

Übersicht der Studien zur Wirksamkeit der Interpersonellen Psychotherapie (IPT)

	Autor(en)	Jahr	Titel	Quelle	Stichprobe	Einschluss der Studie/ Ablehnungsgrund (Katamnese)	Bewertung
Randomisierte kontrollierte Studien							
1.	Frank, E., Hlastala, S., Ritenour, A., Houck, P., Tu, X. M., Monk, T. H., Mallinger, A. G., & Kupfer, D. J.	1997	Inducing lifestyle regularity in recovering bipolar disorder patients: results from the maintenance therapies in bipolar disorder protocol.	<i>Biological Psychiatry</i> , 41, 1165-1173.	Bipolar I	JA	positiv
2.	Frank, E., Swartz, H. A., Mallinger, A. G., Thase, M. E., Weaver, E. V. & Kupfer, D. J.	1999	Adjunctive psychotherapy for bipolar disorder: effects of changing treatment modality.	<i>Journal of Abnormal Psychology</i> , 108, 579-587.	Bipolar I	NEIN Design	---
3.	Rucci, P., Frank, E., Kostelnik, B., Fagiolini, A., Mallinger, A. G., Swartz, H. A., Thase, M. E., Siegel, L., Wilson, D. & Kupfer, D. J.	2002	Suicide attempts in patients with bipolar I disorder during acute and maintenance phases of intensive treatment with pharmacotherapy and adjunctive psychotherapy.	<i>American Journal of Psychiatry</i> , 159, 1160-1164.	Bipolar I	NEIN Design	---
4.	Bolton, P., Bass, J., Neugebauer, R., Verdelli, H., Clougherty, K. F., Wickramaratne, P., Speelman, L., Ndogoni, L. & Weissman, M.	2003	Group interpersonal psychotherapy for depression in rural Uganda: a randomized controlled trial.	<i>Journal of the American Medical Association</i> , 289, 3117-3124.	Major Depressive Disorder	JA	positiv
5.	Elkin, I., Shea, T., Watkins, J. T., Imber, S. T., Sotsky, S. M., Collins, J. F., Glass, D. R., Pilkonis, P. A., Leber, W. R., Docherty, J. P., Fiester, S. J. & Parloff, M. B.	1989	National Institute of Mental Health Treatment of Depression Collaborative Research Program general effectiveness of treatments.	<i>Archives of General Psychiatry</i> , 46, 971-982.	Major Depressive Disorder	JA	positiv
6.	Foley, S. H., Rounsaville, B., Weissman, M., Sholomskas, D. & Chevron, E.	1989	Individual versus conjoint interpersonal psychotherapy for depressed patients with marital disputes.	<i>International Journal of Family Psychiatry</i> , 10, 29-42.	Major Depressive Disorder bei Eheproblemen	NEIN Design	---

