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Was das Placebo mit der Psychotherapie und die Psychotherapie mit dem Placebo zu tun hat und wie man damit umgehen kann

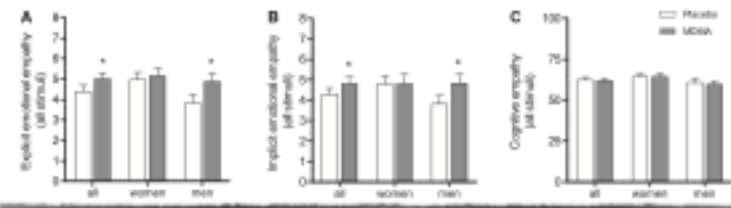
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Universität Basel

jens.gaab@unibas.ch

DIENSTAGMITTAG
FORTBILDUNG
PSYCHOSOMATIK BASEL

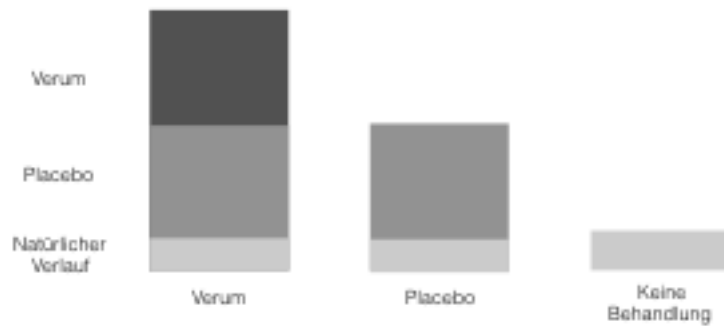
MDMA enhances emotional empathy and prosocial behavior

Cláudia M. Breda,¹ Yasmin Schmidt,¹ Linda D. Simões,¹ Gergely Heine,² Markus Heinrichs,³ Christoph Herzig,^{1,2} Karim B. Peñín,¹ Boris B. Quircho,¹ and Matthias R. Lieke¹
¹Psychoneurology Research Group, Division of Clinical Pharmacology and Toxicology, Department of Biomedicine and Department of Internal Medicine, University Hospital and University of Basel, 8031 Basel, Switzerland; ²Laboratory for Biological and Personality Psychology, Department of Psychology, University of Padova, 36100 Padova, Germany; ³Department of Psychology, Behavioral and Clinical Neuroscience



aus: Hyyek et al., 2013 SCAN

Additives Modell von Interventionseffekten



aus: Kapichuk et al., 2000, Lancet



aus: Kaptechuk et al., 2010, Lancet

Titel Vortrag, Autor, DD.MM.YY

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Placebo – standing strong and getting stronger

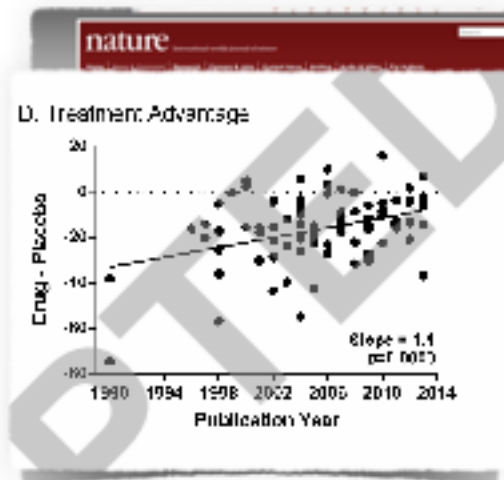


aus: Tuttle et al., 2015, PAIN

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Placebo – standing strong and getting stronger

