

Table DS1 Studies of long-term psychodynamic psychotherapy

Study	Mental disorder	LTPP		Treatment comparison group		RCT
		Patients, <i>n</i> ^a	Duration	Treatment (<i>n</i>) ^a	Duration	
Bachar <i>et al</i> (1999) ⁴⁴	Eating disorders	17	12 months Once-weekly 50 min sessions	Cognitive therapy (<i>n</i> = 17)	12 months	Yes
Bateman & Fonagy (1999, 2001) ^{11,12}	Borderline personality disorder	22	18 months Once-weekly individual therapy plus thrice-weekly group therapy plus once-a-week expressive therapy plus weekly community meeting	Psychiatric treatment as usual: in-patient treatment (90% of patients) plus partial hospitalisation (72%) plus standard psychiatric aftercare (100%) (TAU, <i>n</i> = 22)	18 months Psychiatric review twice per month plus in-patient admission (90%) plus visits every 2 weeks by CPN	Yes
Bateman & Fonagy (2009) ⁴⁵	Borderline personality disorder	71	92 sessions, 18 months	Structured clinical management (<i>n</i> = 63)	84 sessions, 18 months	Yes
Clarkin <i>et al</i> (2007) ¹³ Levy <i>et al</i> (2006) ⁵²	Borderline personality disorder	LTPP1: 30 LTPP2: 30	12 months LTPP1: two individual weekly sessions LTPP2: one weekly session plus additional sessions as needed	Dialectical behavioural therapy (<i>n</i> = 30)	12 months Once-weekly individual and group sessions and available telephone consultation	Yes
Dare <i>et al</i> (2001) ⁴⁶	Anorexia nervosa	21	24.9 sessions, 1 year	CAT (<i>n</i> = 22) FT (<i>n</i> = 22) TAU (<i>n</i> = 19)	CAT: 12.9 sessions, 7 months FT: 13.6 sessions, 1 year TAU: 10.9 sessions, 1 year	Yes
Gregory <i>et al</i> (2008) ⁴⁷	Borderline personality disorder	15	57.5 sessions, 12–18 months	TAU (<i>n</i> = 15)	88.7 sessions, 12–18 months	Yes
Huber <i>et al</i> (2006) ⁴⁸	Depressive disorders (major depressive disorder, recurrent depressive episode or double depression)	LTPP1: 43 LTPP2: 35	LTPP1: 234 sessions, 39 months LTPP2: 88 sessions, 34 months	Cognitive-behavioural therapy (<i>n</i> = 41)	44 sessions, 26 months	Yes
Knekt <i>et al</i> (2008) ^{49,54}	Depressive and anxiety disorders	128	232 sessions, 31.3 months	STPP (<i>n</i> = 101) SFT (<i>n</i> = 97)	STPP: 18.5 sessions, 5.7 months SFT: 9.8 sessions, 7.5 months	Yes
Korner <i>et al</i> (2006) ⁵⁰	Borderline personality disorder	29	12 months	TAU (<i>n</i> = 31)	12 months	No
Svartberg <i>et al</i> (2004) ⁵¹	Cluster C personality disorders	25	40 sessions, 16.9 months	Cognitive therapy (<i>n</i> = 25)	40 sessions, 18.3 months	Yes

CAT, cognitive analytic therapy; CPN, community psychiatric nurse; FT, family therapy; LTPP, long-term psychodynamic psychotherapy; RCT, randomised controlled trial; SFT, solution-focused therapy; STPP, short-term psychodynamic psychotherapy; TAU, treatment as usual.
a. Intention-to-treat samples.