7.	Levkovitz, Y., Shahar, G., Native, G., Hirsfeld, E., Treves, I., Krieger, I. & Fennig, S.	2000	Group interpersonal psychotherapy for patients with major depression disorder - pilot study.	<i>Journal of Affective Disorders</i> , 60, 191-195.	Major Depressive Disorder	JA	positiv
8.	Markowitz, J. C., Kocsis, J. H., Fishman, B., Spielman, L. A., Jacobsberg, L. B., Frances, A. J., Klerman, G. L. & Perry, S. W.	1998	Treatment of depressive symptoms in human immunodeficiency virus-positive patients.	<i>Archives of General Psychiatry</i> , 55, 452-457.	Major Depressive Disorder bzw. Hamilton > 24	JA	positiv
9.	Prusoff, B. A., Weissman, M. M., Klerman, G. L. & Rounsaville, B. J.	1980	Research diagnostic criteria subtypes of depression. Their role as predictors of differential response to psychotherapy and drug treatment.	<i>Archives of General Psychiatry</i> , 37, 796-801.	Major Depressive Disorder	JA	positiv
10.	Schramm, E., van Calker, D. & Berger, M.	2004	Wirksamkeit und Wirkfaktoren der interpersonellen Psychotherapie in der stationären Depressionsbehandlung - Ergebnisse einer Pilotstudie.	<i>Psychotherapie, Psychosomatik, Medizinische Psychologie</i> , 54, 65-72.	Major Depressive Disorder	NEIN Design	---
11.	Schramm, E., van Calker, D., Dykieriek, P., Kech, S., Zobel, I., Leonhart, R., Lieb, K. & Berger, M.	Sub m.	A randomized controlled study of Interpersonal Psychotherapy plus pharmacotherapy for severely depressed inpatients.	<i>Archives of General Psychiatry</i>	Major Depressive Disorder	JA	positiv
12.	Schulberg, H. C., Block, M. R., Madonia, M. J., Scott, C. P., Rodriguez, E., Imber, S. D., Perel, J., Lave, J., Houck, P. R. & Coulehan, J. L.	1996	Treating major depression in primary care practice. Eight-month clinical outcomes.	<i>Archives of General Psychiatry</i> , 53, 913-919.	Major Depressive Disorder	JA	positiv
13.	Shea, M. T., Elkin, I., Imber, S. D., Sotsky, S. M., Watkins, J. T., Collins, J. F., Pilkonis, P. A., Beckham, E., Glass, D. R. & Dolan, R. T.	1992	Course of depressive symptoms over follow-up. Findings from the National Institute of Mental Health Treatment of Depression Collaborative Research Program.	<i>Archives of General Psychiatry</i> , 49, 782-787.	Major Depressive Disorder	JA Katamnese zu Nr. 5 (18-Monats-follow-up)	positiv
14.	Spinelli, M. G. & Endicott, J.	2003	Controlled clinical trial of interpersonal psychotherapy versus parenting education program for depressed pregnant women.	<i>American Journal of Psychiatry</i> , 160, 555-562.	Major Depressive Disorder	JA	positiv
15.	Wahl, R.	1994	Kurzpsychotherapie bei Depressionen. Interpersonelle Psychotherapie und kognitive Therapie im Vergleich	Opladen: Westdeutscher Verlag	Major Depressive Disorder	Dissertation lag nicht vor	---

16.	Weissman, M. M., Prusoff, B. A., Dimascio, A., Neu, C., Goklaney, M. & Klerman, G. L..	1979	The efficacy of drugs and psychotherapy in the treatment of acute depressive episodes.	<i>American Journal of Psychiatry</i> , 136, 555-558.	Major Depressive Disorder	JA	positiv
17.	Weissman, M. M., Klerman, G. L., Prusoff, B. A., Sholomskas, D. & Padian, N.	1981	Depressed outpatients. Results one year after treatment with drugs and/or interpersonal psychotherapy.	<i>Archives of General Psychiatry</i> , 38, 51-55.	Major Depressive Disorder	(12-Monats-follow-up)	
18.	O'Hara, M. W., Stuart, S., Gorman, L. L. & Wenzel, A.	2000	Efficacy of Interpersonal Psychotherapy for Postpartum Depression.	<i>Archives of General Psychiatry</i> , 57, 1039-1045.	Major Depressive Disorder (Post partum)	JA	positiv
19.	Klier, C. M., Muzik, M., Rosenblum, K. L. & Lenz, G.	2001	Interpersonal psychotherapy adapted for the group setting in the treatment of postpartum depression.	<i>Journal of Psychotherapy Practice and Research</i> , 10, 124-131.	88% Major Depressive Disorder; 12% Minimal Depressive Disorder	NEIN Design	---
20.	Mufson, L., Weissman, M. M., Moreau, D. & Garfinkel, R.	1999	Mufson, L., Weissman, M. M., Moreau, D. & Garfinkel, R. (1999). Efficacy of interpersonal psychotherapy for depressed adolescents.	<i>Archives of General Psychiatry</i> , 56, 573-579.	Major Depressive Disorder	JA	positiv
21.	Mufson, L., Pollack, K. D., Wickramaratne, P., Nomura, Y., Olfson, M. & Weissman, M. M.	2004	A randomized effectiveness trial of interpersonal psychotherapy for depressed adolescents.	<i>Archives of General Psychiatry</i> , 61, 577-584.	Major Depressive Disorder	JA	positiv
22.	Frank, E., Kupfer, D. J., Perel, J. M., Cornes, C., Jarrett, D. B., Mallinger, A. G., Thase, M. E., McEachran, A. B. & Grochocinski, V. J.	1990	Three-year outcomes for maintenance therapies in recurrent depression.	<i>Archives of General Psychiatry</i> , 47, 1093-1099.	Rezidivierende depressive Störung	JA	positiv
23.	Frank, E., Kupfer, D. J., Wagner, E. F., McEachran, A. B. & Cornes, C.	1991	Efficacy of interpersonal psychotherapy as a maintenance treatment of recurrent depression. Contributing factors.	<i>Archives of General Psychiatry</i> , 48, 1053-1059.	Rezidivierende depressive Störung	(36-Monats-follow-up)	
24.	Reynolds, C. F., III, Frank, E., Perel, J. M., Imber, S. D., Cornes, C., Miller, M. D., Mazumdar, S., Houck, P. R., Dew, M. A., Stack, J. A., Pollock, B. G. & Kupfer, D. J.	1999	Nortriptyline and interpersonal psychotherapy as maintenance therapies for recurrent major depression: a randomized controlled trial in patients older than 59 years.	<i>Journal of the American Medical Association</i> , 281, 39-45.	Rezidivierende depressive Störung	JA	positiv
						(12-Monats-follow-up)	

