

# VU Research Portal

## On the Effectiveness of Psychoanalytic Therapy

de Maat, S.C.M.

2007

### **document version**

Publisher's PDF, also known as Version of record

[Link to publication in VU Research Portal](#)

### **citation for published version (APA)**

de Maat, S. C. M. (2007). *On the Effectiveness of Psychoanalytic Therapy: Short if possible, long if necessary?* [PhD-Thesis – Research external, graduation internal, Vrije Universiteit Amsterdam]. Ridderprint Offsetdrukkerij BV.

### **General rights**

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal

### **Take down policy**

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

### **E-mail address:**

[vuresearchportal.ub@vu.nl](mailto:vuresearchportal.ub@vu.nl)

This thesis investigates the effectiveness of psychoanalytic therapy. The first part presents the research findings regarding the relative efficacy of Short-term Psychoanalytic Supportive Psychotherapy (SPSP), pharmacotherapy and combined therapy (SPSP and pharmacotherapy) in the treatment of depression. The second part regards the effectiveness of Long-term Psychoanalytic Therapy (both psychotherapy and psychoanalysis) in terms of symptom reduction and personality changes and in terms of cost effectiveness.

on the effectiveness of psychoanalytic therapy saskia de maat

# on the effectiveness of psychoanalytic therapy

short  
if possible,  
long if  
necessary?

saskia de maat