

Multi-Level Outcome Study of Psychoanalyses of Chronically Depressed Patients with Early Trauma (MODE)

This large international, multi-center research project, the *Multi-Level Outcome Study of Psychoanalyses of Chronically Depressed Patients with Early Trauma (MODE)*. MODE examines outcomes of manualized, high frequent psychoanalytic longterm psychotherapies (3-5 sessions a week, Intervention I) versus low frequent psychoanalytic longterm psychotherapies (1 session a week) for chronic depressed, early traumatized patients. Patients are randomly assigned to one of the two treatment conditions. The patient population consists of chronically depressed individuals who have experienced childhood trauma. The major hypothesis of the large study will be that for this group of difficult-to-treat patients, high frequent treatment will lead to sustaining brain and psychic transformations with a higher probability than low frequent treatments. Therefore, it is expected that the outcome of high frequent treatments will be better in comparison to low frequent psychoanalytic treatment. Primary Outcome measures are anatomical and neurobiological changes in the brain as well as so called „structural changes“ (measured by Dream Analyses, the Scales of Psychological Capacities and the Self-reflective Functioning Scales). Secondary Outcome measures are symptom reduction (BDI, QIDS, DEQ), social functioning (GAF), coping with trauma (CTQ, PCL-5), changes in personality (IIP) and working alliance (WAI). The participating centers of the study are Frankfurt, Cologne, Leipzig, Giessen, Mainz (Germany), Lausanne (Switzerland) and Los Angeles (USA)

The MODE project draws on the findings of the LAC Depression Study, a randomized controlled study comparing the outcomes of long-term psychoanalytic and cognitive behavioral psychotherapies with chronically depressed patients (see Leuzinger-Bohleber et al., 2018, 2019 a, b, c). This German multi-center study, conducted in Frankfurt, Mainz, Berlin and Hamburg, lead to statistically significant reduction of depressive symptoms, high effect sizes and a high portion of complete remission. Participants benefitting from the psychoanalytic psychotherapy showed greater „structural changes“. A surprising finding was that more than 80% of the chronically depressed patients had suffered from severe childhood trauma. Subsequently, a first investigation of the feasibility was conducted with experts to explore the potential for the MODE study. That feasibility study also had positive results.

End of December more than 120 patients have been screened, 77 are currently in psychoanalyses, 51 have been investigated by the fMRI, First interesting clinical findings have been presented in different international conferences.

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Introduction to MODE: see IPA website

with San Francisco Group <https://vimeo.com/674672835/9a13751abc>

with Richard Lane (Tuscon, USA) https://arizona.zoom.us/rec/share/sVd91WAYFLvDrEA-f00HAK08SGWecVRSIvBGB_O-zmvuCJtyT84S-fRU0cLR9tMo.Wd7r67UhSCCsgWA8

Study team

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Study Therapists: 63 in Frankfurt a.M., Cologne/Düsseldorf; Leipzig; Gießen; Mainz; Lausanne, Los Angeles/San Francisco