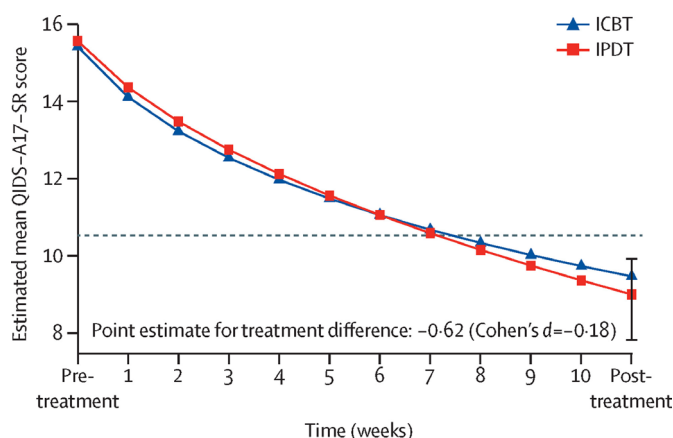


**Forskningsrapport**

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# Internetbaserad behandling av depression hos ungdomar

Therapist-guided internet-based psychodynamic therapy versus cognitive behavioural therapy for adolescent depression in Sweden: a randomised, clinical, non-inferiority trial.

As clinicians many of us have daily encounters with adolescents suffering from various degrees of depressive disorders. It is an ongoing challenge for the health care system, not only for the child and adolescent psychiatric units, to reach adolescents in need of treatment and provide the care needed. Since the patient group tend to be familiar with and spend a lot of their time in a digital environment internet-based therapies could be of great importance. Furthermore, digital platforms within both private and public health care are becoming more and more important. To find ways providing adolescents with high quality psychotherapeutic treatment should be a priority, given the large number of individuals and families affected by depression and other mental health problems. We

are happy to present that a research group have investigated internet-based psychodynamic therapy (IDTP) compared to internet based cognitive behavioural therapy (ICBT) for a large sample of Swedish adolescents. The study was published in The Lancet earlier in 2022 and here we present only a brief report of it. (Link to the full article below.)

Major depressive disorder (MDD) is a leading cause of illness and disability all over the world. For adolescents untreated MDD is associated with lifelong adversity. Evidence based treatments exist and the need for easily accessible treatment alternatives for adolescents are needed.

The study aimed to compare IDTP with ICBT for the treatment of depression in adolescents. A treatment programme was designed by the re-

search group and compared to established evidence based ICBT treatment.

The findings of the study suggests that IDTP was non-inferior to ICBT for adolescents diagnosed with MDD, diagnostic criteria according to DSM 5<sup>th</sup> edition.

The researchers discuss the limitations and the benefits of the study. This is the first non-inferiority study, known to the research group, testing IPDT against ICBT. It's worth mentioning nationwide recruitment and no selection criteria regarding previous treatment, course of depressive illness, preference for internet-based treatment, or suitability for psychological treatment could be strengths of the study contributing to the generalizability of the positive results.

Among other details the researchers point out that participants were self-referred, which might give a sample more positively inclined towards internet-based therapies (for both IDTP and ICBT). Also, the study lacks a control group, making it more difficult to draw conclusions from the effectiveness of interventions, but it should be noticed that both treatments have been tried against inactive control/wait list conditions in previous trials with large between-group effects. The study therapists were all trainees, supervised by experienced psychotherapists within their modalities, and not licensed psychologists or psychotherapists. However, ICBT studies of adult patients suggest outcome is not affected by therapist experience.

In conclusion researcher's findings suggests extended evidence base of both IPDT and ICBT for the patient group. The very good news is that the study supports increased access and availability of two treatments for adolescents with depression.

## Reference

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## Link to article

[https://www.thelancet.com/journals/lan-dig/article/PIIS2589-7500\(22\)00095-4/fulltext#cestit180](https://www.thelancet.com/journals/lan-dig/article/PIIS2589-7500(22)00095-4/fulltext#cestit180)