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Therapist Responsiveness: Challenges and Opportunities

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Book of Abstracts

79.9%/38.9% PHQ-9, 61.6%/54.8% GAD-7, 59.1%/48.9% CORE-10 and 41.6%/33.3% IES. There were no differences between therapeutic approaches. Discussion Trainee therapists in this community clinic tended to have large, statistically reliable and clinically significant effects on their clients. The sizes of effects were similar to those achieved by therapists in the British National Health Service (NHS), albeit involving therapies and client populations that were not fully comparable.

Efficacy of short-term psychotherapy in fibromyalgia: a comparison study. *Agata Benfante, University of Turin, Italy; Marialaura Di Tella, University of Turin, Italy; Lorys Castelli, University of Turin, Italy; Annunziata Romeo, University of Turin, Italy*

Background: Fibromyalgia is a chronic syndrome, characterized by widespread musculoskeletal pain, often associated with anxiety/depressive symptoms and poor quality of life (QoL). A large body of evidence has proved the efficacy of cognitive-behavioural psychotherapy, whereas limited data are available for brief psychodynamic therapy (BPT). Therefore, we examined if those brief psychotherapies could improve the levels of well-being and QoL in fibromyalgia. Furthermore, we investigated the efficacy of BPT, inspired by the Brief Dynamic Interpersonal Therapy model, with respect to cognitive therapy (CT). Methods: Sixty-one female fibromyalgia patients were recruited in an Italian hospital and randomized to receive short-term psychotherapy. Thirty patients attended BPT (16 sessions, 1 session/week) and 31 received CT (16 sessions, 1 session/week). Psychological measures, administered before (T0) and after the treatment (T1), included the pain item of Fibromyalgia Impact Questionnaire-Revised (FIQ-R) to assess the intensity of pain symptoms, the Hospital Anxiety and Depression Scale (HADS) to assess anxiety and depressive symptoms, and the Short Form Health Survey (SF-36) to evaluate health-related QoL. Results: There was a significant main effect of time in reducing pain intensity ($F(1,59)=6.079$, $p=.017$) and anxiety scores ($F(1,59)=4.186$, $p=.045$), and in improving level of health-related QoL, both in the mental ($F(1,59)=5.945$, $p=.018$) and physical ($F(1,59)=7.605$, $p=.008$) component of the SF-36. No significant interaction effect between time and treatment was found. Conclusions: Brief psychotherapy was found to be effective in lowering anxiety symptoms and pain levels and in improving QoL in fibromyalgia patients. Furthermore, the BPT was found to be equally effective as short-term CT.

Is cognitive behavioural therapy effective in the long term? A Meta-Analysis of treatments for adults.. *Michaela Muermans, University Witten/Herdecke; Arleta Berner, Aalborg University, Denmark; Sebastian*