

**Table S1. List of 94 randomized controlled trials of psychodynamic psychotherapy included in this quality-based review. TAU = treatment as usual, BPD = borderline personality disorder, PTSD = posttraumatic stress disorder
 Bold = 25 trials that provide supporting evidence for the efficacy of psychodynamic psychotherapy**

Authors & Year	Patient Description	Treatment and Comparison Groups	Total Sample Size	Outcome	Total Quality Score	Item 25 Score
1. Abbass, Sheldon, Gyra & Kalpin, 2008	Personality disorders	Intensive short-term dynamic vs. Delayed treatment control (inactive)	27	Dynamic superior	27	5
2. Bachar, Latzer, Kreitler & Berry, 1999	Anorexia & Bulimia	Self-psychology vs. Cognitive orientation (inactive) vs. Nutritional counseling only (inactive)	33	Dynamic superior to both inactive	26	4
3. Barkham, Rees, Shapiro, Stiles, Agnew, Halstead, Culverwell & Harrington, 1996	Depression	Psychodynamic-interpersonal (PI) 8 sess vs. PI 16 sess vs. CBT 8 sess (active) vs. CBT 16 sess (active)	36	No difference	29	4
4. Barkham, Shapiro, Hardy & Rees, 1999	Subsyndromal depression	Very brief psychodynamic-interpersonal vs. CBT (active)	116	No difference	25.1	4

5. Bassett & Pilowsky, 1985	Chronic pain	Psychodynamic vs. Cognitive-supportive (active)	26	No difference	10	1
6. Bateman & Fonagy, 1999	BPD	Mentalization-based partial hospital vs. TAU (inactive)	38	Dynamic superior	29.5	6
7. Bateman & Fonagy, 2009	BPD	Mentalization-based outpatient vs. TAU (inactive)	134	Dynamic superior	45	7
8. Beutel, Thiede, Wiltink & Sobez, 2001	Obesity	Psychodynamic psychosomatic rehabilitation vs. Inpatient behavioral (active)	98	No difference	22.9	4
9. Brockman, Poynton, Ryle & Watson, 1987	Mixed	Brief interpretive vs. cognitive analytic therapy (active)	48	No non-dynamic comparator	14	2
10. Brodaty & Andrews, 1983	Mixed	Brief problem-oriented vs. Family-practitioner therapy (active) vs. No intervention (inactive)	18	No difference with active or inactive	24	3
11. Brom, Kleber & Defares, 1989	PTSD	Psychodynamic vs. Trauma desensitization (active) vs. Hypnotherapy (active) vs. Wait-list (inactive)	112	No difference with either active. Dynamic superior to Wait-list.	23	5

12. Budman, Demby, Redondo, Hannan, Feldstein, Ring & Springer, 1988	Mixed	Individual time-limited dynamic vs. Group time-limited dynamic therapy (active)	98	No non-dynamic comparator	19	3
13. Burnand, Andreoli, Kolatte, Venturini & Rosset, 2002	Depression	Dynamic therapy + clomipramine vs. Clomipramine alone (active)	74	Dynamic superior	27	4
14. Clarkin, Levy, Lenzenweger & Kernberg, 2007	BPD	Transference-Focused Psychotherapy vs. DBT (active) vs. Supportive (active)	90	No difference with either active	26	4
15. Cooper, Murray, Wilson & Romaniuk, 2003	Post-partum depression	Psychodynamic vs. CBT (active) vs. Non-directive counseling (inactive) vs. Primary care (inactive)	193	No difference with CBT or non-directive counseling. Dynamic superior to primary care.	37	5
16. Covi, Lipman, Derogatis, Smith & Pattison, 1974	Depression	Psychodynamic group + med randomization vs. Supportive + med randomization (active)	218	No difference with active	21	4
17. Covi & Lipman, 1987	Depression	"Traditional" dynamic group therapy vs. Group CBT (active) vs. Group CBT + imipramine (active)	70	Dynamic inferior to both active	12	3