25.	Lenze, E. J., Dew, M. A., Mazumdar, S., Begley, A. E., Cornes, C., Miller, M. D., Imber, S. D., Frank, E., Kupfer, D. J. & Reynolds, C. F., III	2002	Combined pharmacotherapy and psychotherapy as maintenance treatment for late-life depression: effects on social adjustment.	<i>American Journal of Psychiatry</i> , 159, 466-468.	Rezidivierende depressive Störung		
26.	Klerman, G. L., Dimascio, A., Weissman, M., Prusoff, B. & Paykel, E. S.	1974	Treatment of depression by drugs and psychotherapy.	<i>American Journal of Psychiatry</i> , 131, 186-191.	“Neurotische Depression”	NEIN Methode nicht eindeutig als IPT identifizierbar	---
27.	Browne, G., Steiner, M., Roberts, J., Gafni, A., Byrne, C., Dunn, E., Bell, B., Mills, M., Chalklin, L., Wallik, D. & Kraemer, J.	2002	Sertraline and/or interpersonal psychotherapy for patients with dysthymic disorder in primary care: 6-month comparison with longitudinal 2-year follow-up of effectiveness and costs.	<i>Journal of Affective Disorders</i> , 68, 317-330.	Dysthymie	JA	negativ IPT ist Pharmakotherapie allein und Kombinationstherapie unterlegen
28.	Markowitz, J. C.	2003	Interpersonal psychotherapy for chronic depression.	<i>Journal of Clinical Psychology</i> , 59, 847-858.	Chronische Formen der depressiven Störung	NEIN Design	---
29.	de Mello, M. F., Myczcowsk, L. M., & Menezes, P. R.	2001	A randomized controlled trial comparing moclobemide and moclobemide plus interpersonal psychotherapy in the treatment of dysthymic disorder.	<i>Journal of Psychotherapy Practice and Research</i> , 10, 117-123.	Dysthymie	JA	--- Bei insgesamt geringer Stichprobengröße ist IPT der Kontrollbedingung nicht überlegen
30.	Lipsitz, J. D., Markowitz, J. C., Cherry, S., & Fyer, A. J.	1999	Open trial of interpersonal psychotherapy for the treatment of social phobia.	<i>American Journal of Psychiatry</i> , 156, 1814-1816.	Soziale Phobie	NEIN Design	---
31.	Krupnick, J. L.	2004	IPT for chronic PTSD in low-income women with histories of interpersonal trauma	Vortrag bei der «First International Conference on Interpersonal Psychotherapy », Pittsburg, Juni 2004	Posttraumatische Belastungsstörung	NEIN Unzureichende Informationen	---

