LIST OF PUBLICATIONS

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

Date: 2026-03-10

Articles in peer-review journals:

1. 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.* Advance online publication. https://doi.org/10.1186/s40359-026-04306-x

2. **Lilliengren**, P., Ljungdahl, M., Rööst, M., Falkenström, F., Town, J., & Maroti, D. (2026). Online intensive short-term dynamic psychotherapy (ISTDP) for treatment-resistant Somatic Symptom Disorder: An interrupted time-series study. *Psychotherapy and Psychosomatics*. Advance online publication. https://doi.org/10.1159/000550629

3. Philips, B., Mechler, J., Unkelstam, C-J., Andersson, G., Carlbring, P., Edbrooke-Childs, J., Falkenström, F., Johansson, R., **Lilliengren**, P., Lindert Bergsten, K., Midgley, N., Sandell, R., Thorén, A., Topooco, N., Ulberg, R. & Lindqvist, K. (2026). Randomized controlled trial on feedback-informed internet-delivered psychodynamic therapy for adolescents with depression: A study that failed to recruit enough participants. *Internet Interventions, 43*(1), 100923. https://doi.org/10.1016/j.invent.2026.100923

4. 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

5. 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

6. 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

7. 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

8. **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

9. 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

10. **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

11. Leichsenring, F., Abbass, A., Fonagy, P., Levy, K., **Lilliengren**, P., Luyten, P., Midgley, N., Milrod, B., & Steinert, C., (2024). The WHO treatment guideline for mental disorders. *The Lancet Psychiatry, 11*(9), 676–677. https://doi.org/10.1016/S2215-0366(24)00169-X

12. 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

13. 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

14. **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

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16. 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

17. 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

18. Midgley, N., Guerrero-Tates, B., Mortimer, R., Edbrooke-Childs, J., Mechler, J., Lindqvist, K., Hajkowski, S., Leibovich, L., Martin, P., Andersson, G., Vlaescu, G., **Lilliengren**, P., Kitson, A., Butler-Wheelhouse, P., & Philips, B. (2021). The Depression: Online Therapy Study (D:OTS): Pilot study of an internet-based psychodynamic treatment for adolescents with low mood in the UK, in the Ccntext of the COVID-19 pandemic. *International Journal of Environmental Research and Public Health, 18*(24). 12993. https://doi.org/10.3390/ijerph182412993

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20. 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

21. Maroti, D., Ek, J., Widlund, R-M., Schubiner, H., Lumley, M., **Lilliengren**, P., Bileviciute-Ljungar, I., Ljótsson, B., & Johansson, R. (2021). Internet-administered Emotional Awareness and Expression Therapy for Somatic Symptom Disorder: A preliminary efficacy trial. *Frontiers in Psychiatry,* 12:620359. https://doi.org/10.3389/fpsyt.2021.620359

22. 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

23. **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

24. 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

25. 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

26. 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

27. Talia, A., Miller-Bottome, M., Wyner, R., **Lilliengren**, P., & Bate, J. (2019). Patients' AAI classification and their experience of the therapeutic relationship: Are they associated? *Research in Psychotherapy: Psychopathology, Process and Outcome, 22*(2), 174–187. https://doi.org/10.4081/ripppo.2019.361

28. **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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32. Johansson, R., Hesslow, T., Ljótsson, B., Jansson, A., Jonsson, L., Färdig, S., Karlsson, J., Hesser, H., Frederick, R. J., **Lilliengren**, P**.**, Carlbring, P., Andersson, G. (2017). Internet-based affect-focused psychodynamic therapy for Social Anxiety Disorder: A randomized controlled trial with 2-year follow-up. *Psychotherapy, 54*(4*),* 351–360. https://doi.org/10.1037/pst0000147

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34. 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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38. Abbass, A., **Lilliengren**, P., & Town, J. (2014). On Paolo Migone's "What does 'brief' mean?". *Journal of the American Psychoanalytic Association, 62*(5), NP18–22. https://doi.org/10.1177/0003065114554417

39. **Lilliengren**, P., Werbart, A., Mothander, P. R., Ekström, A., Sjögren, S., & Ögren, M.-L. (2014). Patient Attachment to Therapist Rating Scale: Development and psychometric properties. *Psychotherapy Research*, *24*, 184–201. https://doi.org/10.1080/10503307.2013.867462

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Books and chapters:

42. **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

43. 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.

44. 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.

45. Werbart, A., **Lilliengren**, P. & Philips, B. (2008). Patientens syn på verksamma faktorer [The patients' view of curative factors]. In Philips, B. & Holmqvist, R. (red.) *Vad är verksamt i psykoterapi?* [What works in psychotherapy?] (pp. 160-179). Stockholm: Liber.

46. 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).

Articles in Swedish trade periodicals (non-peer review):

47. **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, publicerad online, 17:e februari. https://www.dagensmedicin.se/opinion/debatt/likriktad-psykoterapi-hotar-vardkvaliteten/

48. **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.

49. 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*, publicerad online, 13:e maj. 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/

50. Philips, B., & **Lilliengren**, P. (2023). Psykodynamisk psykoterapi bör starkt rekommenderas. [Psychodynamic psychotherapy should be strongly recommended]. *Läkartidningen*, 120:23124, 48–49. https://lakartidningen.se/klinik-och-vetenskap-1/kommentar/2023/11/psykodynamisk-psykoterapi-bor-starkt-rekommenderas/

51. **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.

52. **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.

53. **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.

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

55. Ankarberg, P., Bergsten, K., Bohman, G., Bäck, M., Falkenström, F., Klingström, A., Lilliengren, P., Philips, P., & Werbart, A. (2017). Socialstyrelsens riktlinjer är partiska och ovetenskapliga [The National Board of Health and Social Welfare guidelines are unscientific]. *Psykoterapi, nr 2*, 30–34.

56. 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.

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

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

59. Lindert, P., Claesson, K. & **Lilliengren**, P. (2011). Affektfokuserad psykoterapi i praktiken – konsekvenser för psykoterapeuter i utbildning och handledning [Affect-focused psychotherappy in practice – consequences for psychotherapists in training and supervision]. *Insikten, nr 2,* 23–28.

60. **Lilliengren**, P. (2009). En integrerad psykodynamisk modell för behandling av depression [An integrated psychodynamic model for treating depression]. *Insikten, nr 4 (18),* 42–44.

61. **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.

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Doctoral dissertation:

63. **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:

64. **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:

65. **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

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