

Intensive Short-term Dynamic Psychotherapy

Table 1. Study Characteristics from Abbass, Town and Driessen, Harvard Review of Psychiatry 2012

Study	Study type	n	Condition	Outcome measure	Assessment moments	Sample (country)	Diagnosis	ISTDP format (no. of sessions/patient)	No. of therapists	ISTDP method	Adherence rating	Medication use	Blinding or independent measures	Outcome analyses	Training
Winston et al. (1991) ²⁷	RCT	15 17 17	ISTDP BAP Waitlist	SCL-90R SAS Target rating	Pre, post	Clinical (USA)	Personality disorder (DSM-III assessed by PDQ)	Individual (37)	18	Davanloo 1980 + reseach treatment manual	Yes	No	Self-report only	CO	Yes
*Winston et al. (1994) ^{28a}	RCT	81	ISTDP BAP Waitlist	SCL-90R SAS Target rating	Pre, post, 1.5 year follow-up	Clinical (USA)	Personality disorder (DSM-III-R)	Individual (40)	24	Davanloo 1980 + reseach treatment manual	Yes	No	Self-report only	CO	Yes
*Baldoni et al. (1995) ²⁹	RCT	13 23	ISTDP CAU	SQ	4 year follow-up	Other (Italy)	Urethral syndrome & pelvic pain	Individual (12-16)	1	Davanloo 1980 + Malan 1976/1979	No	Yes	Self-report only	CO	Yes
Wiborg & Dahl (1996) ³⁰	RCT	20	Medication Medication + ISTDP	PAAS	Pre, post, 9 months follow-up	Clinical (Norway)	Panic disorder (DSM-III-R as assessed by SCID-I)	Individual (15)	1	Davanloo 1978 + Malan 1976 + Strupp & Binder 1986	No	No (other than study medication)	Yes	ITT	Yes
*Hellerstein et al. (1998) ³¹	RCT	25 24	ISTDP BSP	SCL-90 IIP Target complaint	Pre, post, 6 months follow-up	Clinical (USA)	Personality disorder (DSM-III as assessed by SCID)	Individual (29)	23	Davanloo 1980 + Laikin et al. 1991	Yes	No	Self-report only	CO	Yes
Ghorbani et al. (2000) ³²	RCT	27	ISTDP Nonspecific control	T-helper and T-suppress or cell count	Pre, post	Student population (Iran)	No clinical diagnosis	Individual (6)	1	Davanloo, all publications up to 1999	No ^d	No	Unclear	Unclear	Yes
*Callahan (2002) ³³	Open	6	ISTDP	GAF	Pre, post	Clinical (USA)	Mixed (DSM-IV clinical diagnosis)	Individual (60)	1	Davanloo 1990	Unclear	Yes	Partially	CO	Unclear
*Abbass (2002) ¹¹	NRT	16 6 17	ISTDP Waitlist	BSI IIP Cost measure	Pre, post, 1 year follow-up	Clinical (Canada)	Mixed DSM-IV/-III-R clinical diagnosis	Individual (16.9)	1	Davanloo 1990	No ^d	Yes	Cost data	ITT/CO	Mixed experience
Abbass	Open	89	ISTDP	BDI	1 & 3 year	Clinical	Mixed DSM-	Individual	1	Davanloo	No ^d	Yes	Cost data	ITT/CO	Yes