32.	Bleiberg, K. L. & Markowitz, J. C.	2004	Individual Interpersonal Psychotherapy for Posttraumatic Stress Disorder	Vortrag bei der «First International Conference on Interpersonal Psychotherapy », Pittsburg, Juni 2004	Posttraumatische Belastungsstörung	NEIN Unzureichende Informationen	---
33.	Klerman, G. L., Budman, S., Berwick, D., Weissman, M. M., Damico-White, J., Demby, A., & Feldstein, M.	1987	Efficacy of a brief psychosocial intervention for symptoms of stress and distress among patients in primary care.	<i>Medical Care</i> , 25, 1078-1088.	Psychosoziale und emotionale Probleme	NEIN Stichprobe	---
34.	Agras, W. S., Walsh, T., Fairburn, C. G., Wilson, G. T. & Kraemer, H. C.	2000	A multicenter comparison of cognitive-behavioral therapy and interpersonal psychotherapy for bulimia nervosa.	<i>Archives of General Psychiatry</i> , 57, 459-466.	Bulimia nervosa	JA	negativ IPT ist CBT unterlegen
35.	Fairburn, C. G., Jones, R., Peveler, R. C., Carr, S. J., Solomon, R. A., O'Connor, M. E., Burton, J., & Hope, R. A..	1991	Three psychological treatments for bulimia nervosa. A comparative trial.	<i>Archives of General Psychiatry</i> , 48, 463-469.	Bulimia nervosa	JA	negativ IPT ist CBT unterlegen
36.	Fairburn, C. G., Jones, R., Peveler, R. C., Hope, R. A., & O'Connor, M.	1993	Psychotherapy and bulimia nervosa. Longer-term effects of interpersonal psychotherapy, behavior therapy, and cognitive behavior therapy.	<i>Archives of General Psychiatry</i> , 50, 419-428.	Bulimia nervosa	JA	positiv IPT ist gegenüber CBT vergleichbar wirksam
37.	Fairburn, C. G., Norman, P. A., Welch, S. L., O'Connor, M. E., Doll, H. A. & Peveler, R. C.	1995	A prospective study of outcome in bulimia nervosa and the long-term effects of three psychological treatments.	<i>Archives of General Psychiatry</i> , 52, 304-312.	Bulimia nervosa	JA Stichprobe teilweise überlappend zu Nr. 36 (4,8-Jahres bzw. 9-Jahres-follow-up)	positiv IPT ist gegenüber CBT vergleichbar wirksam und besser als BT
38.	Wilfley, D. E., Agras, W. S., Telch, C. F., Rossiter, E. M., Schneider, J. A., Cole, A. G., Sifford, L. A., & Raeburn, S. D.	1993	Group cognitive-behavioral therapy and group interpersonal psychotherapy for the nonpurging bulimic individual: a controlled comparison.	<i>Journal of Consulting and Clinical Psychology</i> , 61, 296-305.	Binge Eating Disorder	JA	positiv

