



Pre-Post-Outcome-Effect-Sizes of different (Psycho-)therapies

(Anbeh 2004, Anbeh u. Tschischke 2010, Bateman & Fonagy 1999, Calabrese APA 2004, Grawe et al 1994, Hautzinger et al 2005, Leichsenring & Leibing 2003, Kösters et al 2006, Kösters & Strauss 2007, Lorentzen & Hoglend 2004, Sandell et al 2001, Strauß & Burgmeier-Lohse 1994, Tschuschke 2004, Turner et al 2008)

Intervention	Effect-Sizes (Cohen´s d)
Psychotropic drugs	0.2 - 0.76 (0.15-0.37)
Psychotherapy general	0.6 - 1.11
Client-centered therapy (Rogers)	1.14
BT	1.0 - 1.23
CBT	1.2 - 1.3
Psychoanalysis	1.46 - 1.55
<i>(Psychodynamic) Group psychotherapy</i>	<i>0.59 - 2.13 (GAF 3.1!)</i>
Mentalization based Group psychotherapy	1.76