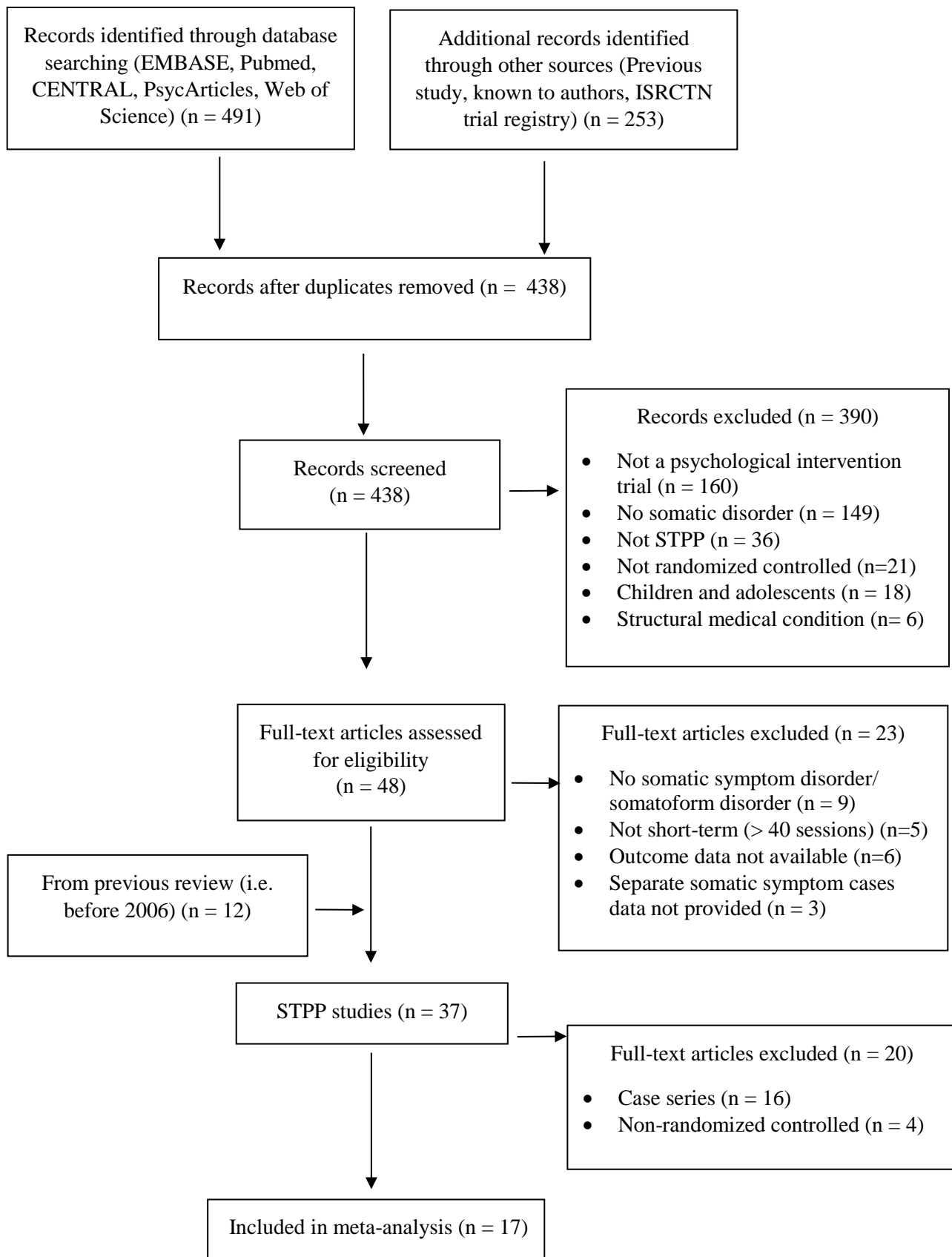


## Online Supplement

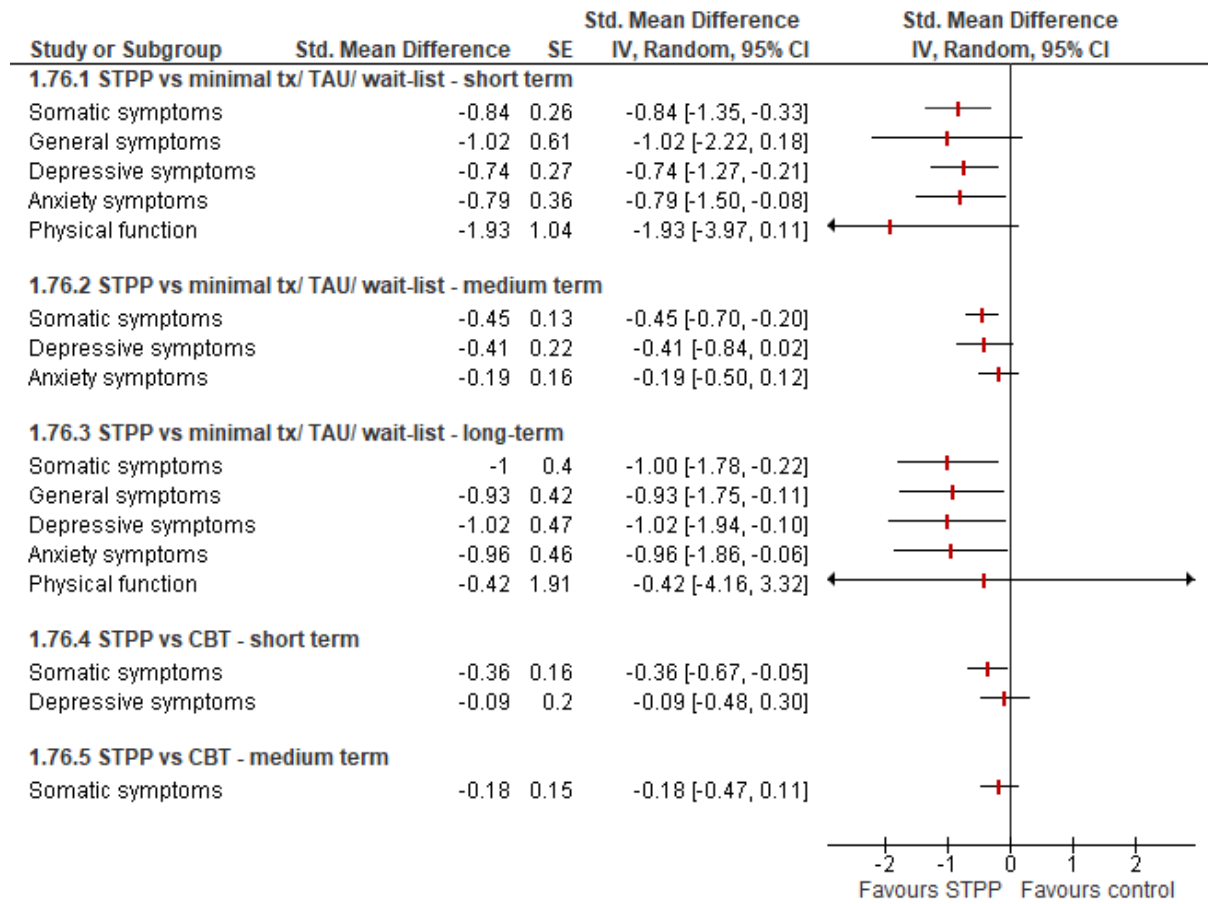
### Search Strategy

Our prior meta-analysis covered studies published prior to 2008; thus, for this updated review, we searched for all studies published from January 2006 through July 2018. Such an interval allowed detection of studies published from 2006-2008 that may have been missed in the prior search window. All studies included in the previous review were evaluated for inclusion in this review. We used combinations of the following terms: 1) psychotherapy or psychoanalytic or psychodynamic or dynamic or short-term therapy, 2) clinical trial or randomized controlled trial and 3) search terms for various conditions including Chest Pain, Pain, Somatoform Disorder, Medically Unexplained Symptoms, Psychogenic Pain, Conversion Disorder, Somatosensory Disorder, Urethral Syndrome, Fibromyalgia, Functional Neurological Disorder, Functional Movement Disorder, Psychogenic Non-Epileptic Seizures, Non Epileptic Attack Disorder, Headache, Migraine, Irritable Bowel, Dyspepsia, Dermatitis, Inflammatory Dermatitis, Laryngospasm, Pharyngospasm, Hysteria, Hypochondriasis, Tics, Tourette's, Tinnitus, Temporomandibular syndrome, Bruxism, Abdominal Pain, Leg Pain, Foot Pain, Back Pain, Muscle Tension, Muscular