LIST OF PUBLICATIONS

Peter Lilliengren, PhD, Associate Professor, Stockholm University, Sweden

Date: 2026-04-22

Articles in peer-review journals:

1. Johansson, R., & **Lilliengren**, P. (2026). Effectiveness and mechanisms of intensive short-term dynamic psychotherapy for treatment-resistant depression: A reanalysis of a randomized controlled trial. *Frontiers in Psychiatry*, *17*, 1815946, https://doi.org/10.3389/fpsyt.2026.1815946

2. Lindqvist, K., Mechler, J., Peristera, P., Carlbring, P., Falkenström, F., **Lilliengren**, P., Andersson, G., Johansson, R., Midgley, N., Childs, J., Johnsen Dahl, H-S., Sandell, R., Thorén, A., Topooco, N., Ulberg, R., Lindert Bergsten, K., & Philips, B. (2026). Twelve-month outcomes and comparative costs of internet-delivered psychodynamic therapy versus cognitive-behavioral therapy for adolescent depression: A randomized controlled trial. *Frontiers in Psychiatry*, *17*, 1794684, https://doi.org/10.3389/fpsyt.2026.1794684

3. Maroti, D., Ljungdahl, M., Petersen, H., Rööst, M., Lumley, M. A., Falkenström, F., & **Lilliengren**, P. (2026). Guided versus unguided internet-administered emotional awareness and expression therapy (I-EAET) for patients with persistent physical symptoms: A randomized trial. *Internet Interventions. 44*, 100942. https://doi.org/10.1016/j.invent.2026.100942

4. Norén, M., Lindqvist, K., **Lilliengren**, P., & Mechler, J. (2026). Short-term psychodynamic psychotherapy for Social Anxiety Disorder: A meta-analysis of randomized controled trials. *BMC Psychology. 14*, 484. https://doi.org/10.1186/s40359-026-04306-x

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7. von Below, C., Hagfeldt, K., Hallonlöf, V., **Lilliengren**, P., & Maroti, D. (2026). Between prescence and distance: Patients' experiences of therapist connection in internet-administred psychodynamic therapy for Somatic Symptom Disorder. *Journal of Contemporary Psychotherapy.* https://doi.org/10.1007/s10879-026-09720-1

8. Leichsenring, F., Abbass, A., Fonagy, P., Levy, K., **Lilliengren**, P., Luyten, P., Midgley, N., & Milrod, B. (2025). Psychodynamic therapy can be adapted to and implemented in non-western cultures – a comment on the WHO treatment guideline for mental disorders. *Zeitschrift für Psychosomatische Medizin und Psychotherapie, 71*(4), 328–334. https://doi.org/10.13109/zptm.2025.71.4.328

9. Maroti, D., Ljungdahl, M., Petersson, H., Rööst, M., Falkenström, F. & **Lilliengren**, P. (2025). A randomized cross-over trial comparing Life Stress Interview versus Basic Assessment of Psychiatric Symptoms for patients with persistent physical symptoms. *Biopsychosocial Science and Medicine, 87*(8), 584–591. http://doi.org/10.1097/PSY.0000000000001424

10. Maroti, D., Hasselgren, E., Vallhagen, V., Hellgren, J., **Lilliengren**, P., & Johansson, R. (2025). Anxiety pathways in ISTDP: Self-reported symptom clusters in patients with persistent physical symptoms. *Journal of Contemporary ISTDP, 2*(3), 142-151. https://doi.org/10.70839/5sgny662

11. **Lilliengren**, P, Mechler, J., Lindqvist, K., Maroti, D., & Johansson, R. (2025). The efficacy of experiential dynamic therapies: A 10-year systematic review and meta-analysis update. *Clinical Psychology & Psychotherapy, 32*(3), e70086. https://doi.org/10.1002/cpp.70086

12. Gómez Penedo, J. M., Meglio, M., Flückiger, C., Wienicke, F. J., Breunese, J., Menchetti, M., Rucci, P., Johansson, R., Town, J. M., Abbass, A. A., **Lilliengren**, P., Bagby, R. M., Quilty, L. C., Lemmens, L. H. J. M., van Bronswijk, S. C., Barkham, M., Stiles, W. B., Hardy, G. E., Fonagy, P., Luyten, P., Constantinou, M.P., Barber, J.P., McCarthy, K.S., Solomonov, N., Joyce, A.S., Cuijpers, P., & Driessen, E. (2025). Interpersonal problems as a predictor of treatment outcome in adult depression: An individual participant data meta-analysis. *Clinical Psychology Review*, *118*, 102570. https://doi.org/10.1016/j.cpr.2025.102570