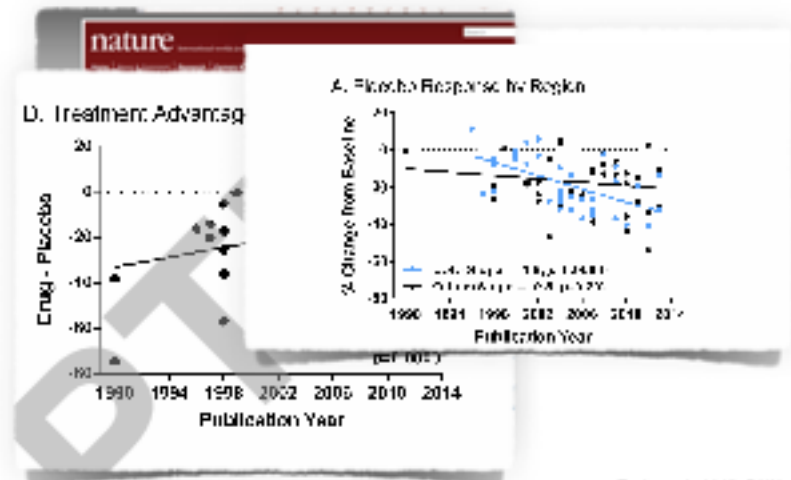


aus: Tuttle et al., 2015, PAIN

Titel Vortrag, Autor, DD.MM.YY

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Placebo – standing strong and getting stronger

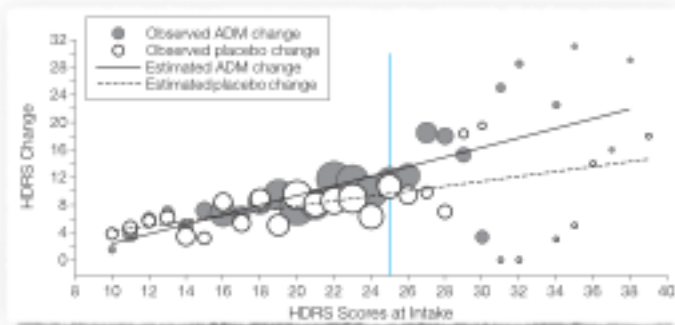


aus: Tuttle et al., 2015, PAIN

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Placebo – standing strong and getting stronger



aus: Fournier et al., 2010, JAMA

Back to basics

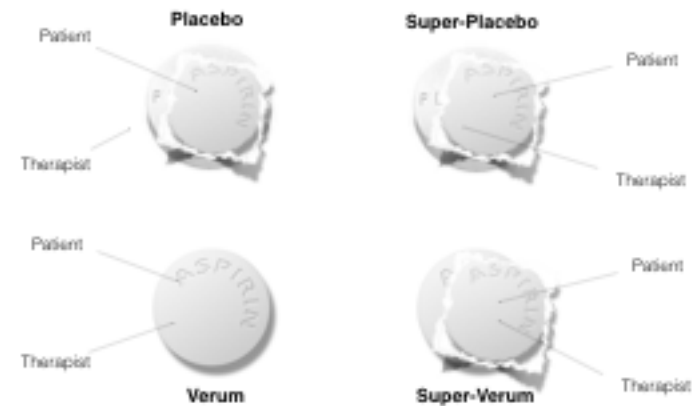


nach: Grünbaum 1981 Behav Res Ther

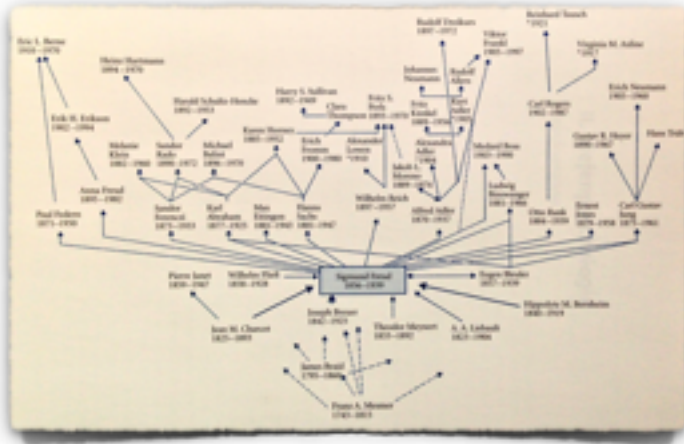
Das Problem und das Super-Problem



Das Problem und das Super-Problem



Ist Psychotherapie ein Placebo?



aus: Kitz: Grundkonzepte der Psychotherapie 2001 Beltz/PVU

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Ist Psychotherapie ein Placebo?