Disorder, Muscle Strain, Arm Pain, Hand Pain, Chronic Fatigue Syndrome, Fatigue, Alexithymia, Somatic Symptom Disorder, Somatization Disorder, Medically Unexplained Symptoms, Functional Somatic Symptom, Functional Somatic Syndrome, Functional Somatic Disorder. These three sets of search terms were combined as follows: #1 AND #2 AND #3. There was no restriction on language. In addition, prospective trial registers were searched for unpublished ongoing research (e.g. <http://www.controlled-trials.com>, <https://clinicaltrials.gov/>). An internet database of controlled and comparative outcome studies on psychological treatments of somatic symptom disorders was searched (<http://www.psychotherapyrcs.org>). An email group of several hundred psychodynamic researchers was contacted for any in process or upcoming studies.

## Online Supplement Figure 1: PRISMA Diagram



**Online Supplement Figure 2: Meta-analyses of STPP versus Controls and Comparison Conditions**



**Online Supplement Table 1: Studies included in Meta-analysis of Randomized Controlled Trials of Short-term Psychodynamic Therapies**

Lead Author year	Patient Group	% Female	Mean Age	n	STPP Model	Sessions	Longest follow-up (Months)	Control
Baldoni 1995	Urethral Syndrome/ pelvic pain	100	40	36	ISTDP + Malan	14	48	TAU
Bassett 1985	Chronic Pain	17	40.8	22	Unclear	12	12	MT
