

AperTO - Archivio Istituzionale Open Access dell'Università di Torino

The efficacy of Brief Psychodynamic Psychotherapy for fibromyalgia: a pilot study

This is the author's manuscript

Original Citation:

Availability:

This version is available <http://hdl.handle.net/2318/1743343> since 2020-07-08T00:46:47Z

Terms of use:

Open Access

Anyone can freely access the full text of works made available as "Open Access". Works made available under a Creative Commons license can be used according to the terms and conditions of said license. Use of all other works requires consent of the right holder (author or publisher) if not exempted from copyright protection by the applicable law.

(Article begins on next page)

FORM TO SUBMIT PROPOSAL FOR POSTER
PLEASE UPLOAD THE FORM INTO THE SYSTEM VIA
<http://www.icpmonline.org/25th-world-congress-florence-2019>

**Title: The efficacy of brief psychodynamic psychotherapy for fibromyalgia:
A pilot study.**

Authors: Annunziata Romeo^{a,b}, Valentina Tesio^a, Ada Ghiggia^{a,b}, Marialaura Di Tella^a, Virginia Perutelli^a, Lorys Castell^a.

^a Department of Psychology University of Turin, Turin, Italy.

^b Clinical Psychology Unit, A.O.U. Città della Salute e della Scienza Hospital, Turin, Italy.

Abstract (max 250 words):

Background: Fibromyalgia (FM) is a chronic pain condition characterized by widespread pain, fatigue, sleep disorder and psychological distress. Although the efficacy of psychological interventions such as cognitive-behavioural therapy is well-known, there are few studies investigating the efficacy of brief psychodynamic therapy (BPT) in FM. Therefore, we conducted a randomized controlled trial comparing an individual BPT, inspired on the Brief Dynamic Interpersonal Therapy model, versus an individual cognitive therapy (CT).

Methods: Thirty female patients with FM were recruited in an Italian hospital setting and randomized to receive either BPT (16 sessions, 1 session/week) or CT (16 sessions, 1 session/week).

Outcome measures, administered before (T0) and after the psychotherapy treatment (T1), included the Fibromyalgia Impact Questionnaire-Revised (FIQ-R), the Hospital Anxiety and Depression Scale (HADS), the Metacognitive Functions Screening Scale (MFSS), the Toronto Alexithymia Scale (TAS-20), the Relationships Questionnaire (RQ) and the health-related quality of life (SF-36).

Results: Both treatments were equally effective in reducing the FIQ-R ($p=0.018$) and the HADS total score ($p=0.015$) and in improving the health-related quality of life, both in the mental ($p=0.001$) and physical ($p=0.004$) component of the SF-36. No significant changes emerged, instead, in the MFSS, RQ and TAS-20 questionnaires after the treatments.

Conclusions: The brief psychodynamic therapy showed to be equally effective as the individual cognitive therapy in lowering the psychological distress level, and in improving fibromyalgia-related symptoms and patients' health-related quality of life.

Corresponding author

Name and Surname: Valentina Tesio

Affiliation: Department of Psychology, University of Turin, Turin, Italy.

Address: Via Verdi 10, Turin, Italy

email: valentina.tesio@unito.it