Table 1
Summary of Reports of the Results of Psychotherapy

	N	Control Group Improved	Experimental Group Improved	Significantly Improved	No Improvement Group Improved	% Control Group Improved
(A) Psychotherapy						
1. Alexander (1, pp. 38-48)	60	20	30	50	15	50
2. Kessel & Diller (2)	30	10	15	50	10	50
3. Jones (3, pp. 11-24)	10	0	10	100	0	0
4. Alexander (1, pp. 38-48)	10	0	10	100	0	0
5. Knight (17)	10	0	10	100	0	0
All cases	120	30	65	54%	15%	50%
(B) Studies						
1. Sanderson (2)	200	10	70	35	21	10
2. Kline (10)	75	10	40	53	13	17
3. Wessely-Hospital						
4. Rosen (11)	170	20	60	35	10	10
5. Rosen (12)	170	20	60	35	10	10
6. Luff & Gurnell (7)	300	100	130	43	33	11
7. Luff & Gurnell (7)	210	50	100	48	24	11
8. Ross (16)	100	20	50	50	20	20
9. Yankin (20)	100	10	30	30	10	10
10. Corson (13)	50	10	20	40	10	10
11. Steinman & Carver (14)	50	1	20	40	10	10
12. Carver (15)	50	1	20	40	10	10
13. Schickel (18)	70	10	20	29	14	20
14. Schickel & Wall (19)	100	10	30	30	10	10
15. Hamilton & Wall (21)	100	10	30	30	10	10
16. Lashley (24)	100	10	30	30	10	10
17. Gendreau Med. Psychol. Special Symposium	250	10	100	40	20	10
18. Wiles (25)	70	1	20	29	1	10
19. Wiles et al. (26)	10	1	10	100	1	10
All cases	1200	100	360	30%	15%	50%

aus: Eysenck, 1952 J Clin Psych

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Ist Psychotherapie ein Placebo?

... overall efficacy of psychotherapy

Table 2. Effect sizes of psychotherapy, behavior therapies and placebo treatment, according to Smith et al. (1982)

Type of therapy	Effect size psychotherapy	SD	SEM
T ₁ Psychodynamic	0.69	0.50	0.05
T ₂ Adlerian	0.62	0.68	0.08
T ₃ Client-centered	0.62	0.87	0.07
T ₄ Gestalt	0.64	0.91	0.11
T ₅ Rational-emotive	0.68	0.54	0.08
T ₆ Transaction	0.67	0.90	0.17
Average	0.65		
T ₇ Placebo	0.56	0.77	0.05

Type of therapy	Effect size behavior therapies	SD	SEM
T ₈ Systematic desensitization	1.05	1.50	0.38
T ₉ Implosion	0.68	0.70	0.09
T ₁₀ Behavioral modification	0.73	0.87	0.05
T ₁₁ Cognitive-behavioral	1.15	0.83	0.07
T ₁₂ Other cognitive therapies	2.38	2.05	0.27
T ₁₃ Hypnotherapy	1.82	1.15	0.36
Average	1.30		

aus: Eysenck, 1994 Behav Res Ther

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Ist Psychotherapie ein Placebo?

different intervention, same meaning

same intervention, different meaning

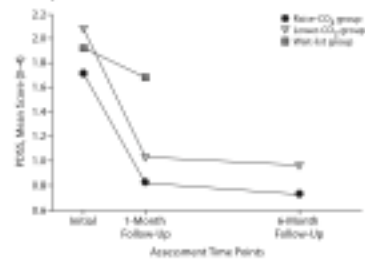


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Different intervention, same meaning

Figure 2. Mean Scores for Panic Disorder Severity Scale (PDSS) at Pretreatment, 1-Month Follow-Up, and 6-Month Follow-Up



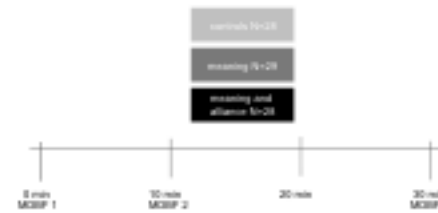
- Effektstärken (Cohens d)**
- Therapy A vs Waitlist: 1.53
 - Therapy B vs Waitlist: 1.34

aus: Kim et al., 2012 JCP

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Same intervention, different meaning