39.	Wilfley, D. E., Welch, R. R., Stein, R. I., Spurrell, E. B., Cohen, L. R., Saelens, B. E., Douchis, J. Z., Frank, M. A., Wiseman, C. V. & Matt, G. E.	2002	A randomized comparison of group cognitive-behavioral therapy and group interpersonal psychotherapy for the treatment of overweight individuals with binge-eating disorder.	<i>Archives of General Psychiatry</i> , 59, 713-721.	Binge Eating Disorder	JA	positiv
40.	Angus, L. & Gillies, L. A.	1994	Counselling the boderline client: an interpersonal approach.	<i>Canadian Journal of Counselling</i> , 28, 69-82.	Borderline-Persönlichkeitsstörung	NEIN Design	---
	Metaanalysen/Reviews						
41.	Balslev Jorgensen, M., Dam, H. & Bolwig, T. G.	1998	The efficacy of psychotherapy in non-bipolar depression: a review.	<i>Acta Psychiatrica Scandinavica</i> , 98, 1-13.	Depressive Störungen		
42.	de Mello, M. F., Jesus Mari, J. d., Bacaltchuk, J., Verdeli, H. & Neugebauer, R.	2005	A systematic review of research findings on the efficacy of interpersonal therapy for depressive disorders.	<i>European Archives of Psychiatry and Clinical Neuroscience</i> , 255, 75-82	Affektive Störungen		
43.	Jindal, R. D. & Thase, M. E.	2003	Integrating psychotherapy and pharmacotherapy to improve outcomes among patients with mood disorders.	<i>Psychiatric Services</i> , 54, 1484-1490.	Affektive Störungen (Kombinationsbehandlung von Pharmakotherapie + Psychotherapie)		
44.	Thase, M. E., Greenhouse, J. B., Frank, E., Reynolds, C. F., III, Pilkonis, P. A., Hurley, K., Grochocinski, V. & Kupfer, D. J.	1997	Treatment of major depression with psychotherapy or psychotherapy-pharmacotherapy combinations.	<i>Archives of General Psychiatry</i> , 54, 1009-1015.	Depressive Störungen (Kombinationsbehandlungen)		

	Nachgereichte Studien						
45.	Bass, J., Neugebauer, R., Clougherty, K. F., Verdelli, H., Wickramratne, P., Ndogoni, L., Speelman, L., Weissman, M. & Bolton, P	2006	Group interpersonal psychotherapy for depression in rural Uganda : 6-months outcomes	British Journal of Psychiatry, 188, 567-573.	Major Depressive Disorder	JA Katamnese zu Nr. 4 (6-Monats-follow-up)	positiv
46.	Frank, E., Kupfer, D. J., Thase, M. E., Mallinger, A. G., Swartz, H. A., Fagiolini, A. M., Grochocinski, V., Houck, P., Scott, J., Thompson, W. & Monk, T.	2005	Two-year outcomes for Interpersonal and Social Rhythm Therapy in individuals with Bipolar I Disorder.	Archives of General Psychiatry, 62, 996-1004.	Bipolar I	JA (2-Jahres-follow-up)	positiv
47.	Markowitz, J. C., Kocsis, J. H., Bleiberg, K. L., Christos, P. L. & Sacks, M.	2005	A comparative trial of psychotherapy and pharmacotherapy for pure dysthymic patients.	Journal of Affective Disorders, 89, 167-175.	Dysthymie	JA	negativ IPT allein ist Pharmakotherapie unterlegen
48.	Reynolds, C. F. III, Dew, M. A., Pollock, B. G., Mulsant, B. H., Frank, E., Miller, M. D., Houck, P. R., Mazumdar, S., Butters, M. A., Stack, J. A., Schlernitzauer, M. A., Whyte, E. M., Gildergers, A., Karp, J., Lenze, E., Szanto, K., Bensasi, S. & Kupfer, D. J.	2006	Maintenance treatment of Major Depression in old age.	New England Journal of Medicine, 354, 1130-1138.	Major Depressive Disorder	JA	negativ IPT ist Kontrollbedingung nicht überlegen
49.	Shear, K., Frank, E., Houck, P. R. & Reynolds, C. F. III	2005	Treatment of complicated grief: A randomized controlled trail.	JAMA, 293(21), 2601-2608.	Komplizierte Trauer	JA	negativ IPT ist Complicated grief treatment unterlegen

Ablehnungsgründe:

Stichprobe = Behandelte Stichprobe mindestens teilweise ohne Störung mit Krankheitswert

Design = methodische Mindestanforderungen an das Untersuchungsdesign oder die statistische Methodik nicht erfüllt

Unzureichende Informationen = Die vorliegenden Information zur Studie reichen nicht aus, um die Qualität der Studie und dessen Ergebnisse adäquat bewerten zu können

Legende

Exp. VG = experimentelle Vergleichsgruppe (aktives Treatment)

CBT = Cognitive Behavior Therapy

BT = Behavior Therapy

TAU = Treatment as usual