Chavooshi 2016	Medically unexplained pain	70	32.7	63	ISTDP	20	3	MBSR, TAU
Chavooshi 2017	Medically unexplained pain	70.1	36.2	341	ISTDP	16	3	CBT
Chirco 2015	Bruxism	59.6	43	41	ISTDP	20	12	WL
Creed 2003	Severe IBS	79.8	39	257	PIT	8	12	MED TAU
Faramarzi 2015	Functional Dyspepsia	69	32.8	49	SET	16	12	TAU
Guthrie 1993	Refractory IBS	86	47	102	PIT	7	3	MT
Hamilton 2000	Chronic Dyspepsia	59.5	-	77	PIT	8	12	MT
Jazi, 2019	Chronic Pain	17	73.9	64	EAET + ISTDP	8	3	CBT
Lumley 2017	Fibromyalgia	93.9	49.13	230	EAET	8	6	CBT, MT
Monsen 2000	Chronic Pain	35	45.5	40	ACTM	33	12	TAU
Sattel 2012	Multisomatoform Disorder	65.9	47.9	106	PIT	12	9	TAU
Schaefer 2013	MUS	75	49.1	304	PIT	12	9	TAU
Scheidt 2013	Fibromyalgia with depression	100	48.8	47	Unclear	25	12	TAU
Svedlund 1983	IBS	70	24	119	Malan	8	6	TAU
Thakur 2017	IBS	80	36.1	106	EAET	3	2.5	WL, SR

IBS: Irritable Bowel Syndrome, MUS: Medically Unexplained Symptoms, ISTDP: Intensive Short-term Dynamic Psychotherapy, PIT: Psychodynamic Interpersonal Therapy, SET: Supportive Expressive Therapy, EAET: Emotional Awareness and Expression Therapy. WL: wait list, MT: minimal treatment, CBT: Cognitive Behavioral Therapy, TAU: treatment as usual, MBSR: mindfulness-based stress reduction, MED: medication, SR: structured relaxation, ACTM: Affect Consciousness Treatment Model.