18. Creed, Fernandes, Guthrie, Palmer, Ratcliffe, Read, Rigby, Thompson & Tomenson, 2003	Irritable bowel syndrome	Brief psychodynamic-interpersonal vs. SSRI (active) vs. TAU (inactive)	257	No difference with active. Dynamic superior to inactive.	40	6
19. Crits-Christoph, Siqueland, Blaine, Frank, Luborsky, Onken, Muenz, Thase, Weiss, Gastfriend, Woody, Barber, Butler, Daley, Salloum, Bishop, Najavits, Lis, Mercer, Griffin, Moras & Beck, 1999	Substance abuse cocaine	Supportive-expressive psychodynamic vs. Cognitive (active). vs. Individual drug counseling (active) vs. Group drug counseling alone (inactive)	487	Dynamic inferior to individual drug counseling. No difference with cognitive or group drug counseling alone.	42	7
20. Cummings & Wittenberg, 2008	Child disruptive disorder	Support-expressive parent-child vs. Incredible Years parenting (active)	37	No difference	23	4
21. Dare, Eisler, Russell, Treasure & Dodge, 2001	Anorexia	Focal psychoanalytic vs. Cognitive-analytic vs. Family (active) vs. TAU (inactive)	84	Focal psychoanalytic superior to TAU. No difference with family. Cognitive-analytic is a dynamic therapy with unclear findings.	28	4

22. de Jonghe, Hendriksen, van Aalst, Kool, Peen, Van, van den Eijnden & Dekker, 2004	Depression	Short psychodynamic supportive + antidepressants vs. Short psychodynamic supportive alone	191	No non-dynamic comparator	35	6
23. Doering, Hörz, Rentrop, Fischer-Kern, Schuster, Benecke, Buchheim, Martius & Buchheim, 2010	BPD	Transference-focused psychotherapy vs. TAU by experienced community therapists (active)	104	Dynamic superior	32	5
24. Durham, Murphy, Allan, Richard, Treliving & Fenton, 1994	Generalized anxiety disorder	Analytic vs. Cognitive (active) vs. Anxiety management training (inactive)	99	Dynamic inferior to active. No difference with inactive.	29	5
25. Emmelkamp, Benner, Kuipers, Feiertag, Koster & Van Apeldoorn, 2006	Avoidant personality	Brief dynamic vs. CBT (active) vs. Wait-list (inactive)	62	Dynamic inferior to CBT. No difference with wait-list.	24	5
26. Gallagher & Thompson, 1982	Geriatric depression	Brief relational vs. Cognitive (active) vs. Behavioral (active)	30	No difference with either active	27	4
27. Gallagher-Thompson & Steffen, 1994	Depression	Brief psychodynamic vs. CBT (active)	66	No difference	27	6
28. Garner, Rockert, Davis, Garner, Olmsted & Eagle, 1993	Bulimia	Supportive-expressive vs. CBT (active)	60	No difference	32	6

29. Gersons, Carlier, Lamberts & van der Kolk, 2000	PTSD	Brief eclectic dynamic vs. Wait-list (inactive)	42	Dynamic superior	36	6
30. Giesen-Bloo, van Dyck, Spinhoven, van Tilburg, Dirksen, van Asselt, Kremers, Nadort & Arntz, 2006	BPD	Transference-focused psychotherapy vs. Schema-focused psychotherapy (active)	86	Dynamic inferior	42	7
31. Gowers, Norton, Halek & Crisp, 1994	Anorexia	Dynamic outpatient individual + family vs. no treatment (inactive)	40	Dynamic superior	14	3
32. Gregory, Chlebowski, Kang, Remen, Soderberg & Stepkovitch, 2008	BPD + Alcohol	Dynamic deconstructive vs. TAU (inactive)	30	Dynamic superior	31	5
33. Gunderson, Frank, Katz, Vannicelli, Frosch & Knapp, 1984	Schizophrenia	Exploratory, insight-oriented vs. Reality-adaptive, supportive (active)	95	No difference	29	5
34. Guthrie, Creed, Dawson & Tomenson, 1991	Irritable bowel syndrome	Brief psychodynamic-interpersonal + relaxation vs. TAU (inactive)	102	Dynamic superior	23	4
35. Guthrie, Moorey, Margison, Barker, Palmer, McGrath, Tomenson & Creed, 1999	High utilizers of psychiatric services	Brief psychodynamic-interpersonal vs. TAU (inactive)	110	Dynamic superior	35	5