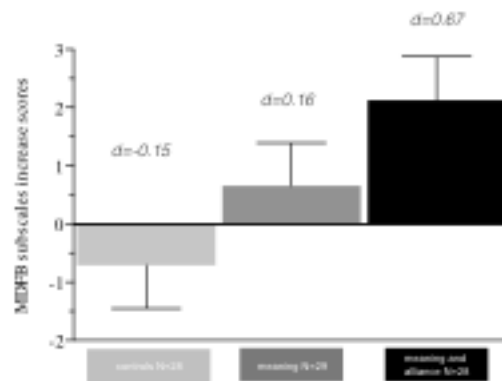


aus: Gaab et al., submitted

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Same intervention, different meaning



group effect $p = 0.03$
post-hoc $\square = \blacksquare < \blacktriangle$

aus: Gaab et al., submitted

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Placebo und Psychotherapie als *meaning response*

Deconstructing the Placebo Effect and Finding the Meaning Response

David C. Moerman, PhD, and Wayne S. Jonas, MD

We provide a new perspective with which to understand what the 21st century has been known as the "placebo effect." We argue that, as currently used, the concept includes much that has nothing to do with placebo, and thus the most interesting and important aspects of the phenomenon. We propose a new way to understand these aspects of medical care, plus a broad range of additional broader applications, by focusing on the idea of "meaning," for which people, when they are sick, often respond. We review several of the many uses in medicine in which meaning

effects (focus on finding and inducing the idea of the "meaning response.") We suggest that use of this foundation, rather than the familiar one based on placebo, will probably lead to far greater insight into how treatment works and perhaps to real improvements in human well-being.

DOI: 10.1002/ajim.10001

For further information and complete abstract, see the full article.

Psychotherapy – the transformation of meanings: discussion paper

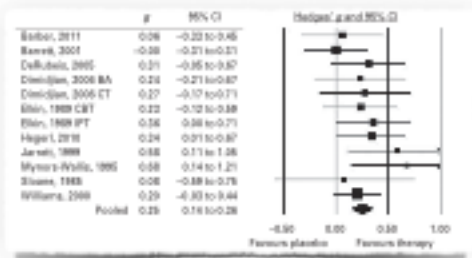
J D Frank MD PhD Professor Emeritus of Psychiatry, Johns Hopkins University School of Medicine, Baltimore, Maryland, USA

aus: Moerman & Jonas, 2002 AIM und Frank, 1996, J R Soc Med

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Ist Psychotherapie ein Verum?

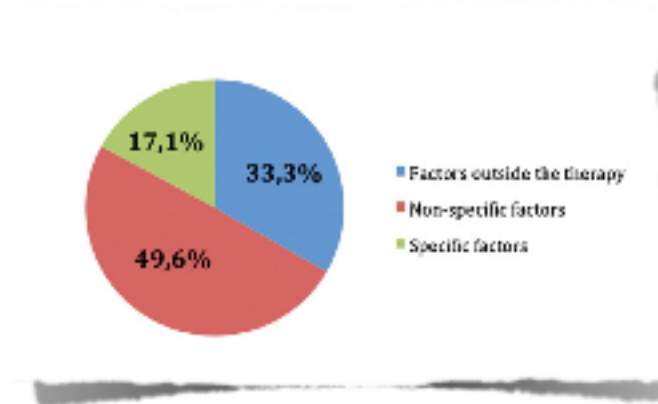


aus: Cuijpers et al., 2013 Psychol Med

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Ist Psychotherapie ein Verum?