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(2002) ^{34,b}				BAI BSI IIP Cost measure	follow-up (Abbass, 2003)	(Canada)	IV clinical diagnosis	ual (14.9)		1990					
*Abbass (2002) ³⁵	Open	4	ISTDP	BSI IIP	Pre, post	Clinical (Canada)	Bipolar I disorder (DSM-IV)	Individ ual (5)	1	Davanloo 2000 (modified format)	No	Yes, (but medica- tion not changed)	Self-report only	ITT/CO	Yes
Cornelissen & Verheul (2002) ³⁶	Open	93	Residential ISTDP	SCL-90 NVL	Pre, post, 1 & 3 year follow-up	Clinical (Nether- lands)	Personality disorder cluster B/C (DSM-IV)	Individ ual	Unclear	Davanloo 1980/1990	No	Unclear	Healthcare utilization	CO	Yes
*Hawkins (2003) ³⁷	Open	47	ISTDP	MPQ MAS	Pre, post	Unclear (USA)	Chronic back pain	Group (8)	Unclear	Davanloo 1986	Unclear	Unclear	Self-report only	CO	Unclear
*Abbass (2004) ³⁸	Open	56	ISTDP	BSI IIP	Pre, post	Clinical (Canada)	Mixed common mental disorders	Individ ual (8.9)	18	Davanloo 1990/2000	No ^d	Yes	Self-report only	CO	Residents in training
*Abbass (2006) ³⁹	Open	10	ISTDP	HAMD BSI-D CGI-S IIP Cost measure	Pre, post, 6 months follow-up	Clinical (Canada)	Treatment- resistant depression	Individ ual (13.6)	1	Davanloo 1990	No	Yes (but doses not increased ⁰)	No	ITT	Yes
*Hinson et al. (2006) ⁴⁰	Open	10	ISTDP	PMDRS BAI HAMD MMPI-2 GAF	Pre, post	Clinical (USA)	Psychogenic movement disorders	Individ ual	Unclear	Davanloo 1980	No	Yes	Yes	CO	Unclear
Abbass et al. (2008) ¹⁵	Open	30	ISTDP	BSI IIP	Pre, post	Clinical (Canada)	Mixed (DSM- IV clinical diagnosis)	Individ ual (1)	1	Davanloo 1988 Trial therapy	No ^d	Yes	Self-report only	ITT	Yes
*Abbass et al. (2008) ⁴¹	RCT	27	ISTDP Minimal contact control	BSI IIP GAF	Pre, post, 2- year follow- up	Clinical (Canada/ USA)	Personality disorder (DSM-IV as assessed by SCID)	Individ ual (27.7)	5	Davanloo 2000	Yes	Yes	No	ITT	Yes
Abbass et al. (2008) ^{42,b}	Open	29	ISTDP	BSI Cost measure	Pre, post	Clinical (Canada)	Chronic headache	Individ ual (19.7)	1	Davanloo 1990	No ^d	Yes	Cost data	ITT	Yes
*Abbass et al.	NRT	50	ISTDP CAU	ED visits (n)	Pre, post	Other (Canada)	Medically unexplained	Individ ual (6	Davanloo 2000	Yes	Yes	Blinding to nEDV	ITT/CO	Mixed experience

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(2009) ⁴³				BSI			symptoms	3.8)								
Abbass et al. (2009) ^{16,c}	NRT	30 20	ISTDP Standard intake	BSI IIP	Pre, post	Clinical (Canada)	Mixed (DSM-IV clinical diagnosis)	Individual (1)	1	Davanloo 1988 Trial therapy	No ^d	Yes	Self-report only	CO	Yes	
*Cornelissen et al. ⁴⁴	Open	15 5	Residential ISTDP	SCL-90 GAF	Pre, post, 1–10 year follow-up	Clinical (Netherlands)	Personality disorder cluster B/C (DSM-IV)	Individual	Unclear	Davanloo 1980/1990	No	Unclear	Employment status	CO	Yes	

* These studies were included in the meta-analyses.

BAI, Beck Anxiety Inventory; BAP, Brief Adaptational Psychotherapy; BDI, Beck Depression Inventory; BSP, Brief supportive psychotherapy; BSI, Brief Symptom Inventory; BSI-D, Brief Symptom Inventory, depression subscale; CAU, Care-as-usual; CGI-S, Clinical Global Index, severity scale; CO, Completers-only analyses; DSM, *Diagnostic and Statistical Manual of Mental Disorders*; ED, emergency department; GAF, Global Assessment of Functioning; HAM-D, Hamilton Depression-Rating Scale; IIP, Inventory of Interpersonal Problems; ITT, Intention-to-treat analyses; ISTDP, Intensive short-term dynamic psychotherapy; MAS, Manifest Anxiety Scale; MMPI-2, Minnesota Multiphasic Personality Inventory–2; MPQ, McGill Pain Questionnaire; NRT, nonrandomized clinical trial; NVL, Nieuwkoopse Vragenlijst [Nieuwkoop’s questionnaire for interpersonal function; Open, Open study (no comparison condition); PAAS, Panic Attack and Anxiety Scale; PDQ, Personality Diagnostic Questionnaire; PMDRS, Psychogenic Movement Disorder Rating Scale; RCT, Randomized, controlled trial; SAS, Social Adjustment Scale; SCID, Structured Clinical Interview for DSM-IV; SCL-90, Symptom Checklist–90; SQ, Symptom Questionnaire; USA, United States.

