**Online Supplement**

**Search Strategy**

Our prior meta-analysis covered studies published prior to 2008; thus, for this updated review, we searched for all studies published from January 2006 through July 2018. Such an interval allowed detection of studies published from 2006-2008 that may have been missed in the prior search window. All studies included in the previous review were evaluated for inclusion in this review. We used combinations of the following terms: psychotherapy or psychoanalytic or psychodynamic or dynamic or short-term therapy, 2) clinical trial or randomized controlled trial and 3) search terms for various conditions including Chest Pain, Pain, Somatoform Disorder, Medically Unexplained Symptoms, Psychogenic Pain, Conversion Disorder, Somatosensory Disorder, Urethral Syndrome, Fibromyalgia, Functional Neurological Disorder, Functional Movement Disorder, Psychogenic Non-Epileptic Seizures, Non Epileptic Attack Disorder, Headache, Migraine, Irritable Bowel, Dyspepsia, Dermatitis, Inflammatory Dermatosis, Laryngospasm, Pharyngospasm, Hysteria, Hypochondriasis, Tics, Tourette’s, Tinnitus, Temporomandibular syndrome, Bruxism, Abdominal Pain, Leg Pain, Foot Pain, Back Pain, Muscle Tension, Muscular Disorder, Muscle Strain, Arm Pain, Hand Pain, Chronic Fatigue Syndrome, Fatigue, Alexithymia, Somatic Symptom Disorder, Somatization Disorder, Medically Unexplained Symptoms, Functional Somatic Symptom, Functional Somatic Syndrome, Functional Somatic Disorder. These three sets of search terms were combined as follows: #1 AND #2 AND #3. There was no restriction on language. In addition, prospective trial registers were searched for unpublished ongoing research (e.g. <http://www.controlled-trials.com>, <https://clinicaltrials.gov/>). An internet database of controlled and comparative outcome studies on psychological treatments of somatic symptom disorders was searched (<http://www.psychotherapyrcts.org>). An email group of several hundred psychodynamic researchers was contacted for any in process or upcoming studies.

**Online Supplement Figure 1: PRISMA Diagram**

Additional records identified through other sources (Previous study, known to authors, ISRCTN trial registry) (n = 253)

Records identified through database searching (EMBASE, Pubmed, CENTRAL, PsycArticles, Web of Science) (n = 491)

Records after duplicates removed (n = 438)

Records excluded (n = 390)

* Not a psychological intervention trial (n = 160)
* No somatic disorder (n = 149)
* Not STPP (n = 36)
* Not randomized controlled (n=21)
* Children and adolescents (n = 18)
* Structural medical condition (n= 6)

Records screened  
(n = 438)

Full-text articles excluded (n = 23)

* No somatic symptom disorder/ somatoform disorder (n = 9)
* Not short-term (> 40 sessions) (n=5)
* Outcome data not available (n=6)
* Separate somatic symptom cases data not provided (n = 3)

Full-text articles assessed for eligibility  
(n = 48)

From previous review (i.e. before 2006) (n = 12)

STPP studies (n = 37)

Full-text articles excluded (n = 20)

* Case series (n = 16)
* Non-randomized controlled (n = 4)

Included in meta-analysis (n = 17)

A close up of text on a white background

Description automatically generated**Online Supplement Figure 2: Meta-analyses of STPP versus Controls and Comparison Conditions**

**Online Supplement Table 1: Studies included in Meta-analysis of Randomized Controlled Trials of Short-term Psychodynamic Therapies**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Lead Author year | Patient Group | % Female | Mean Age | n | STPP Model | Sessions | Longest follow-up (Months) | Control |
| Baldoni 1995 | Urethral Syndrome/  pelvic pain | 100 | 40 | 36 | ISTDP + Malan | 14 | 48 | TAU |
| Bassett 1985 | Chronic Pain | 17 | 40.8 | 22 | Unclear | 12 | 12 | MT |
| Chavooshi 2016 | Medically unexplained pain | 70 | 32.7 | 63 | ISTDP | 20 | 3 | MBSR, TAU |
| Chavooshi 2017 | Medically unexplained pain | 70.1 | 36.2 | 341 | ISTDP | 16 | 3 | CBT |
| Chirco 2015 | Bruxism | 59.6 | 43 | 41 | ISTDP | 20 | 12 | WL |
| Creed 2003 | Severe IBS | 79.8 | 39 | 257 | PIT | 8 | 12 | MED  TAU |
| Faramarzi 2015 | Functional Dyspepsia | 69 | 32.8 | 49 | SET | 16 | 12 | TAU |
| Guthrie 1993 | Refractory IBS | 86 | 47 | 102 | PIT | 7 | 3 | MT |
| Hamilton 2000 | Chronic Dyspepsia | 59.5 | - | 77 | PIT | 8 | 12 | MT |
| Jazi 2019,  Yarns in press | Chronic Pain | 7.6 | 73.5 | 53 | EAET + ISTDP | 8 | 3 | CBT |
| Lumley 2017 | Fibromyalgia | 93.9 | 49.13 | 230 | EAET | 8 | 6 | CBT, MT |
| Monsen 2000 | Chronic Pain | 35 | 45.5 | 40 | ACTM | 33 | 12 | TAU |
| Sattel 2012 | Multisomatoform Disorder | 65.9 | 47.9 | 106 | PIT | 12 | 9 | TAU |
| Schaefert 2013 | MUS | 75 | 49.1 | 304 | PIT | 12 | 9 | TAU |
| Scheidt 2013 | Fibromyalgia with depression | 100 | 48.8 | 47 | Unclear | 25 | 12 | TAU |
| Svedlund 1983 | IBS | 70 | 24 | 119 | Malan | 8 | 6 | TAU |
| Thakur 2017 | IBS | 80 | 36.1 | 106 | EAET | 3 | 2.5 | WL, SR |

