

Précis of the study on the on the effectiveness of Jungian Analysis

In Germany, a country where psychoanalytic societies are gathered under an umbrella association, there is a history of long-term analytic psychotherapies and psychoanalysis with the support of the insurance companies and the German equivalent of Medicare. It is already more than 30 years since national health pays for 50 sessions per year for those patients who do psychoanalysis with this kind of support.

Aim of the study

1. Proof of effectivity of long-term analyses (> 100 hours) by private practitioners and evaluation of the stability of therapeutic results by a follow-up 6 years after termination of therapy.
2. Evaluation of health care utilization in a pre-post comparison based data provided by the health insurance companies.
3. Establishing audit research strategies in ambulant psychotherapeutic care areas as a measure of quality assurance.

Seventy-six percent of the participants had completed psychoanalysis with a mean number of 193 hours and a length of 3 years; 63% of the analysis patients had more than 100 therapy sessions. In fact, the average time between end of treatment and follow-up examination was almost 6 years.

The results can be summarized as follows:

Physical Condition: Two-thirds (65.7%) rated their physical health as better or much better than before therapy and nearly one quarter (24.2%) as unchanged. In half of the cases (50.5%), physical illness was one of the reasons for seeking therapy.

Mental state: The mental state was reported to have improved or greatly improved by 94% (93.7%) and to be unchanged by more than 5% (5.4%). Patients ranked various aspects of life according to their degree of approval: therapy had the best effect on self-esteem and self-confidence, followed by basic mood, mental state, general satisfaction with their lives and performance.

Importance of therapy for improved enjoyment of life and way of life
In 80.2%, therapy was considered important or very important for improving their enjoyment of life and current life style.

Clinical significance of global state

The general global state of the participants at different time points was recorded on a six-point scale ranging from very poor to very good. 60.4% (N=67) of the study random sample rated their pretreatment state as very poor. Six years after the end of treatment, 86.6% (N=56) of these described it as very good or quite good.

A very important outcome was the following:

There was a statistically significant correlation with the duration of treatment ($p < 0.05$): The longer the therapy, the more successful the patients rate it, even 6 years after completion. According to these criteria, long-term therapy appears to be more successful than short-term therapy.

Below is a summary of the study with more details.