36. Guthrie, Kapur, Mackway-Jones, Chew-Graham, Moorey, Mendel, Marino-Francis, Sanderson, Turpin, Boddy & Tomenson, 2001	Suicidality	Very brief psychodynamic-interpersonal vs. TAU (inactive)	119	Dynamic superior	29.5	6
37. Hall & Crisp, 1987	Anorexia	Individual + family therapy vs. Dietary advice (active)	30	No difference	16	3
38. Hamilton, Guthrie, Creed, Thompson, Tomenson, Bennett, Moriarty, Stephens & Liston, 2000	Chronic functional dyspepsia	Brief psychodynamic-interpersonal vs. Supportive control (inactive)	95	Dynamic superior	27	5
39. Hellerstein, Rosenthal, Pinsker, Samstag, Muran & Winston, 1998	Cluster C personality disorder	Short-term dynamic vs. Brief supportive (active)	49	No difference	30	5
40. Høglend, Amlo, Marble, Bøgwald, Sørbye, Sjaastad & Heyerdahl, 2006	Mixed	Dynamic w/transference interpretations vs. Dynamic w/o transference interpretations	100	No non-dynamic comparator	29	4

41. Keller, Pritsch, Von Wietersheim, Scheib, Osborn, Balck, Dilg, Schmelz-Schumacher, Doppl, Jantschek, Deter & German Study Group on Psychosocial Intervention in Crohn's Disease, 2004	Crohn's disease	Short-term psychodynamic + relaxation vs. No psychotherapy (inactive)	84	No difference	23	3
42. Kleinman, Woody, Todd, Millman, Kang, Kemp & Lipton, 1990	Crack or cocaine abuse	Supportive-expressive vs. Family (active) vs. Group (active)	168	No comparisons reported	23	3
43. Knekt & Lindfors, 2004	Depression or anxiety	Short-term psychodynamic vs. Solution-focused (active)	198	No difference	36	5
44. Knijnik, Salum, Blanco, Moraes, Hauck, Mombach, Strapasson, Manfro & Eizirik, 2009	Social anxiety	Psychodynamic group + Clonazepam vs. Clonazepam (active)	57	Dynamic superior	24	3
45. Kornblith, Rehm, W & Lamparski, 1983	Depression	Psychodynamic group vs. Self-reinforcement training group (active) vs. Self monitoring training group (active) vs. Didactic training group (active)	58	No difference with any active	24	3
46. Lanza, Anderson, Boisvert, LeBlanc, Fardy & Steel, 2002	Violent behavior	Psychodynamic group vs. CBT group (active)	10	No difference	11.5	2

47. Lau & Kristensen, 2007	Childhood sexual abuse	Analytic group vs. Systemic group (active)	82	Dynamic inferior	17	2
48. Leichsenring, Salzer, Jaeger, Kächele, Kreische, Leweke, Rüger, Winkelbach & Leibing, 2009	Generalized anxiety	Short-term psychodynamic psychotherapy vs. CBT (active)	57	No difference	38	6
49. Linnet & Jemec, 2001	Atopic dermatitis	Brief dynamic vs. no treatment (inactive)	32	No difference	11	3
50. Maina, Forner & Bogetto, 2005	Minor depressive disorders	Brief dynamic vs. Brief supportive (active) vs. Wait-list (inactive)	30	No difference with active. Superior to inactive.	22	3
51. Marmar, Horowitz, Weiss, Wilner & Kaltreider, 1988	Women w/conjugal bereavement	Brief dynamic vs. Mutual help group (active)	61	No difference	18	4
52. McCallum & Piper, 1990	Grief	Short-term psychoanalytic group vs. Wait-list (inactive)	79	Dynamic superior	25	4
53. McLean & Hakstian, 1979	Depression	Brief dynamic vs. Behavioral (active) vs. Drug (active) vs. Relaxation (inactive)	178	Dynamic inferior to behavioral. No difference with drug or relaxation.	23	4
54. McMair, Links, Gnam, Guimond, Cardish, Korman & Streiner, 2009	BPD	Psychodynamic psychiatric management vs. DBT (active)	180	No difference	44	7