13. **Lilliengren**, P. (2024). "The shaking grandmother": Assessing and addressing multiple pathways to somatic symptom formation in ISTDP. *Journal of Contemporary ISTDP, 1*(2)*,* 54–68. https://doi.org/10.70839/6ghgmv51

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15. Mechler, J., Lindqvist, K., Philips, B., Midgely, N., & **Lilliengren**, P. (2024). Internet-based affect-focused psychodynamic therapy for adolescent depression: Treatment principles and clinical application in The ERiCA Project. *Journal of Infant, Child and Adolescent Psychotherapy, 23*(2), 123–141. https://doi.org/10.1080/15289168.2024.2339523

16. Leichsenring, F, Heim, N., Keefe, J. R., **Lilliengren**, P., & Luyten, P. (2024). Major flaws in a meta-analysis of short-term psychodynamic therapy (STPP) for depression. *Journal of Affective Disorders, 352*, 419–421. https://doi.org/10.1016/j.jad.2024.02.005

17. **Lilliengren**, P. (2023). A comprehensive overview of randomized controlled trials of psychodynamic psychotherapies. *Psychoanalytic Psychotherapy, 37(2),* 117–140. https://doi.org/10.1080/02668734.2023.2197617

18. Maroti, D., Lumley, M. A., Schubiner, H., **Lilliengren**, P., Bileviciute-Ljungar, I., Ljótsson, B., & Johansson, R. (2022). Internet-based Emotional Awareness and Expression Therapy for Somatic Symptom Disorder: A randomized controlled trial. *Journal of Psychosomatic Research*, *163*, 111068 https://doi.org/10.1016/j.jpsychores.2022.111068

19. Mechler, J., Lindqvist, K., Carlbring, P., Topooco, N., Falkenström, F., **Lilliengren**, P., Andersson, G., Johansson, R., Midgley, N., Edbrooke-Childs, J., J. Dahl, H-S., Sandell, R., Thorén, A., Ulberg, R. Lindert Bergsten, K., & Philips, B. (2022). Therapist-guided internet-based psychodynamic therapy vs. cognitive behavioural therapy for adolescent depression in Sweden: A randomized, clinical, non-inferiority trial. *The Lancet Digital Health*, *4*(8), e594–e603. https://doi.org/10.1016/S2589-7500(22)00095-4

20. Andersson, C., Mellner, C., **Lilliengren**, P., Einhorn, S., Lindert Bergsten, K., Osika, W. & Stenström, E. (2022). Cultivating self-compassion and reducing stress and mental ill-health in employees – a randomized controlled study. *Frontiers in Psychology, 12*, 1–11. https://doi.org/10.3389/fpsyg.2021.748140

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22. Andersson, C., Stenfors, C., **Lilliengren**, P., Einhorn, S., Osika, W. (2021). Benevolence – associations with stress, mental health & self-compassion at the workplace. *Frontiers in Psychology*, *12*, 1–7. https://doi.org/10.3389/fpsyg.2021.568625

23. Andersson, C., Lindert Bergsten K., **Lilliengren**, P., Norback., K., Rask, K., Einhorn, S., & Osika, W. (2021). The effectiveness of smartphone compassion training on stress among Swedish university students: A pilot randomized trial. *Journal of Clinical Psychology, 77*(4), 1–19. https://doi.org/10.1002/jclp.23092

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25. Salomonsson, B., Kornaros, K., Sandell, R., Nissen, E., & **Lilliengren**, P. (2021). Short-term psychodynamic infant–parent interventions at child health centers: Outcomes on parental depression and infant social-emotional functioning. *Infant Mental Health*, *42*(1), 109–123. https://doi.org/10.1002/imhj.21893

26. **Lilliengren**, P., Cooper, A., Town, J., Kisely, S. & Abbass, A. (2020). Clinical- and cost-effectiveness of Intensive Short-Term Dynamic Psychotherapy for chronic pain in a tertiary psychotherapy service. *Australasian Psychiatry, 28*(4), 414–417. https://doi.org/10.1177/1039856220901478

