

LIST OF PUBLICATIONS

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

Date: 2026-02-25

Articles in peer-review journals:

1. Philips, B., Mechler, J., Unkelstam, C-J., Andersson, G., Carlbring, P., Edbrooke-Childs, J., Falkenström, F., Johansson, R., **Lilliengren, P.**, Lindert Bergsten, K., Midgley, N., Sandell, R., Thorén, A., Topooco, N., Ulberg, R. & Lindqvist, K. (2026). Randomized controlled trial on feedback-informed internet-delivered psychodynamic therapy for adolescents with depression: A study that failed to recruit enough participants. *Internet Interventions*. <https://doi.org/10.1016/j.invent.2026.100923>
2. von Below, C., Hagfeldt, K., Hallonlöv, V., **Lilliengren, P.**, & Maroti, D. (2026). Between presence and distance: Patients' experiences of therapist connection in internet-administered psychodynamic therapy for Somatic Symptom Disorder. *Journal of Contemporary Psychotherapy*. <https://doi.org/10.1007/s10879-026-09720-1>
3. 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>
4. Maroti, D., Ljungdahl, M., Petersson, H., Röst, 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>
5. 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>
6. **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>
7. 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>
8. **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/10.70839/6ghgm51>
9. 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](https://doi.org/10.1016/S2215-0366(24)00169-X)
10. 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>

11. 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>
12. **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>
13. 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>
14. 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](https://doi.org/10.1016/S2589-7500(22)00095-4)
15. 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>
16. 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>
17. 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>
18. 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>
19. 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/fpsyg.2021.620359>
20. 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>
21. **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>
22. Mechler, J., Lindqvist, K., Carlbring, P., **Lilliengren, P.**, Falkenström, F., Andersson, G., Topooco, N., Johansson, R., Midgley, N., Edbrooke-Childs, J., J. Dahl, H-S., Sandell, R., Thorén, A., Ulberg, R. Lindert Bergsten, K., & Philips, B. (2020). Internet-based psychodynamic versus cognitive behaviour therapy for adolescents with depression: Study protocol for a non-inferiority randomized controlled trial (The ERiCA Study). *Trials*, 21(1), 587. <https://doi.org/10.1186/s13063-020-04491-z>

23. 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>
24. 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., Topocco, 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>
25. 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>
26. **Lilliengren, P.**, Philips, B., Falkenström, F., Bergqvist, M., Ulvenes, P. & Wampold, B. (2019). Comparing the treatment process in successful and unsuccessful cases in two forms of psychotherapy for Cluster C personality disorders. *Psychotherapy*, 56(2), 285–396. <https://doi.org/10.1037/pst0000217>
27. 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>
28. 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>
29. Maroti, D., **Lilliengren, P.**, & Bileviciute-Ljungar, I. (2018). The relationship between alexithymia and emotional awareness: A meta-analytic review of the correlation between Toronto Alexithymia Scale-20 and Level of Emotional Awareness Scale. *Frontiers in Psychology*, 9, 1–10. <https://doi.org/10.3389/fpsyg.2018.00453>
30. 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>
31. **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>
32. Abbass, A., Town, J., Ogradniczuk, 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>
33. 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>
34. **Lilliengren, P.**, Johansson, R., Lindqvist, K., Mechler, J., & Andersson, G. (2016). Efficacy of Experiential Dynamic Therapy in psychiatric conditions: A meta-Analysis of randomized controlled trials. *Psychotherapy*, 53(1), 90–104. <https://doi.org/10.1037/pst0000024>
35. **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>

36. 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>
37. **Lilliengren, P.**, Werbart, A., Mothander, P. R., Ekström, A., Sjögren, S., & Ögren, M.-L. (2014). Patient Attachment to Therapist Rating Scale: Development and psychometric properties. *Psychotherapy Research*, 24, 184–201. <https://doi.org/10.1080/10503307.2013.867462>
38. **Lilliengren, P.**, & Werbart, A. (2010). Therapists' view of therapeutic action in psychoanalytic psychotherapy with young adults. *Psychotherapy: Theory, Research, Practice, Training*, 47, 570–585. <https://doi.org/10.1037/a0021179>
39. **Lilliengren, P.**, & Werbart, A. (2005). A model of therapeutic action grounded in the patients' view of curative and hindering factors in psychoanalytic psychotherapy. *Psychotherapy: Theory, Research, Practice, Training*, 42(3), 324–339. <https://doi.org/10.1037/0033-3204.42.3.324>

