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies, economic evaluations, evidence-based guidelines

RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, non-randomized studies, economic evaluations, and evidence-based guidelines.

Five systematic reviews and meta-analyses, three randomized controlled trials, five non-randomized studies, five economic evaluations, and one evidence-based guideline were identified regarding the clinical and cost-effectiveness, safety, and guidelines of intensive short term dynamic psychotherapy in adult patients with any psychiatric diagnosis. No health technology assessments were identified.

Additional references of potential interest are provided in the appendix.

Health Technology Assessments

No literature identified.

Systematic Reviews and Meta-analyses

1. Driessen E, Hegelmaier LM, Abbass AA, Barber JP, Dekker JJ, Van HL, et al. The efficacy of short-term psychodynamic psychotherapy for depression: a meta-analysis update. *Clin Psychol Rev.* 2015 Dec;42:1-15.
[PubMed: PM26281018](#)
2. Abbass AA, Kisely SR, Town JM, Leichsenring F, Driessen E, De Maat S, et al. Short-term psychodynamic psychotherapies for common mental disorders [Internet]. *Cochrane Database Sys Rev*; 2014 [cited 2016 Feb 17]. Available from:
<http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD004687.pub4/abstract>
[PubMed: PM17054212](#)
3. Abbass A, Town J, Driessen E. Intensive short-term dynamic psychotherapy: a systematic review and meta-analysis of outcome research. *Harv Rev Psychiatry.* 2012 Mar;20(2):97-108.
[PubMed: PM22512743](#)
4. Gaskin CJ. The Effectiveness of psychodynamic therapy: a systematic review of recent international and Australian research [Internet]. Melbourne, Australia: Psychotherapy & Counselling Federation of Australia (PACFA); 2012 [cited 2016 Feb 17]. Available from:
[https://www.health.gov.au/internet/main/publishing.nsf/Content/phi-natural-therapies-submissions-containerpage/\\$file/PACFA%20Psychodynamic%20Psychotherapy%20Lit%20Review.pdf](https://www.health.gov.au/internet/main/publishing.nsf/Content/phi-natural-therapies-submissions-containerpage/$file/PACFA%20Psychodynamic%20Psychotherapy%20Lit%20Review.pdf)
5. Nieuwsma JA, Trivedi RB, McDuffie J, Kronish I, Benjamin D, Williams JW, Jr. Brief Psychotherapy for depression in primary Care: a systematic review of the evidence [Internet]. Washington (DC): Department of Veterans Affairs (US); 2011 Jan [cited 2016 Feb 16]. (VA Evidence-based Synthesis Program Reports). Available from:
https://www.researchgate.net/profile/Jason_Nieuwsma/publication/260862355_Brief_psyc_hotherapy_for_depression_in_primary_care_A_systematic_review_of_the_evidence/links/542e9c1f0cf27e39fa9629a3.pdf

Randomized Controlled Trials

6. Chavooshi B, Mohammadkhani P, Dolatshahee B. Efficacy of intensive short-term dynamic psychotherapy for medically unexplained pain: a pilot three-armed randomized controlled trial comparison with mindfulness-based stress reduction. *Psychother Psychosom.* 2016;85(2):123-5.
[PubMed: PM26808505](#)
7. Fjeldstad A, Hoglend P, Lorentzen S. Patterns of change in interpersonal problems during and after short-term and long-term psychodynamic group therapy: a randomized clinical trial. *Psychother Res.* 2015 Oct 30;1-12.
[PubMed: PM26514065](#)

8. Lorentzen S, Fjeldstad A, Ruud T, Marble A, Klungsoyr O, Ulberg R, et al. The Effectiveness of short- and long-term psychodynamic group psychotherapy on self-concept: three years follow-up of a randomized clinical trial. *Int J Group Psychother*. 2015 Jul;65(3):362-85.

[PubMed: PM26076204](#)

Non-Randomized Studies

9. Driessen E, Smits N, Dekker JJ, Peen J, Don FJ, Kool S, et al. Differential efficacy of cognitive behavioral therapy and psychodynamic therapy for major depression: a study of prescriptive factors. *Psychol Med*. 2016 Jan 11;1-14.

[PubMed: PM26750445](#)

10. Hewitt PL, Mikail SF, Flett GL, Tasca GA, Flynn CA, Deng X, et al. Psychodynamic/interpersonal group psychotherapy for perfectionism: evaluating the effectiveness of a short-term treatment. *Psychotherapy (Chic)*. 2015 Jun;52(2):205-17.

