

FINDINGS FROM THE REVIEW INTO THE EVIDENCE FOR LONG-TERM PSYCHODYNAMIC PSYCHOTHERAPY IN THE TREATMENT OF MOOD DISORDERS

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Background: In October 2023, Anna Freud, a mental health charity and research organisation based in London, United Kingdom, was commissioned by the Royal Australian and New Zealand College of Psychiatrists (RANZCP) to conduct a comprehensive review of the evidence for long-term psychodynamic psychotherapy (LTPP) in treating mood disorders.

Objectives: To evaluate the evidence for LTPP in treating mood disorders.

Methods: The three components of the review comprised: Part I, A systematic review and meta-analysis of the effectiveness of LTPP and comparator treatments for mood disorder; Part II(a), A qualitative systematic review and meta-aggregation of evidence in relation to the treatment of mood disorders from the perspective of consumers, treatment providers, and carers for consumers; and Part II(b), A qualitative semi-structured interview study in relation to the treatment of mood disorders from the perspective of consumers, treatment providers and carers for consumers based in Australia and New Zealand/Aotearoa.

Findings: Meta-analytic findings and qualitative findings from meta-synthesis and co-produced primary interview study indicate the potential of LTPP as an effective and meaningful treatment for depression. Detailed findings and limitations will be presented in this symposium.

Conclusion: The research was conducted to the highest current academic standards, and contributes to further understanding of the evidence for LTPP.