LIST OF PUBLICATIONS

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

Date: 2025-12-13

Articles in peer-review journals:

1. 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

2. 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

3. 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

4. **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

5. 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

6. **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

7. 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

8. 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

9. 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

10. **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

11. 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

12. 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

13. 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

14. 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 Context of the COVID-19 Pandemic. *International Journal of Environmental Research and Public Health, 18*(24). 12993. https://doi.org/10.3390/ijerph182412993

15. 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

16. 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

17. 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

18. 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

19. **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

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21. 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

22. 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

23. 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

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25. Leichsenring, F., **Lilliengren**, P., Lindqvist, K., Mechler, J., Falkenström, F., Philips, B., Steinert, C, & Abbass, A. (2019). Inadequate Reporting of a Randomized Trial Comparing Cognitive-Behavioral Therapy and Psychodynamic Therapy for Depression. *Journal of Nervous and Mental Disease, 207*(6), 421–422. https://doi.org/10.1097/NMD.0000000000000986

26. 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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28. 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

29. **Lilliengren**, P., Johansson, R., Town, J. M., Kisely, S., & Abbass, A. (2017). Intensive Short-Term Dynamic Psychotherapy for Generalized Anxiety Disorder: A Pilot Effectiveness and Process-Outcome Study. *Clinical Psychology & Psychotherapy, 24*(6), 1313–1321. https://doi.org/10.1002/cpp.2101

30. 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

31. Aafjes-van Doorn, K., **Lilliengren**, P., Cooper, A., Macdonald, J., & Falkenström, F. (2017). Patient's Affective Processes Within Initial Experiential Dynamic Therapy Sessions. *Psychotherapy, 54*(2), 175–183. https://doi.org/10.1037/pst0000072

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33. **Lilliengren**, P., Falkenström, F., Sandell, R., Mothander, P. R., & Werbart, A. (2015). Secure Attachment to Therapist, Alliance, and Outcome in Psychoanalytic Psychotherapy with Young Adults. *Journal of Counseling Psychology*, *62*(1), 1–13. https://doi.org/10.1037/cou0000044

34. 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

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Books and chapters:

38. **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

39. 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.

40. 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.

41. 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.

42. 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):

43. **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.

44. 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/

45. 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/

46. **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.

47. **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.

48. **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.

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

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51. 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.

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

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

54. 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.

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

56. **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.

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

Doctoral dissertation:

58. **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:

59. **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:

60. **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

61. **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