

## Forskning

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# The Evidence-Base for Psychodynamic Psychotherapy With Children and Adolescents: A Narrative Synthesis

Recommended: Systematic review article in *Frontiers in Psychology*, 2021, by Nick Midgley, Rose Mortimer, Antonella Cirasola, Prisha Batra and Eilis Kennedy.

The aim of this review was to provide a narrative synthesis of the evidence base with regard to psychodynamic therapy with children and adolescents. This updated search identified 37 papers published between January 2017 and May 2020, reporting on 28 distinct studies. These were combined with the findings of the previous reviews, to total 123 papers, comprising 82 distinct studies.

It has been reported that 75% of mental illnesses start before a child reaches their 18th birthday, while 50% of mental health problems in adult life (excluding dementia) first appear before the age of 15. These widely quoted figures highlight the urgent need for “evidence based” interventions that limit the impact of mental health problems that

may persist into adulthood, at considerable individual, social, and economic cost.

**Keywords:** child and adolescent psychotherapy, evidence based practice, psychodynamic psychotherapy, systematic review, effectiveness and efficacy.

The complete study can be downloaded here:  
<https://doi.org/10.3389/fpsyg.2021.662671>

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