**Online Supplement Table 2: Study Characteristics and Risk of Bias Ratings**

First Author and Year	Adherence Rated	Audio/ Video Review	Manual or Guide	Emotion Focused	<= 12 sessions	Blinded subjects/ therapists	Blinded Ratings	Allocation Concealment	Random Sequence Generation	Complete Outcome Data	Complete Outcome Reporting
Baldoni 1995	No	No	Yes	Yes	No	No	No	Unclear	No	Yes	Unclear
Bassett 1995	No	Yes	No	No	Yes	No	Yes	Unclear	No	No	Unclear
Chavooshi 2016	Yes	Yes	Yes	Yes	No	No	Yes	Unclear	Unclear	Unclear	Unclear
Chavooshi 2017	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Unclear
Chirco 2015	No	Yes	Yes	Yes	No	No	Unclear	Unclear	No	No	Unclear
Creed 2003	Yes	No	Yes	No	Yes	No	Yes	Yes	Yes	Yes	Unclear
Faramarzi 2015	No	No	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes
Guthrie 1993	No	No	Yes	No	Yes	No	Yes	Unclear	Unclear	Yes	Unclear
Hamilton 2000	Yes	Yes	Yes	No	Yes	No	Yes	Yes	Yes	Yes	Unclear
Jazi, 2019	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes
Lumley 2017	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Monsen 2000	No	No	Yes	Yes	No	No	Yes	Unclear	Unclear	Yes	Unclear
Sattel 2012	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Unclear
Schaefer 2013	No	No	Yes	No	Yes	No	No	No	Yes	Yes	Unclear
Scheidt 2013	Yes	No	Yes	No	No	No	No	Yes	Yes	Yes	Unclear
Svedlund 1983	No	No	Yes	No	Yes	No	Yes	Unclear	Unclear	Yes	Unclear
Thakur 2017	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Unclear

**Online Supplement Table 3: Description of Study Qualities per Guidi et al, 2018**

First author and year	Description of longitudinal development of the disorder	Description of current or past medication	Discussion of weaknesses of waiting list or TAU	Description of treatment components	Both observer- and self-rated tools	Assessment of side effects or adverse effects	Description of number of participants who deteriorated after treatment
Baldoni 1995	Yes	Yes	Yes	Yes	No	No	Yes
Bassett 1995	Yes	No	Yes	Yes	No	No	Yes
Chavooshi 2016	Yes	No	No	Yes	No	No	No
Chavooshi 2017	Yes	Yes	N/A	Yes	No	Yes	No
Chirco 2015	No	No	No	Yes	Yes	No	No
Creed 2003	Yes	Yes	N/A	Yes	Yes	Yes	No
Faramarzi 2015	Yes	Yes	Yes	Yes	No	No	No
Guthrie 1993	Yes	Yes	Yes	Yes	Yes	Yes	No
Hamilton 2000	Yes	Yes	Yes	Yes	Yes	No	No
Jazi 2019	Yes	Yes	N/A	Yes	No	No	No
Lumley 2017	Yes	Yes	N/A	Yes	Yes	Yes	Yes
Monsen 2000	Yes	No	Yes	Yes	No	No	No
Sattel 2012	Yes	Yes	Yes	Yes	Yes	No	No
Schaefer 2013	Yes	Yes	Yes	Yes	Yes	No	No
Scheidt 2013	Yes	Yes	Yes	Yes	No	No	No
Svedlund 1983	Yes	Yes	Yes	Yes	No	No	Yes
Thakur 2017	Yes	Yes	Yes	Yes	No	No	No