^a Continuation of Winston et al.²⁷

^b Subsample of Abbass 2002.¹¹

^c Same sample as Abbass 2008.¹⁵

^d The study had videotaped supervision but no adherence rating.

References from Abbass, Town and Driessen 2012

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Table 2: ISTDP Cost Effectiveness

Study	N	Control for cost-effect analysis	Reference time period	Hospital Services	Health Services	Medication % discontinued	Medication costs	Disability	Total cost reduction *	Return to work
Abbass ⁴⁵	89	Pre vs. Post	2yrs pre vs. 1yr post	\$30,085 saving (85% reduction)	\$18,299 saving in physician costs (33% reduction)	71%	\$21,790 saving	\$481,780 saving	Net \$402,523 in reduced disability, medication and healthcare costs	18/22 (82%)
Cornelissen ³²	93	Pre vs. Post	2 yrs before vs. Post 1yr *long-term data	90.4% reduction in admissions	35% reduction in psychology/ psychiatry appts				29% more required no healthcare utilisation	
Abbass ⁵²	88	Post versus projections	3 year follow-up						40.0% reduction vs projections	
Abbass ⁴⁴	10	Pre vs. Post	6 mth pre vs. 6 mth post	\$14,400 saving			\$8,880 saving	\$33,600 saving		4/5 (80%)
Abbass, Sheldon et al. ³⁸	27	Pre vs. Post	Pre vs. Post 2yr			81.5% (p=0.001)	\$12,636 saving p=0.005	\$259,200 saving p=0.015	Net \$183,000 in reduced disability and medication costs	16/17 (94%) (p=0.017)
Abbass, Joffres et al. ¹⁵	30	1) Pre vs. Post 2) Standard interview vs. ISTDP Trial	Pre vs. Post 1 mth			35% (p=0.01)				2/30 (7%)
Abbass, Lovas et al. ⁴⁷	29	Pre vs. Post	Pre vs. Post				\$540 saving per mth	\$16,400 per mth	Net treatment cost offset in < 4 mths by reduced medication and disability costs	7/7 (100%)
Abbass, Campbell et al. ⁵⁵ (same sample as ⁵²)	50	1) Pre vs. Post 2) Referred but not seen control	1yr pre vs 1yr post		69% reduction in Emergency visits (p=<0.001)				Net \$504 per patient in reduced emergency visit costs	
Cornelissen, Smeets et al. ³³	155	Pre vs. Post	Pre vs. 1-10yr post							32.9%

* Reported cost savings do not include therapy costs except where indicated as “Net” reductions.
Canadian \$ reported unless otherwise noted.

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Table 3 Meta-analyses of studies examining the effects of ISTDP

Comparison	<i>N</i>	<i>d</i>	95% CI	<i>Z</i>	<i>Q</i>	<i>I</i> ²
ISTDP pre- to post-treatment change						
General psychopathology	11	1.16	0.82 ~ 1.50	6.71**	37.45**	73.30
Interpersonal functioning	7	0.84	0.50 ~ 1.18	4.83**	14.46*	58.50
Depression	5	1.51	1.16 ~ 1.87	8.37**	8.35	52.10
Anxiety	5	0.98	0.47 ~ 1.49	3.78**	26.21**	84.74
ISTDP post-treatment to follow-up change						
General psychopathology	4	0.01	-0.51 ~ 0.53	0.05	10.44*	71.28
Interpersonal functioning	3	0.12	-0.27 ~ 0.51	0.60	0.42	0.00
ISTDP vs. control groups at post-treatment						
General psychopathology	3	1.18	0.61 ~ 1.75	4.09**	4.70	57.44

Note: ISTDP=intensive short-term dynamic psychotherapy

* $p < .05$; ** $p < .01$

References marked with an asterisk indicate studies included in the meta-analysis.

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