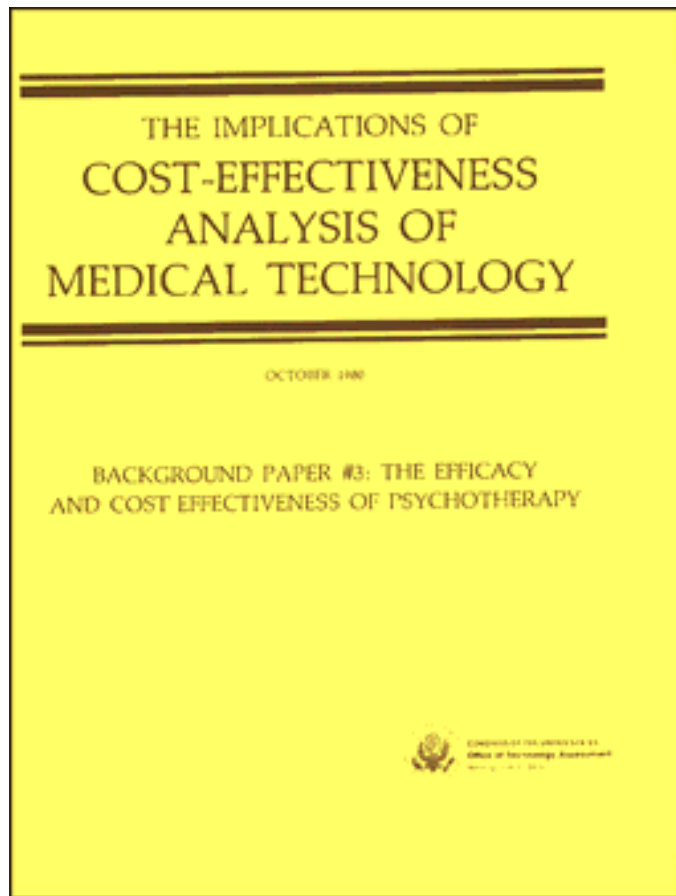


*The Efficacy and Cost Effectiveness of  
Psychotherapy*

October 1980

NTIS order #PB81-144610



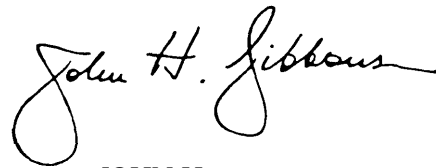
Library of Congress Catalog Card Number 80-600161

For sale by the Superintendent of Documents, U.S. Government Printing Office  
Washington, D.C. 20402 Stock No. 052-003 -00783-5

## 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*

## **OTA Publishing Staff**

John C. Holmes, *Publishing Officer*

Kathie S. Boss      Debra M. Datcher      Joanne Mattingly