55. Meyer & Bolz, 1981	Mixed	Psychodynamic conflict-centered time-limited vs. Client-centered (active)	68	No difference	20	2
56. Milrod, Leon, Busch, Rudden, Schwalberg, Clarkin, Aronson, Singer, Turchin, Klass, Graf, Teres & Shear, 2007	Panic	Time-limited psychodynamic vs. Applied relaxation (active)	49	Dynamic superior	42	6
57. Munroe-Blum & Marziali, 1995	BPD	Individual dynamic vs. Time-limited group	110	No non-dynamic comparator	26	4
58. Öjehagen, Berglund, Appel, Andersson, Nilsson, Skjaeris & Wedlin-Toftenow, 1992	Alcohol abuse	Psychodynamic counseling (1 or 2 years) vs. Multimodal behavioural (1 or 2 years) (active)	72	No difference	17	3
59. Pierloot & Vinck, 1978	Anxiety	Short-term dynamic therapy vs. Systematic desensitization (active)	22	No difference	8	2
60. Piper, Debbane, Bienvenu & Garant, 1984	Mixed	Short individual dynamic vs. long individual vs. short group vs. long group	79	No non-dynamic comparator	8	2
61. Piper, Azim, McCallum & Joyce, 1990	Mixed	Short-term psychodynamic vs. Wait-list (inactive)	144	Dynamic superior	26	5

62. Piper, McCallum, Joyce, Rosie & Ogrodniczuk, 2001	Complicated grief	Interpretive short-term group vs. Supportive short-term group (active)	139	No difference	29	6
63. Poulsen, 1991	Rheumatoid arthritis or Sjögren's syndrome	Psychodynamic time-limited group vs. Wait-list (inactive)	46	Dynamic superior	10	2
64. Robin, Siegel, Moye, Gilroy, Dennis & Sikand, 1999	Anorexia	Ego-oriented individual vs. Behavioral family-systems (active)	37	Dynamic inferior	20	4
65. Rosser, Denford, Heslop, Kinston, Macklin, Minty, Moynihan, Muir, Rein & Guz, 1983	Chronic obstructive pulmonary disease	Analytic vs. Supportive (active) vs. Nurse (inactive) vs. No psychotherapy (inactive)	65	Outcome not reported at termination	12	2
66. Salminen, Karlsson, Hietala, Kajander, Aalto, Markkula, Rasi-Hakala & Toikka, 2008	Major depression	Short-term psychodynamic vs. Fluoxetine (active)	51	No difference	28	5
67. Sanchez, Lewinsohn & Larson, 1980	Depression	Traditional psychodynamic group vs. Group assertion (active)	32	Dynamic inferior	16	2
68. Sandahl, Herlitz, Ahlin & Rönnerberg, 1998	Alcohol dependence	Psychodynamic group vs. Cognitive-behavioral group (active)	49	Outcome not reported at termination	22	4

69. Saunders, 1996	Partner-abusing men	Process-psychodynamic group vs. Feminist-cognitive-behavioral group (active)	126	No difference	18	4
70. Shaffer, LaSalvia & Stein, 1997	Substance abuse	Group dynamic + methadone vs. Yoga + methadone (active)	61	No difference	19	2
71. Shapiro, Barkham, Rees, Hardy, Reynolds & Startup, 1994	Depression	Psychodynamic-interpersonal (PI) 8 sess vs. PI 16 sess vs. CBT 8 sess (active) vs. CBT 16 sess (active)	117	No difference with either active	35	7
72. Shefler, Dasberg & Ben-Shakhar, 1995	Mixed	Time-limited dynamic vs. Wait-list (inactive)	33	Dynamic superior	29	5
73. Simpson, Corney, Fitzgerald & Beecham, 2003	Depression	Psychodynamic counseling vs. TAU (inactive)	145	No difference	22	3
74. Sjodin, Svedlund, Ottosson & Dotevall, 1986	Chronic peptic ulcer	Short-term psychodynamic + medical vs. medical only (inactive)	103	No difference	8	3
75. Sloane, Staples, Cristol, Yorkston & Whipple, 1975	Mixed	Short-term analytic vs. Behavior (active) vs. Wait-list (inactive)	94	No difference with active. Dynamic superior to inactive.	6	1

