

## Studi sull'efficacia del trattamento: *Effect size*

Fonte: Shedler J., "The Efficacy of Psychodynamic Psychotherapy", *American Psychologist*, 2010, 65 2: 98-109.  
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*Effect Size* pari a 1 = il paziente medio trattato è 1 deviazione standard più sano del paziente medio non trattato  
*Effect Size* pari a 0,8 = è considerata in ricerca un grande risultato  
*Effect Size* pari a 0,5 = è considerata un risultato moderato  
*Effect Size* pari a 0,2 = è considerata un risultato piccolo

Autori della pubblicazione	Tipo di trattamento e patologia trattata	<i>Effect size</i>	Numero di studi
Smith, M. L., Glass, G. V., & Miller, T. I. (1980). <i>The benefits of psychotherapy</i> . Baltimore, MD: Johns Hopkins University Press.	Psicoterapie varie - Disturbi vari	<b>0,85</b>	475
Lipsey, M. W., & Wilson, D. B. (1993). <i>The efficacy of psychological, educational, and behavioral treatment: Confirmation from metaanalysis</i> . <i>American Psychologist</i> , 48, 1181-1209.	Psicoterapie varie - Disturbi vari	<b>0,75</b>	18 (meta analisi)
Robinson, L. A., Berman, J. S., & Neimeyer, R. A. (1990). <i>Psychotherapy for the treatment of depression: A comprehensive review of controlled outcome research</i> . <i>Psychological Bulletin</i> , 108, 30 - 49.	Psicoterapie varie - Disturbi depressivi	<b>0,73</b>	37
Abbass, A. A., Hancock, J. T., Henderson, J., & Kisely, S. (2006). <i>Short-term psychodynamic psychotherapies for common mental disorders</i> . <i>Cochrane Database of Systematic Reviews</i> , Issue 4	<u>Psicoterapie psicoanalitiche</u> - Disturbi vari	<b>0,97</b>	12
Leichsenring, F., Rabung, S., & Leibing, E. (2004). <i>The efficacy of short-term psychodynamic psychotherapy in specific psychiatric disorders: A meta-analysis</i> . <i>Archives of General Psychiatry</i> , 61, 1208 -1216.	Psicoterapie psicoanalitiche - Disturbi vari	<b>1,17</b>	7
Anderson, E. M., & Lambert, M. J. (1995). <i>Short-term dynamically oriented psychotherapy: A review and meta-analysis</i> . <i>Clinical Psychology Review</i> , 15, 503-514.	<u>Psicoterapie psicoanalitiche</u> - Disturbi vari	<b>0,85</b>	9
Abbass, A., Kisely, S., & Kroenke, K. (2009). <i>Short-term psychodynamic psychotherapy for somatic disorders: Systematic review and metaanalysis of clinical trials</i> . <i>Psychotherapy and Psychosomatics</i> , 78, 265- 274	<u>Psicoterapie psicoanalitiche</u> - Disturbi psicosomatici	<b>0,69</b>	8
Messer, S. B., & Abbass, A. A. (2010). <i>Evidence-based psychodynamic therapy with personality disorders</i> . In J. Magnavita (Ed.), <i>Evidence-based treatment of personality dysfunction</i> . Washington, DC: American Psychological Association.	<u>Psicoterapie psicoanalitiche</u> - Disturbi di personalità	<b>0,91</b>	7
Leichsenring, F., & Leibing, E. (2003). <i>The effectiveness of psychodynamic therapy and cognitive behavior therapy in the treatment of personality disorders: A meta-analysis</i> . <i>American Journal of Psychiatry</i> , 160, 1223-1232.	<u>Psicoterapie psicoanalitiche</u> - Disturbi di personalità	<b>1,46</b>	14
Leichsenring, F., & Rabung, S. (2008). <i>Effectiveness of long-term psychodynamic psychotherapy: A meta-analysis</i> . <i>Journal of the American Medical Association</i> , 300, 1551-1565.	<u>Psicoterapie psicoanalitiche</u> - Disturbi vari	<b>1,8</b>	7

de Maat, S., de Jonghe, F., Schoevers, R., & Dekker, J. (2009). <i>The effectiveness of long-term psychoanalytic therapy: A systematic review of empirical studies. Harvard Review of Psychiatry, 17, 1–23.</i>	<u>Psicoterapie psicoanalitiche</u> - Disturbi di personalità	<b>0,78</b>	10
Lipsey, M. W., & Wilson, D. B. (1993). <i>The efficacy of psychological, educational, and behavioral treatment: Confirmation from metaanalysis. American Psychologist, 48, 1181–1209.</i>	Terapie cognitivo-comportamentali - Disturbi vari	<b>0,62</b>	23 (meta analisi)
Haby, M. M., Donnelly, M., Corry, J., & Vos, T. (2006). <i>Cognitive behavioural therapy for depression, panic disorder and generalized anxiety disorder: A meta-regression of factors that may predict outcome. Australian and New Zealand Journal of Psychiatry, 40, 9–19.</i>	Terapie cognitivo-comportamentali - Depressione, panico, ansia	<b>0,68</b>	33
Churchill, R., Hunot, V., Corney, R., Knapp, M., McGuire, H., Tylee, A., & Wessely, S. (2001). <i>A systematic review of controlled trials of the effectiveness and cost-effectiveness of brief psychological treatments February–March 2010 American Psychologist 107for depression. Health Technology Assessment, 5, 1–173</i>	Terapie cognitivo-comportamentali - Depressione	<b>1,0</b>	20
Cuijpers, P., van Straten, A., & Warmerdam, L. (2007). <i>Behavioral activation treatments of depression: A meta-analysis. Clinical Psychology Review, 27, 318–326</i>	Terapie cognitivo-comportamentali - Depressione	<b>0,87</b>	16
Öst, L. G. (2008). <i>Efficacy of the third wave of behavioral therapies: A systematic review and meta-analysis. Behaviour Research and Therapy, 46, 296–321.</i>	Terapie cognitivo-comportamentali - Disturbo borderline	<b>0,58</b>	13
Turner, E. H., Matthews, A. M., Linardatos, E., Tell, R. A., & Rosenthal, R. (2008). <i>Selective publication of antidepressant trials and its influence on apparent efficacy. New England Journal of Medicine, 358, 252–260.</i>	<u>Farmaci</u> antidepressivi approvati dalla FDA tra il 1987 e il 2004 (contro placebo non attivo)	<b>0,31</b>	74
Moncrieff, J., Wessely, S., & Hardy, R. (2004). <i>Active placebos versus antidepressants for depression. Cochrane Database of Systematic Reviews, Issue 1</i>	<u>Farmaci</u> antidepressivi triciclici (contro placebo attivo)	<b>0,17</b>	9