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## Učinkovitost psihodinamskih psihoterapij

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Ameriški javnosti je precej dolgo dobivala informacije, da so znanstveno podprta samo novejša, v odpravljanje simptomov usmerjena zdravljenja, kot so kognitivno vedenjske terapije ali zdravila." Je zapisal avtor študije *The Efficacy of Psychodynamic Psychotherapy* (Učinkovitost psihodinamskih psihoterapij) dr. J. Shedler iz Denver School of Medicine Univerze v Koloradu. "Dejanski znanstveni dokazi pa kažejo, da je psihodinamska terapija zelo učinkovita. Učinki so najmanj enako veliki kot pri drugih oblikah psihoterapij, so pa trajnejši."

Raziskave tudi kažejo, da so druge psihoterapije morda učinkovite zato, ker vsebujejo psihodinamske elemente. "Če podrobno pogledate zgodovino "nazivov" psihoterapij in tisto, kar so dejansko ti terapevti počeli, se izkaže, da delajo tisto, kar so psihodinamski terapevti vedno počeli - podpirajo raziskovanje samopodobe, raziskujejo čustvene »slepe pege« in usmerjajo v razumevanje vzorcev odnosov."

**Table 1**

*Illustrative Effect Sizes From Meta-Analyses of Treatment Outcome Studies*

Treatment type and reference	Description	Effect size	N of studies or meta-analyses
<b>General psychotherapy</b>			
Smith et al. (1980)	Various therapies and disorders	0.85	475 studies
Lipsey & Wilson (1993)	Various therapies and disorders	0.75 <sup>a</sup>	18 meta-analyses
Robinson et al. (1990)	Various therapies for depression	0.73	37 studies
<b>CBT and related therapies</b>			
Lipsey & Wilson (1993)	CBT and behavior therapy, various disorders	0.62 <sup>b</sup>	23 meta-analyses
Haby et al. (2006)	CBT for depression, panic, and generalized anxiety	0.68	33 studies
Churchill et al. (2001)	CBT for depression	1.0	20 studies
Cuijpers et al. (2007)	Behavioral activation for depression	0.87	16 studies
Öst (2008)	Dialectical behavior therapy, primarily for borderline personality disorder	0.58	13 studies
<b>Antidepressant medication</b>			
Turner et al. (2008)	FDA-registered studies of antidepressants approved between 1987 and 2004	0.31	74 studies
Moncrieff et al. (2004)	Tricyclic antidepressants versus active placebo	0.17	9 studies
<b>Psychodynamic therapy</b>			
Abbass et al. (2006)	Various disorders, general symptom improvement	0.97	12 studies
Leichsenring et al. (2004)	Various disorders, change in target problems	1.17	7 studies
Anderson & Lambert (1995)	Various disorders and outcomes	0.85	9 studies
Abbass et al. (2009)	Somatic disorders, change in general psychiatric symptoms	0.69	8 studies
Messer & Abbass (in press)	Personality disorders, general symptom improvement	0.91	7 studies
Leichsenring & Leibling (2003)	Personality disorders, pretreatment to posttreatment	1.46 <sup>c</sup>	14 studies
Leichsenring & Rabung (2008)	Long-term psychodynamic therapy vs. shorter term therapies for complex mental disorders, overall outcome	1.8	7 studies
de Maat et al. (2009)	Long-term psychoanalytic therapy, pretreatment to posttreatment	0.78 <sup>c</sup>	10 studies

<sup>a</sup> Median effect size across 18 meta-analyses (from Lipsey & Wilson, 1993, Table 1.1). <sup>b</sup> Median effect size across 23 meta-analyses (from Lipsey & Wilson, 1993, Table 1.2). <sup>c</sup> Pretreatment to posttreatment (withingroup) comparison.