27. Mechler, J., Lindqvist, K., Carlbring, P., **Lilliengren**, P., Falkenström, F., Andersson, G., Topooco, N., Johansson, R., Midgley, N., Edbrooke-Childs, J., J. Dahl, H-S., Sandell, R., Thorén, A., Ulberg, R. Lindert Bergsten, K., & Philips, B. (2020). Internet-based psychodynamic versus cognitive behaviour therapy for adolescents with depression: Study protocol for a non-inferiority randomized controlled trial (The ERiCA Study). *Trials*, *21*(1), 587. https://doi.org/10.1186/s13063-020-04491-z

28. Lindegaard, T., Hesslow, T., Nilsson, M., Johansson, R., Carlbring, P., **Lilliengren**, P. & Andersson, G. (2020). Internet-based psychodynamic therapy vs cognitive behavioural therapy for Social Anxiety Disorder: A preference study. *Internet Interventions, 20,* 100316. https://doi.org/10.1016/j.invent.2020.100316

29. Lindqvist, K., Mechler, J., Carlbring, P., **Lilliengren**, P., Falkenström, F., Andersson, G., Johansson, R., Edbrooke-Childs, J., Dahl, H-S. J., Lindert Bergsten, K., Midgley, N., Sandell., R., Thorén, A., Topooco, N., Ulberg, R. & Philips, B. (2020). Affect-focused psychodynamic internet-based therapy for adolescent depression: randomized controlled trial. *Journal of Medical Internet Research, 22*(3):e18047. https://doi.org/10.2196/18047

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31. **Lilliengren**, P., Philips, B., Falkenström, F., Bergqvist, M., Ulvenes, P. & Wampold, B. (2019). Comparing the treatment process in successful and unsuccessful cases in two forms of psychotherapy for Cluster C personality disorders. *Psychotherapy, 56*(2), 285–396. https://doi.org/10.1037/pst0000217

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33. Werbart, A., Missios, P., Waldenström, F., & **Lilliengren**, P. (2019). "It was hard work every session": Therapists' view of successful psychoanalytic treatments. *Psychotherapy Research, 29*(3), 354–371. https://doi.org/10.1080/10503307.2017.1349353

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and Level of Emotional Awareness Scale. *Frontiers in Psychology, 9*, 1–10. https://doi.org/10.3389/fpsyg.2018.00453

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37. Abbass, A., Town, J., Ogrodniczuk, J., Joffres, M., & **Lilliengren**, P. (2017). Intensive Short-term Dynamic Psychotherapy trial therapy: Effectiveness and role of "unlocking the unconscious". *Journal of Nervous and Mental Disease, 205*(6), 453–457. https://doi.org/10.1097/NMD.0000000000000684

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45. **Lilliengren**, P., & Sharpless, B. (2018). Psychodynamic therapy manuals and models. In Brian Sharpless, *Psychodynamic therapy techniques: A guide to expressive and supportive interventions*, Appendix A. London, UK: Oxford University Press

46. Bergsten, K., **Lilliengren**, P., Lindert, P., Pettersson, K., Hellquist, L., & Almebäck, L. (2015). *Affektfokuserad psykodynamisk psykoterapi: Teori, empiri och praktik* [Affect-focused psychodynamic psychotherapy: Theory, research and practice]. Stockholm: Natur och Kultur.

47. Holmqvist, R., & **Lilliengren**, P. (2008). Integrativa psykoterapimodeller [Integrative psychotherapy models]. In Philips, B. & Holmqvist, R. (Eds.) *Vad är verksamt i psykoterapi?* [What works in psychotherapy?] (pp. 140-159). Stockholm: Liber.

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49. Halvarson, C., & **Lilliengren**, P. (2003). Private explanatory systems and informed consent online: An ethical and methodological discussion. In M. Thorseth (ed.) *Applied ethics in Internet research* (s. 125-139). Trondheim: Norwegian University of Science and Technology (Programme for Applied Ethics, Publication Series No 1).

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50. **Lilliengren**, P., Philips, B., Falkenström, F., von Below, C., Frankl, M., Hau, S., Lindert-Bergsten, K., Lindqvist, K., Maroti, D., Mechler, J., Möller, C., Nilsson, T., Svensson, M., & Åkerman, A–K. (2026). Riktlinjer formar vårdens praktik – även när det inte är tanken. [Guidelines shape health care practices – even when not intended]. *Dagens Medicin*, published online, March 23. https://www.dagensmedicin.se/opinion/debatt/riktlinjer-formar-vardens-praktik-aven-nar-det-inte-ar-tanken/

