Short-term psychotherapy for depression
Broadening the field of efficacy research

Ellen Driessen
This thesis was prepared within the Arkin Mental Health Care research department, VU University Amsterdam, Faculty of Psychology and Education, Department of Clinical Psychology, and the EMGO Institute for Health and Care Research.

Financial support for the studies included in this thesis was provided by Arkin Mental Health Care and VU University, Faculty of Psychology and Education, Department of Clinical Psychology. The study described in chapters 6 to 9 was financed by an unrestricted research grant by Wyeth Pharmaceuticals, The Netherlands. None of the sponsors had a role in the design and conduct of the study; collection, management, analysis, and interpretation of the data; nor in the preparation, review, or approval of the manuscripts.

Financial support for publication of this thesis was kindly provided by Arkin Mental Health Care and VU University Amsterdam.

Cover illustration: © Ien van Laanen, Amsterdam 2013
Design and lay-out: Rigtje Hehenkamp and Ellen Driessen
Printed by: GVO drukkers & vormgevers B.V. | Ponsen & Looijen

© E. Driessen, Amsterdam, 2013
All rights reserved. No part of this thesis may be reproduced, stored or transmitted in any form or by any means without the written permission of the copyright owner.
Short-term psychotherapy for depression
Broadening the field of efficacy research

ACADEMISCH PROEFSCHRIFT

ter verkrijging van de graad Doctor aan
de Vrije Universiteit Amsterdam,

op gezag van de rector magnificus

in het openbaar te verdedigen
ten overstaan van de promotiecommissie

van de Faculteit Psychologie en Pedagogiek

op woensdag 29 mei 2013 om 15.45 uur

in de aula van de universiteit,
De Boelelaan 1105

door

Ellen Driessen

geboren te IJsselstein
promotoren: prof.dr. J.J.M. Dekker
prof.dr. W.J.M.J. Cuijpers
prof.dr. S.D. Hollon
copromotor: dr. H.L. Van
Contents

Part I
Introduction

Preface 9

Chapter 1 General introduction 11

Part II
Reviews and meta-analyses

Chapter 2 Does pretreatment severity moderate the efficacy of psychological treatment of adult depression? A meta-analysis 29

Chapter 3 Publication bias inflates the apparent efficacy of psychological treatment for major depressive disorder: a systematic review and meta-analysis of US National Institute of Health-funded trials 57

Chapter 4 The efficacy of short-term psychodynamic psychotherapy for depression: a meta-analysis 77

Chapter 5 Cognitive behavioral therapy for mood disorders: efficacy, moderators and mediators 107

Part III
A randomized clinical trial

Chapter 6 Cognitive behavioral therapy versus short psychodynamic supportive psychotherapy in the outpatient treatment of depression: a randomized clinical trial’s study protocol 133

Chapter 7 The efficacy of cognitive behavioral therapy and psychodynamic therapy in the outpatient treatment of major depression: a randomized clinical trial 159

Chapter 8 Therapist-rated outcomes in a randomized clinical trial comparing cognitive behavioral therapy and psychodynamic therapy for major depression 179
<table>
<thead>
<tr>
<th>Chapter 9</th>
<th>Differential efficacy of cognitive behavioral therapy and psychodynamic therapy for major depression: a study of prescriptive factors</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Part IV</strong></td>
<td><strong>Conclusions and summary</strong></td>
</tr>
<tr>
<td>Chapter 10</td>
<td>General discussion</td>
</tr>
<tr>
<td>Summary</td>
<td></td>
</tr>
<tr>
<td>Samenvatting (Summary in Dutch)</td>
<td></td>
</tr>
<tr>
<td>About the author</td>
<td></td>
</tr>
<tr>
<td>Acknowledgements</td>
<td></td>
</tr>
</tbody>
</table>
Part I
Introduction
My life came to a standstill. I could breathe, eat, drink, and sleep, and I could not help doing these things; but there was no life, for there were no wishes the fulfillment of which I could consider reasonable. If I desired anything, I knew in advance that whether I satisfied my desire or not, nothing would come of it. Had a fairy come and offered to fulfill my desires I should not have known what to ask. If in moments of intoxication I felt something which, though not a wish, was a habit left by former wishes, in sober moments I knew this to be a delusion and that there was really nothing to wish for. I could not even wish to know the truth, for I guessed of what it consisted. The truth was that life is meaningless.

Leo Tolstoy
A confession (1882)