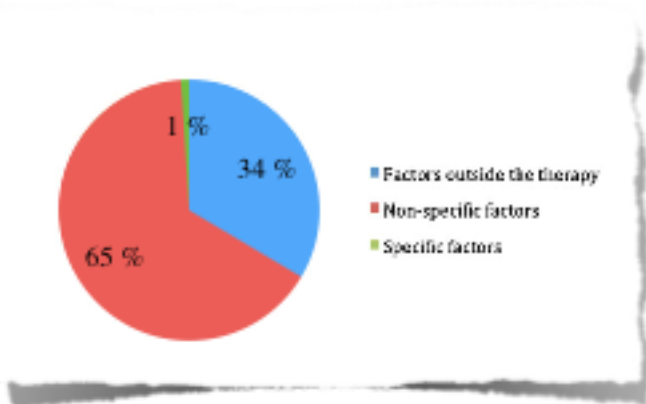


aus: Cuijpers et al., 2012 Clin Psych Rev

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Ist Psychotherapie ein Verum?

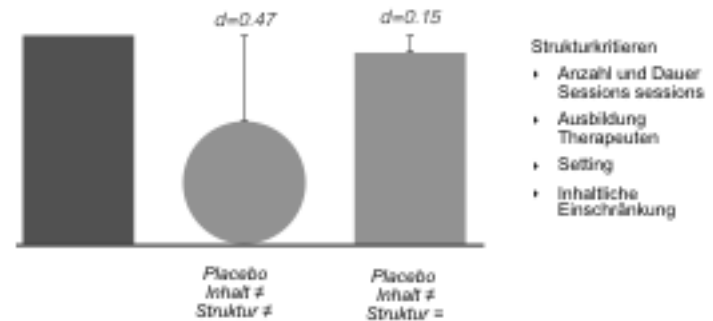


aus: Cuijpers et al., 2012 Clin Psych Rev

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Ist Psychotherapie ein Verum?



aus: Bekin et al., 2003 JCCP

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Ist Psychotherapie ein Super-Placebo?



nach: Grünbaum 1981, Behav Res Ther

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Effekte von „unwissenschaftlichen“ Psychotherapien

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Effekte von „unwissenschaftlichen“ Psychotherapien

REPORT OF THE COMMISSIONERS CHARGED BY THE KING WITH THE EXAMINATION OF ANIMAL MAGNETISM*

BENJAMIN FRANKLIN, M.D., LE ROY SALLIN,
BENJAMIN BAILEY, JAMES DE BONO,
JONATHAN GURLETON & ANTOINE LAFORGE

On March 12, 1784 the King appointed Physicians chosen from the Paris Faculty, Messieurs Baile, Sallin, de Bono, Gurleton, to examine & report on animal magnetism practiced by Monsieur Mesmer, & as requested by these four Physicians, His Majesty has appointed five of the



Society of
American Psychiatrists

Eye Movement D.
for Post-T

Status: Strong Research Support/Controversial

Description

Eye Movement Desensitization and Reprocessing, or EMDR, aims to help individuals with negative past

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Effekte von unterschiedlichen Psychotherapien

FIGURE 2. Response Rates for Cognitive-behavioral Therapy (CBT) and Psychodynamic Therapy in Patients With Social Anxiety Disorder

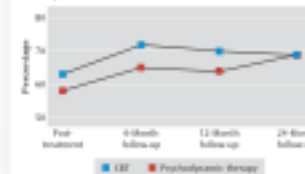
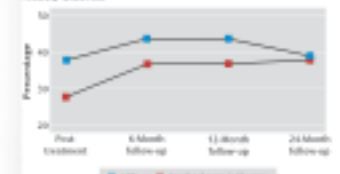


FIGURE 3. Remission Rates for Cognitive-behavioral Therapy (CBT) and Psychodynamic Therapy in Patients With Social Anxiety Disorder



aus: Leichsenring et al. 2014 Am J Psychiat

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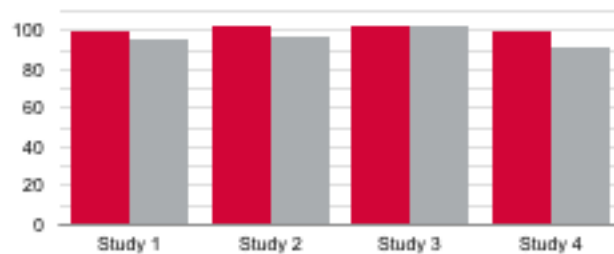
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Effekte von unterschiedlichen Psychotherapien