[PubMed: PM25985044](#)

11. Solbakken OA, Abbass A. Intensive short-term dynamic residential treatment program for patients with treatment-resistant disorders. *J Affect Dis*; 2015 Aug 1;181:67-77.

[PubMed : PM25917295](#)

12. Johansson R, Town JM, Abbass A. Davanloo's intensive short-term dynamic psychotherapy in a tertiary psychotherapy service: overall effectiveness and association between unlocking the unconscious and outcome. *PeerJ*. 2014;2:e548. Available from:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4157301>

[PubMed: PM25210661](#)

13. Angeletti G, Pompili M, Innamorati M, Santucci C, Savoia V, Goldblatt M, et al. Short-term psychodynamic psychotherapy in patients with "male depression" syndrome, hopelessness, and suicide risk: a pilot study. *Depress Res Treat*. 2013;2013:408983.

Available from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3557639>

[PubMed: PM23401757](#)

Economic Evaluations

14. Abbass A, Bernier D, Kisely S, Town J, Johansson R. Sustained reduction in healthcare costs after adjunctive treatment of graded intensive short-term dynamic psychotherapy in patients [Internet]. *Psyc Res*; 2015 Aug 30;228(3):538-43 [cited 2016 Feb 17]. Available from:

<http://reachingthroughresistance.com/wp-content/uploads/2015/02/Cost-Effects-re-Psychosis-Patients-in-press.pdf>

[PubMed: PM26106054](#)

15. Maljanen T, Knekt P, Lindfors O, Virtala E, Tillman P, Harkanen T. The cost-effectiveness of short-term and long-term psychotherapy in the treatment of depressive and anxiety disorders during a 5-year follow-up. *J Affect Disord*. 2016;190:254-263

[PubMed: PM26540079](#)

16. Abbass A, Kisely S, Rasic D, Town JM, Johansson R. Long-term healthcare cost reduction with intensive short-term dynamic psychotherapy in a tertiary psychiatric service. *J Psychiatr Res.* 2015;64:114-20.
[PubMed: PM25840829](#)
17. Abbass A, Bernier D, Kisely S, Town J, Johansson R. Sustained reduction in health care costs after adjunctive treatment of graded intensive short-term dynamic psychotherapy in patients with psychotic disorders. *Psychiatry Res.* 2015 Aug 30;228(3):538-43.
[PubMed: PM26106054](#)
18. Town, J.M., Abbass, A., & Bernier, D. (2013). Effectiveness and cost effectiveness of Davanloo's intensive short-term dynamic psychotherapy: does unlocking the unconscious make a difference? *Am J Psychotherapy*, 67(1):89–108.
[PubMed: PM23682515](#)

Guidelines and Recommendations

19. Park SC, Oh HS, Oh DH, Jung SA, Na KS, Lee HY, et al. Evidence-based, non-pharmacological treatment guideline for depression in Korea. *J Korean Med Sci.* 2014 Jan;29(1):12-22. Available from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3890462>
[PubMed: PM24431900](#)

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APPENDIX – FURTHER INFORMATION:

Non-Randomized Studies – Clinical Processes in ISTDP

20. Iscan S, Seybert C, Erhardt I, Desmet M, Levy RA, Ablon JS. An empirical comparison of short-term psychodynamic psychotherapy processes: distinctive process factors between successful and unsuccessful therapeutic outcome groups. *J Am Psychoanal Assoc.* 2015 Aug;63(4):NP1-NP4.
[PubMed: PM26316410](#)
21. Abbass AA, Town JM. Key clinical processes in intensive short-term dynamic psychotherapy. *Psychotherapy.* 2013 Sep;50(3):433-7.
[PubMed: PM24000866](#)

Review Article

22. Abbass A, Town JM, Driessen E. Intensive short-term dynamic psychotherapy: a review of the treatment method and empirical basis [Internet]. *Res Psych Psychopath Proc Out* 2013 [cited 2016 Feb 17].16(1):6-15. Available from:
<http://istdpinstitute.com/wordpress/wp-content/uploads/2013/08/ItalianMetaFinal.pdf>

Additional References

23. California Society for ISTDP [Internet]. Research. Del Mar (CA): California Society for ISTDP; 2016 [cited 2016 Feb 17]. Available from: <http://www.istdp.com/research>