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A systematic review on patient-related prognostic factors for differential indication to psychodynamic and psychoanalytic psychotherapies

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What works for whom is an important question in psychotherapy research, helping us to give guidance in the differential indication process. The aim of this study is to systematically review empirical studies about patient-related aspects, and how they are related to outcome and dropout in psychodynamic psychotherapies.

Included were trials from 2002 to 2021, assessing pre-therapy characteristics of mentally ill psychotherapy patients and correlating them to therapy outcome or dropout in psychodynamic psychotherapy. A systematic search was conducted on the 1st october 2021. Two independent raters are now screening all literature against eligibility criteria. Relevant information will be extracted from included articles and quality/risk of bias will be assessed. The findings will then be resumed and discussed. Because of the heterogenoity of data, no meta-analysis is anticipated.

This study should give an overview on the predictive or mediative role of patient characteristics on therapy outcome and dropout. Results of the search will be presented and discussed at the ÖGP conference.

The review has been registered on PROSPERO (ID: CRD42021279112).

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