The Efficacy and Cost Effectiveness of Psychotherapy

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Foreword

This volume is a background paper for OTA’s assessment, *The Implications of Cost-Effectiveness Analysis of Medical Technology*. That assessment analyzes the feasibility, implications, and usefulness of applying cost-effectiveness and cost-benefit analysis (CEA/CBA) in health care decisionmaking. The major, policy-oriented report of the assessment was published in August 1980. In addition to the main report and this background report, there will be four other background papers: 1) a document which addresses methodological issues and reviews the CEA/CBA literature, 2) a diagnostic X-ray case study, 3) 17 other case studies of individual medical technologies, and 4) a review of international experience in managing medical technology. Another related report was published in September of 1979: *A Review of Selected Federal Vaccine and Immunization Policies*.

*Background Paper #.3: The Efficacy and Cost Effectiveness of Psychotherapy* was prepared in response to a request of the Senate Finance Committee. OTA established a special advisory panel to assist in the development of this paper; in addition, OTA consulted with the members of the advisory panel to the overall assessment and with a group of ad hoc reviewers from various mental health fields. We are grateful for their assistance.

JOHN H. GIBBONS

Director
Advisory Panel on The Implications of Cost-Effectiveness Analysis of Medical Technology

John R. Hogness, Panel Chairman
President, Association of Academic Health Centers

Stuart H. Altman
Dean
Florence Heller School
Brandeis University

James L. Bennington
Chairman
Department of Anatomic Pathology and Clinical Laboratories
Children Hospital of San Francisco

John D. Chase
Associate Dean for Clinical Affairs
University of Washington School of Medicine

Joseph Fletcher
Visiting Scholar
Medical Ethics
School of Medicine
University of Virginia

Clark C. Havighurst
Professor of Law
School of Law
Duke University

Sheldon Leonard
Manager
Regulatory Affairs
General Electric Co.

Barbara J. McNeil
Department of Radiology
Peter Bent Brigham Hospital

Robert H. Moser
Executive Vice President
American College of Physicians

Frederick Mosteller
Chairman
Department of Biostatistics
Harvard University

Robert M. Sigmond
Advisor on Hospital Affairs
Blue Cross and Blue Shield Associations

Jane Sisk Willems
VA Scholar
Veterans Administration

Advisory Panel on Psychotherapy

Jerome D. Frank
Professor Emeritus of Psychiatry
The Johns Hopkins University School of Medicine

Donald F. Klein
Director of Research
New York State Psychiatric Institute

Beverly Benson Long
President
National Mental Health Association

Thomas McGuire
Assistant Professor of Economics
Boston University

Morris Parloff
Chief, Psychotherapy and Behavioral Intervention Section
National Institute of Mental Health

Hans H. Strupp
Distinguished Professor of Psychology
Vanderbilt University

Gary R. VandenBos
Director, National Policy Studies
American Psychological Association
OTA Staff for Background Paper #3

Joyce C. Lashof, Assistant Director, OTA
Health and Life Sciences Division

H. David Banta, Health Program Manager

Clyde J. Behney, Project Director, Implications of Cost-Effectiveness Analysis of Medical Technology

Leonard Saxe, Study Director, Background Paper #3
Kerry Britten Kemp, Writer/Editor
Virginia Cwalina, Administrative Assistant
Shirley Ann Gayheart, Secretary
Nancy L. Kenney, Secretary

Contractors

Brian T. Yates, The American University
Frederick Newman, Eastern Pennsylvania Psychiatric Institute

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