51. **Lilliengren**, P., Philips, B., Falkenström, F., von Below, C., Frankl, M., Hau, S., Lindert-Bergsten, K., Lindqvist, K., Maroti, D., Mechler, J., Möller, C., Nilsson, T., Svensson, M., & Åkerman, A–K. (2026). Likriktad psykoterapi hotar vådkvalitén. [Uniform psychotherapy threatens the quality of care]. *Dagens Medicin*, published online, Feburary 17. https://www.dagensmedicin.se/opinion/debatt/likriktad-psykoterapi-hotar-vardkvaliteten/

52. **Lilliengren**, P. (2025). Kliniskt tänkande inom psykoterapi – en recension av Jon Fredericksons senaste bok. [Clinical thinking in psychotherapy – a review of Jon Fredericksons latest book] *Psykoterapi*, nr 3-4, 43–45.

53. Philips, B., & **Lilliengren**, P. (2024). Psykodynamisk psykoterapi bör få utökad plats i offentlig vård. [Psychodynamic psychotherapy should be utilized more in the Swedish public health care system]. *Socionomen*, published online, May 13. https://socionomen.se/roster/debatt/psykodynamisk-psykoterapi-bor-fa-utokad-plats-i-offentlig-vard/?q=roster/debatt/psykodynamisk-psykoterapi-bor-fa-utokad-plats-i-offentlig-vard/

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55. **Lilliengren**, P. (2022). Om användning av videoinspelade sessioner för handledning i psykodynamiska terapier [Using videotaped sessions for supervision of psychodynamic psychoterapies]. *Psykoterapi, nr 1*, 6–14.

56. **Lilliengren**, P. (2021). En vetenskaplig återvändsgränd – kritiska reflektioner efter läsning av Johan Erikssons bok "Psykoanalysens filosofi" [A scientific dead end – critical refllections after reading Johan Erikssons book "The Philosophy of Psychoanalysis"]. *Psykoterapi*, *nr 2*, 28–31.

57. **Lilliengren**, P., Falkenström, F., Philips, B., Lindqvist, K., & Mechler, J. (2018). Okritisk rapportering av SBUs kommentar på NICE guidelines [Uncritical reporting of SBUs comment on NICE guidelines]. *Psykologtidning, nr 6*, 38-39.

58. **Lilliengren**, P & Hesslow, T. (2018). Om handledd övning för psykoterapeuter [On deliberate practice for psychotherapists]. *Psykologtidningen*, nr 5, 34–37.

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60. Mechler, J., **Lilliengren**, P., & Lindqvist, K. (2017). Starkt stöd för psykodynamisk terapi vid depression [Strong support for psychodynamic psychotherapy of depression]. *Psykologtidningen, nr 2*, 24–27.

61. Johansson, R. & **Lilliengren**, P. (2015). Växande forskningsstöd för ISTDP [Growing research support for ISTDP]. *Psykologtidningen, nr 6,* 28–31.

62. **Lilliengren**, P. (2012). Skräddarsydd behandling med ISTDP [Tailored treatment with ISTDP]. *Insikten, nr 1,* 11–17.

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65. **Lilliengren**, P., & Lindert, P. (2007). Integration av psykodynamiska och beteendeterapeutiska principer vid behandling av affektfobier [Integration of psychodynamic and behavioural principles in the treatmet of affect phobias]. *Sokraten, nr 1,* 5–8.

66. **Lilliengren**, P., & Lindert, P. (2006). Integrativ metod förbättrar behandling av affektfobier [Integrative method improves the treatment of affect phobias]. *Psykologtidningen, nr 2,* 18–20.

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67. **Lilliengren**, P. (2014). *Exploring therapeutic action in psychoanalytic psychotherapy: Attachment to therapist and change.* Doctoral dissertation, Department of Psychology, Stockholm University, Sweden https://su.diva-portal.org/smash/get/diva2:753745/FULLTEXT02.pdf

Masters thesis:

68. **Lilliengren**, P. (2002). *Att använda handlingsorienterade interventioner i en psykodynamisk referensram* [Using action-oriented interventions within a psychodynamic frame of reference], Masters thesis, Department of Psychology, Stockholm University, Sweden.

Other scientific works:

69. **Lilliengren**, P. (2017). Comprehensive compilation of randomized controlled trials (RCTs) involving psychodynamic treatments and interventions. https://doi.org/10.13140/RG.2.2.34318.56646/1

70. **Lilliengren**, P. (2014). Patient Attachment to Therapist Rating Scale. Unpublished manual, Department of Psychology, Stockholm University, Sweden. https://doi.org/10.13140/RG.2.2.21545.60003