Books and chapters:

40. **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
41. 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.
42. Holmqvist, R., & **Lilliengren, P.** (2008). Integrativa psykoteraimodeller [Integrative psychotherapy models]. In Philips, B. & Holmqvist, R. (Eds.) *Vad är verksamt i psykoterapi?* [What works in psychotherapy?] (pp. 140-159). Stockholm: Liber.
43. 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.
44. 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):

45. **Lilliengren, P.**, Philips, B., Falkenström, F., von Below, C., Frankl, M., Hau, S., Lindert-Bergsten, K., Lindqvist, K., Maroti, D., Mechler, J., Möller, C., Nilsson, T., Svensson, M., & Åkerman, A–K. (2026). Likriktad psykoterapi hotar vårdkvalitén. [Uniform psychotherapy threatens the quality of care]. *Dagens Medicin*, publicerad online, 17:e februari. <https://www.dagensmedicin.se/opinion/debatt/likriktad-psykoterapi-hotar-vardkvaliteten/>
46. **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.
47. 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/](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/)
48. 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/>

49. **Lilliengren, P.** (2022). Om användning av videoinspelade sessioner för handledning i psykodynamiska terapier [Using videotaped sessions for supervision of psychodynamic psychotherapies]. *Psykioterapi, nr 1*, 6–14.
50. **Lilliengren, P.** (2021). En vetenskaplig återvändsgränd – kritiska reflektioner efter läsning av Johan Erikssons bok "Psykoanalysens filosofi" [A scientific dead end – critical reflections after reading Johan Erikssons book "The Philosophy of Psychoanalysis"]. *Psykioterapi, nr 2*, 28–31.
51. **Lilliengren, P., Falkenström, F., Philips, B., Lindqvist, K., & Mechler, J.** (2018). Okritisk rapportering av SBU:s kommentar på NICE guidelines [Uncritical reporting of SBU's comment on NICE guidelines]. *Psykologtidning, nr 6*, 38-39.
52. **Lilliengren, P & Hesslow, T.** (2018). Om handledd övning för psykoterapeuter [On deliberate practice for psychotherapists]. *Psykologtidningen, nr 5*, 34–37.
53. **Ankarberg, P., Bergsten, K., Bohman, G., Bäck, M., Falkenström, F., Klingström, A., Lilliengren, P., Philips, P., & Werbart, A.** (2017). Socialstyrelsens riktlinjer är partiska och ovetenskapliga [The National Board of Health and Social Welfare guidelines are unscientific]. *Psykioterapi, nr 2*, 30–34.
54. **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.
55. **Johansson, R. & Lilliengren, P.** (2015). Växande forskningsstöd för ISTDP [Growing research support for ISTDP]. *Psykologtidningen, nr 6*, 28–31.
56. **Lilliengren, P.** (2012). Skräddarsydd behandling med ISTDP [Tailored treatment with ISTDP]. *Insikten, nr 1*, 11–17.
57. **Lindert, P., Claesson, K. & Lilliengren, P.** (2011). Affektfokuserad psykoterapi i praktiken – konsekvenser för psykoterapeuter i utbildning och handledning [Affect-focused psychotherapy in practice – consequences for psychotherapists in training and supervision]. *Insikten, nr 2*, 23–28.
58. **Lilliengren, P.** (2009). En integrerad psykodynamisk modell för behandling av depression [An integrated psychodynamic model for treating depression]. *Insikten, nr 4 (18)*, 42–44.
59. **Lilliengren, P., & Lindert, P.** (2007). Integration av psykodynamiska och beteendeterapeutiska principer vid behandling av affektfobier [Integration of psychodynamic and behavioural principles in the treatment of affect phobias]. *Sokraten, nr 1*, 5–8.
60. **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:

61. **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:

62. **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:

63. **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>
64. **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>