# IBS: Irritable Bowel Syndrome, MUS: Medically Unexplained Symptoms, ISTDP: Intensive Short-term Dynamic Psychotherapy, PIT: Psychodynamic Interpersonal Therapy, SET: Supportive Expressive Therapy, EAET: Emotional Awareness and Expression Therapy. WL: wait list, MT: minimal treatment, CBT: Cognitive Behavioral Therapy, TAU: treatment as usual, MBSR: Mindfulness-based Stress Reduction, MED: medication, SR: Structured Relaxation, ACTM: Affect Consciousness Treatment Model.

**Online Supplement Table 2: Study Characteristics and Risk of Bias Ratings**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| First Author and Year | Adherence Rated | Audio/ Video Review | Manual or Guide | Emotion Focused | </= 12 sessions | Blinded subjects/ therapists | Blinded R Ratings | Allocation Concealment | Random Sequence Generation | Complete Outcome Data | Complete Outcome Reporting |
| Baldoni 1995 | No | No | Yes | Yes | No | No | No | Unclear | No | Yes | Unclear |
| Bassett 1995 | No | Yes | No | No | Yes | No | Yes | Unclear | No | No | Unclear |
| Chavooshi 2016 | Yes | Yes | Yes | Yes | No | No | Yes | Unclear | Unclear | Unclear | Unclear |
| Chavooshi 2017 | Yes | Yes | Yes | Yes | No | No | No | Yes | Yes | Yes | Unclear |
| Chirco 2015 | No | Yes | Yes | Yes | No | No | Unclear | Unclear | No | No | Unclear |
| Creed 2003 | Yes | No | Yes | No | Yes | No | Yes | Yes | Yes | Yes | Unclear |
| Faramarzi 2015 | No | No | Yes | No | No | No | Yes | Yes | Yes | Yes | Yes |
| Guthrie 1993 | No | No | Yes | No | Yes | No | Yes | Unclear | Unclear | Yes | Unclear |
| Hamilton 2000 | Yes | Yes | Yes | No | Yes | No | Yes | Yes | Yes | Yes | Unclear |
| Jazi, 2019,  Yarns, in press | Yes | Yes | Yes | Yes | Yes | No | No | Yes | Yes | No | Yes |
| Lumley 2017 | Yes | Yes | Yes | Yes | Yes | No | Yes | Yes | Yes | Yes | Yes |
| Monsen 2000 | No | No | Yes | Yes | No | No | Yes | Unclear | Unclear | Yes | Unclear |
| Sattel 2012 | Yes | Yes | Yes | No | No | No | Yes | Yes | Yes | Yes | Unclear |
| Schaefert 2013 | No | No | Yes | No | Yes | No | No | No | Yes | Yes | Unclear |
| Scheidt 2013 | Yes | No | Yes | No | No | No | No | Yes | Yes | Yes | Unclear |
| Svedlund 1983 | No | No | Yes | No | Yes | No | Yes | Unclear | Unclear | Yes | Unclear |
| Thakur 2017 | Yes | Yes | Yes | Yes | Yes | No | No | Yes | Yes | Yes | Unclear |

**Online Supplement Table 3: Description of Study Qualities per Guidi et al, 2018**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| First author and year | Description of longitudinal development of the disorder | Description of  current or past medication | Discussion of weaknesses of  waiting list or TAU | Description of treatment components | Both observer- and self-rated tools | Assessment of side effects or adverse effects | Description of number of participants who deteriorated after  treatment |
| Baldoni 1995 | Yes | Yes | Yes | Yes | No | No | Yes |
| Bassett 1995 | Yes | No | Yes | Yes | No | No | Yes |
| Chavooshi 2016 | Yes | No | No | Yes | No | No | No |
| Chavooshi 2017 | Yes | Yes | N/A | Yes | No | Yes | No |
| Chirco 2015 | No | No | No | Yes | Yes | No | No |
| Creed 2003 | Yes | Yes | N/A | Yes | Yes | Yes | No |
| Faramarzi 2015 | Yes | Yes | Yes | Yes | No | No | No |
| Guthrie 1993 | Yes | Yes | Yes | Yes | Yes | Yes | No |
| Hamilton 2000 | Yes | Yes | Yes | Yes | Yes | No | No |
| Jazi 2019,  Yarns in press | Yes | Yes | N/A | Yes | No | No | No |
| Lumley 2017 | Yes | Yes | N/A | Yes | Yes | Yes | Yes |
| Monsen 2000 | Yes | No | Yes | Yes | No | No | No |
| Sattel 2012 | Yes | Yes | Yes | Yes | Yes | No | No |
| Schaefert 2013 | Yes | Yes | Yes | Yes | Yes | No | No |
| Scheidt 2013 | Yes | Yes | Yes | Yes | No | No | No |
| Svedlund 1983 | Yes | Yes | Yes | Yes | No | No | Yes |
| Thakur 2017 | Yes | Yes | Yes | Yes | No | No | No |

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