



IQWiG Reports – Commission No. N14-02

# **Systemic therapy in adults as a psychotherapeutic approach<sup>1</sup>**

**Extract**

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<sup>1</sup> Translation of the key statement of the final report N14-02 *Systemische Therapie bei Erwachsenen als Psychotherapieverfahren* (Version 1.0; Status: 24 May 2017). Please note: This document was translated by an external translator and is provided as a service by IQWiG to English-language readers. However, solely the German original text is absolutely authoritative and legally binding.

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This report was prepared in collaboration with external experts.

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### **External experts**

- Jürgen Kasper, University of Tromsø, Norway
- Friedemann Geiger, Medical School Hamburg and University Hospital Schleswig-Holstein, Germany
- Dagmar Koethe, Central Institute of Mental Health Mannheim, Germany (until July 2015)

IQWiG thanks the external experts for their collaboration in the project.

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## **Key statement**

### ***Research question***

The aim of this report is to

- assess the benefit of systemic therapy as a psychotherapeutic approach

in adults with mental disorders with regard to patient-relevant outcomes. No restrictions apply to the comparator intervention, except for interventions that can be considered systemic therapy and treatment with medications not approved in Germany for the given indication.

## **Conclusion**

### ***Anxiety and compulsive disorders***

The overall evaluation of 4 studies with usable data on anxiety and compulsive disorders shows a hint of benefit of systemic therapy when compared to counseling and providing information, an indication of benefit compared to no additional treatment as well as a hint of lesser benefit compared to long-term psychodynamic therapy.

### ***Dementia***

The overall evaluation of 1 study with usable data on dementia shows no hint of benefit of systemic therapy compared to no additional treatment.

### ***Depressive disorders***

The overall evaluation of 6 studies with usable data on depressive disorders shows a hint of benefit of systemic therapy when compared to a different psychotherapeutic approach, compared to counseling and providing information, and compared to no additional treatment.

### ***Eating disorders***

The overall evaluation of 3 studies with usable data on eating disorders shows a hint of benefit of systemic therapy when compared to a different psychotherapeutic approach and compared to counseling and providing patient information.

### ***Mixed disorders***

The overall evaluation of 1 study with usable data on mixed disorders shows a hint of benefit of systemic therapy compared to guideline-based treatment.

### ***Physical illnesses***

The overall evaluation of 9 studies with usable data on physical illnesses shows a hint of benefit of systemic therapy compared to a different psychotherapeutic approach and compared to no additional treatment.

### ***Personality disorders***

The overall evaluation of 1 study with usable data on personality disorders shows no hint of benefit of systemic therapy compared to guideline-based treatment.

### ***Schizophrenia and affective psychotic disorders***

The overall evaluation of 5 studies with usable data on schizophrenia and affective psychotic disorders shows a hint of benefit of systemic therapy compared to no additional treatment.

### ***Substance use disorders***

The overall evaluation of 6 studies with usable data on substance use disorders shows a hint of benefit of systemic therapy compared to counseling and information.

### ***Data basis of the statements on benefit***

The statements on benefit for anxiety and compulsive disorders, mixed disorders, physical illnesses, and substance use disorders are based on outcomes regarding psychological symptoms.

The statements on benefit for depressive disorders, eating disorders as well as schizophrenia and affective psychotic disorders are based on outcomes regarding psychological symptoms as well as global and social functioning.

For depressive disorders and physical illnesses, the statements on benefit are also in part based on outcomes regarding health-related quality of life (depressive disorders) and survival (physical illnesses).

Usable data on the outcome global and social functioning are available for only 5 of the above types of disorders. Usable data on the outcomes mortality and health-related quality of life are available for only 4 of the above types of disorders. Usable data on the outcome adverse events were not available for any of the types of disorders; therefore, an overall assessment of benefit and harm is not possible.

*The full report (German version) is published under*

<https://www.iqwig.de/de/projekte-ergebnisse/projekte/nichtmedikamentoese-verfahren/n-projekte/n14-02-systemische-therapie-bei-erwachsenen-als-psychotherapieverfahren.6247.html>