

A NEW KIND OF METHODOLOGY FOR AN AGE-OLD QUESTION: A REVIEW OF THE EFFECTIVENESS OF LONG-TERM PSYCHODYNAMIC PSYCHOTHERAPY

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Background: The Anna Freud Centre (AFC) was appointed by the Royal Australian and New Zealand College of Psychiatrists in October 2023 to conduct a review into the evidence for long-term psychodynamic psychotherapy (LTPP) in the treatment of mood disorders. A Mood Disorders Psychodynamic Psychotherapy Evidence Review Steering Group was established to guide the review.

Objectives: To explore the research methodology undertaken to develop the review into the effectiveness of LTPP.

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 in Australia and New Zealand/Aotearoa.

The panel will discuss the research methodology and challenges. An audience question-and-answer session will follow.

Findings: The review incorporates original and novel research where co-production with lived experience collaboration was central, enabling a rewarding, vital, and enlightening process and outcomes.

Conclusion: Collectively, the three interrelated studies indicate that LTPP is an effective treatment for some individuals with mood disorders. Lived experience is acknowledged as an important aspect to improving understanding of the effectiveness of this treatment.