



Can we let the patient decide? A pilot preference study of Internet-based psychodynamic versus cognitive behavioral therapy for depression

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Internetpsykiatri.se

Co-workers

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Aims

- There are numerous RCTs in the field
- However, in real life treatment selection is about making choices and preferred treatments tend to get better results
- Aim was to let the patient decide

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Psychodynamic therapy

- Often practiced here in the US and in the rest of the world!
- Blagys MD, Hilsenroth MJ. Distinctive features of short-term psychodynamic interpersonal psychotherapy: A review of the comparative psychotherapy process literature. Clin Psychol Sci Prac. 2000;7:167-88.

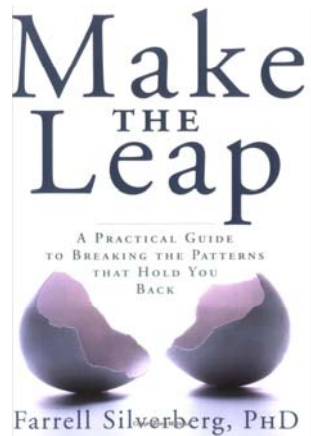
- Very few self-help studies



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Then we found this:



By this guy

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First we did GAD

- Andersson, G., Paxling, B., Roch-Norlund, P., Östman, G., Norgren, A., Almlöv, J., Georén, L., Breitholtz, E., Dahlin, M., Cuijpers, P., Carlbring, P., & Silverberg, F. (2012). Internet-based psychodynamic vs. cognitive behavioural guided self-help for generalized anxiety disorder: A randomised controlled trial. *Psychotherapy and Psychosomatics*, 81, 344-355.

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And then depression

- Johansson, R., Ekbladh, S., Hebert, A., Lindström, M., Möller, S., Pettitt, E., Poysti, S., Holmqvist-Larsson, M., Rousseau, A., Carlbring, P., Cuijpers, P., & Andersson, G. (2012). Psychodynamic guided self-help for adult depression through the Internet: a randomised controlled trial. *PLoS ONE*, 7 (5), e38021.



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Module 1. Introductory material to the treatment in general and to the SUBGAP method in particular.

Module 2. Material and techniques on how to discover unconscious patterns in a systematic way.

Module 3. Decrease vulnerability by understanding the patterns from both a historic and here-and-now perspective.

Module 4. Techniques on how to break unhelpful patterns.

Module 5. Minimizing the risk of falling back into old and unproductive patterns.

Module 6. Information on how to apply the obtained knowledge in working life.

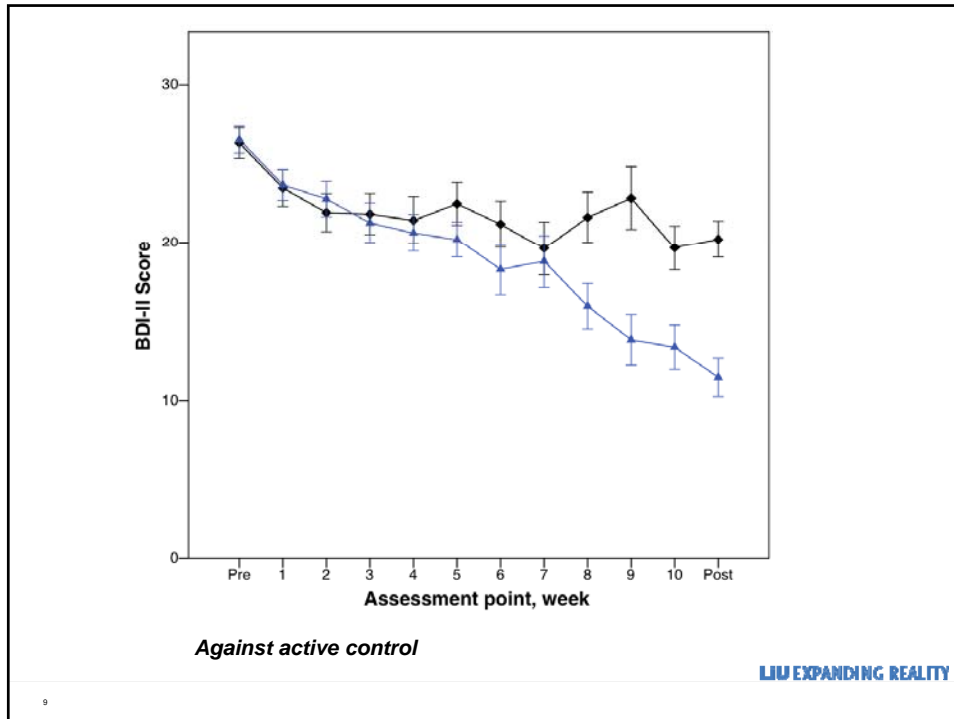
Module 7. Material on how to apply the knowledge with a focus on personal relationships.

