



What helps in the treatment of mood disorders: A review of the effectiveness of long-term psychodynamic psychotherapy.

We are conducting a study looking for individuals to share their experience of receiving **long-term psychodynamic psychotherapy** treatment for mood disorders. A treatment is considered long-term if it lasts over one year or 12 months, and mood disorders refer to recurrent and chronic depression, and depression with other mental health conditions such as personality disorder. Psychodynamic psychotherapy is a psychological treatment that involves talking to a therapist about past experiences and relationships, and how they affect our thoughts and feelings in the present.

Participating in this study will include a **single one-hour interview** about how mental health treatment is sought, accessed, and received. You will be asked to reflect on what you think are the most helpful and effective aspects of mental health treatment, as well as what you think could be changed to improve treatment for depression.

If you are interested in applying, or receiving additional information, please contact Professor Susanna Every-Palmer and Max Moser via e-mail at Susanna.every-palmer@otago.ac.nz and max.moser@ucl.ac.uk

This project has been reviewed and approved by the University of Otago Human Ethics Committee, (Health). Reference: H24/025