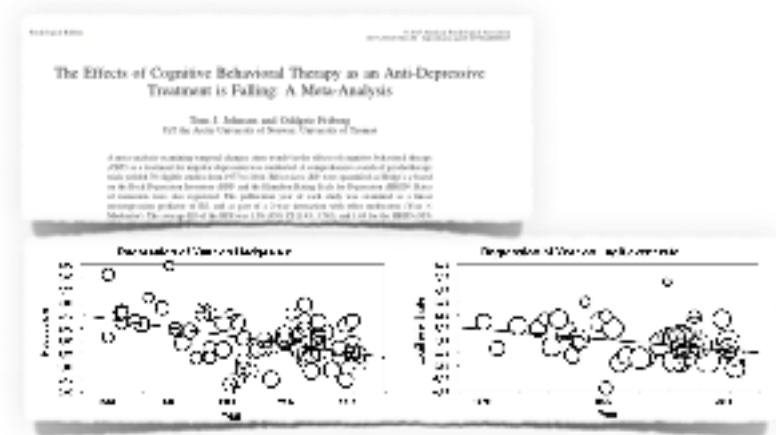
Ist Psychotherapie ein Super-Verum?

Ist Psychotherapie ein Super-Verum?



- Research allegiance klärt 12% Varianz auf
- Jeder Anstieg der RA um 1 Punkt führt zu $d=0.1$ mehr Effektstärke

Ist Psychotherapie ein Super-Verum?



Zusammenfassung

Placebo



- möglich
- benötigt absichtliche Täuschung
- gleiche Mechanismen

Super-Placebo



- möglich (leider)



- kaum/schwer nachweisbar

Verum

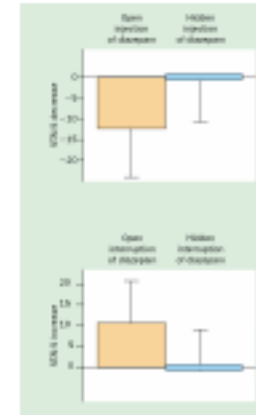
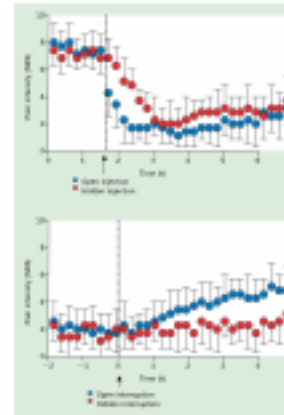


- möglich (hoffentlich)

Super-Verum

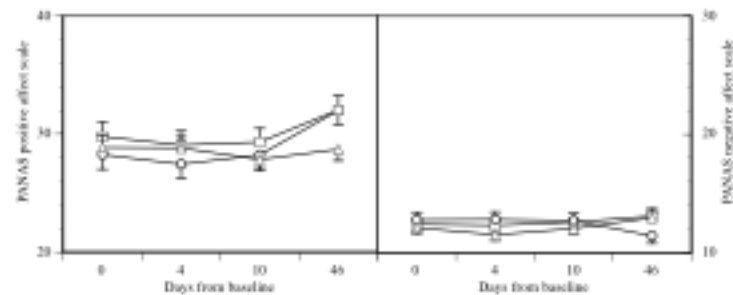
Implikationen - Forschung

Open/Hidden administration



Implikationen - Forschung

Open/Hidden administration



Implikationen - Praxis



Implikationen - Praxis

- Vermeidung von teleologischem und Anstreben von deontologischem Vorgehen
- Psychotherapeuten sollten Placebokonzept und -effekte genau kennen
- Psychotherapeuten sollten in Placebo trainiert werden, um zu wissen, was sie vermeiden sollten
- Vermeidung von placebogenen Vorgehensweisen (z.B. Bezug auf „wissenschaftliche Modelle“/Einsatz von „ping“-Methoden)
- Einführung des „interpersonellen Verums“ als gemeinsam geteilte Realität
- Akzeptanz von Wirkungsreduktionen bei Zuwachs von Aufrichtigkeit

Implikationen - Praxis