Module 8. The relationship between unconscious patterns and depression.

Module 9. A summary of the previous material and some short advice for the future.

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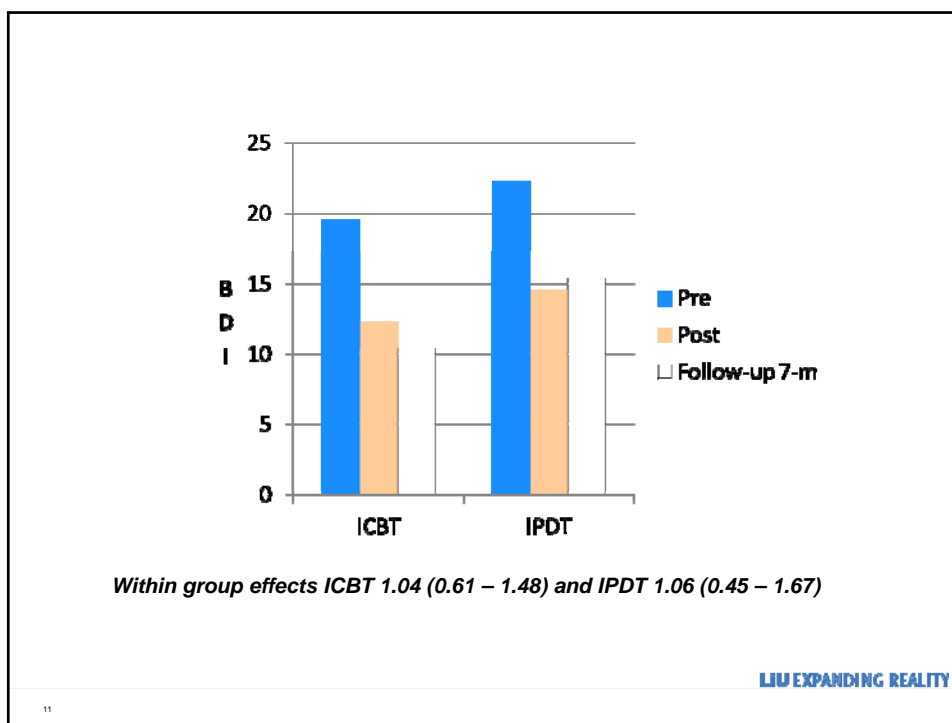


Preference study

- Of the original 46 participants, 2 stated that they did not want any further treatment.
- Of the remaining 44, there were more participants who preferred ICBT ($N = 30$; 68.2%) than those preferring IPDT ($N = 14$; 31.8%).
- A two-tailed binomial test confirmed the difference to be significant ($p = .023$).
- Description of the treatments
- “How important is this choice for you?”
- Guided self-help

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- Eleven out of 44 participants did not provide post-treatment data
 - More participants who received IPDT completed the entire program.
 - At follow-up, mixed-effects models showed that the ICBT treatment was more efficient in terms of quality of life.
 - The ICBT group also had a significant increase in participants who recovered from their depression from post-treatment to follow-up.
 - Exploratory analyses indicated that strength of preference was correlated with adherence to treatment and completion of the whole program, and long-term outcome for the ICBT group.
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Conclusion



Preliminary work

Preference should be studied more

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