

## **Outcome of Psychoanalytic and Cognitive-Behavioral Long-term-Therapy with Chronic Depressed Patients. A controlled trial with preferential and randomized allocation**

### **Supplemental Table 3 (English version)**

#### **Psychoanalytic Therapy**

Psychoanalytic therapy investigates the influences of unconscious wishes and anxieties on our conscious (subjective) experience and actions in the here and now. Unlike popular preconceptions, psychoanalytic therapy is not limited to working through unresolved childhood experiences, but rather unveils unconscious and conscious effects on life trajectories and their future plans. The relationship with the analyst provides an opportunity to repeat unconscious relationship patterns. This opens new avenues to identify the significance of a recurrent depressive patterns of coping with life experiences. Lasting effects of psychoanalytic therapy can be achieved by developing a stable sense of self and close relationships. Changes in symptoms result from the analytic process, which uncovers, works through, and integrates causes of illness that have remained unrecognized. Therapy takes place in 50-minute sessions ranging from one to a maximum of three per week.

#### **Cognitive Behavioural Therapy**

Cognitive behavioural therapy aims to bring about a change in the way patients think and behave in the present. It takes its bearings from behavioural research and theories of learning. The central concern in this kind of therapy is to effect a change in behaviour, subjective experience, and thinking by means of such processes as learning anew, relearning, and unlearning. Together, therapist and patient undertake a precise analysis of the problems to be dealt with. This analysis can be seen as an engagement with an historical process, a way of learning from the past. Therapy consists largely in the systematic identification of dysfunctional behaviours and thought patterns. Patients are assisted in devising helpful strategies and in using them progressively and independently to change behaviours that have proved to be unfavourable. In its attempts to bring about change and to point the way to viable solutions, behavioural therapy does not rely on verbal exchange alone but also employs a large variety of well-tested

tasks and procedures, some of which take place outside the therapy sessions or follow on from them as “homework”. The usual frequency for therapy is one 50-minute session per week, but depending on the stage that has been arrived at, it may also be more frequent (e.g. twice a week) or more intensive (e.g. longer sessions of up to two hours).