76. Smyrnios & Kirkby, 1993	Mixed children	Time unlimited vs. Time-limited psychodynamic vs. minimal-contact control (inactive)	30	Time unlimited inferior to control. No difference between time-limited and control.	16	2
77. Sørensen, Birket-Smith, Wattar, Buemann & Salkovskis, 2010	Hypochondriasis	Short-term psychodynamic vs. CBT (active) vs. Wait-list (inactive)	80	Dynamic inferior to CBT. No difference from Wait-list.	34	5
78. Svartberg, Seltzer & Stiles, 1998	Anxiety	Short-term anxiety-provoking vs. Nondirective non-dynamic (active)	20	No difference	30	5
79. Svartberg, Stiles & Seltzer, 2004	Cluster C personality disorder	Short-term dynamic vs. Cognitive (active)	50	No difference	38	6
80. Svedlund, Sjodin, Ottosson & Dotevall, 1983	Irritable bowel syndrome	Dynamically-oriented individual + medical vs. Medical only (inactive)	101	Dynamic superior	19	3
81. Szapocznik, Rio, Murray, Cohen, Scopetta, Rivas-Vazquez, Hervis, Posada & Kurtines, 1989	Hispanic boys with behavioral and emotional problems	Individual psychodynamic vs. Structural family (active) vs. Recreational (inactive)	69	No difference with active. Dynamic superior to inactive.	26	5
82. Tasca, Ritchie, Conrad, Balfour, Gayton, Lybanon & Bissada, 2006	Binge eating disorder	Group Psychodynamic Interpersonal vs. Group CBT (active) vs. Wait-list (inactive)	135	No difference with active. Dynamic superior to inactive.	39	6

83. Thompson, Gallagher & Breckenridge, 1987	Geriatric depression	Brief psychodynamic vs. Behavioral (active) vs. Cognitive (active) vs. Wait-list (inactive)	91	No difference with either active. Dynamic superior to inactive	18	4
84. Thyme, Sundin, Stahlberg, Lindstrom, Eklof & Wiberg, 2007	Depressed women	Short-term psychodynamic art vs. short-term psychodynamic verbal	39	No non-dynamic comparator	17	3
85. Treasure, Todd, Brolly, Tiller, Nehmed & Denman, 1995	Anorexia	Cognitive analytical vs. Educational behavioral (active)	30	No difference	21	2
86. Trowell, Kolvin, Weeramanthri, Sadowski, Berelowitz, Glaser, Leitch & Glasser, 2002	Sexually abused girls	Focused individual vs. Psychoeducational group (active)	71	No difference	27	4
87. Trowell, Joffe, Campbell, Clemente, Almqvist, Soininen, Koskenranta-Aalto, Weintraub, Kolaitis, Tomaras, Anastasopoulos, Grayson, Barnes & Tsiantis, 2007	Childhood depression	Individual psychodynamic vs. Family therapy (active)	72	No difference	17	2
88. Vinnars, Barber, Norén, Gallop & Weinryb, 2005	Personality disorders	Time-limited dynamic vs. community-delivered dynamic by experienced therapists	156	No non-dynamic comparator	41	7

89. Vitriol, Ballesteros, Florenzano, Weil & Benadof, 2009	Women w/depression + childhood trauma	Brief psychodynamic vs. TAU (inactive)	87	Dynamic superior	27	4
90. Wiborg & Dahl, 1996	Panic disorder	Brief dynamic + clomipramine vs. Clomipramine alone (active)	40	No difference	27	5
91. Wiltink, Dippel, Szczepanski, Thiede, Alt & Beutel, 2007	Obesity	Psychodynamic inpatient vs. behavioral inpatient (active)	267	No difference	26	4
92. Winston, Pollack, McCullough, Flegenheimer, Kestenbaum & Trujillo, 1991	Cluster C personality disorder	Short-term dynamic vs. Brief adaptational (dynamic) vs. Wait-list (inactive)	49	Dynamic superior to inactive.	22	3
93. Woody, Luborsky, McLellan, O'Brien, Beck, Blaine, Herman & Hole, 1983	Opiate dependence	Supportive-expressive + drug counseling vs. CBT + drug counseling (active) vs. Drug counseling alone (active)	110	Dynamic superior to drug counseling alone. No difference between dynamic and CBT + drug counseling.	32	6
94. Woody, McLellan, Luborsky & O'Brien, 1995	Opiate dependence	Supportive-expressive + rehab counseling + methadone vs. Supplemental drug counseling + rehab counseling+ methadone (active)	84	Dynamic superior	24	4

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