

# Relation of Transference Interpretation to Outcome of Depression in Short Term Psychodynamic Psychotherapy

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**Abstract**

**Objective:** Transference interpretations have been considered as an important technique in models of short-term dynamic psychotherapy. The purpose of the current investigation was to explore the role of transference interpretations on depression severity outcome of the 6 patients treated with short-term dynamic psychotherapy for major depression.

**Materials & Methods:** Through single case study design 6 patients with major depression were selected conveniently and treated once weekly for 20 sessions. Severity of depression was measured through Beck Depression Inventory (BDI) in 3 phases and 27 points (3 session assessment as baseline, 20 sessions as treatment, and 4 sessions as follow up). Data were analyzed visually through charts and effect size analysis.

**Results:** The findings demonstrated that, 5 cases of 6 showed stable changes from moderate to mild severity in second half of treatment period. In treatment period compared with pre-treatment period, the effect of depression severity change in 4 cases was high and in 1 case was moderate. In one of patients, depression severity didn't decrease.

**Conclusion:** The results suggest that transference interpretations should be used focal in sessions of short term dynamic psychotherapy with patients suffered from depression.

**Keywords:** Transference interpretation/ Short term dynamic psychotherapy /depression