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Negative effects of psychotherapies for adult depression: A meta-analysis of deterioration rates

Pim Cuijpers , Mirjam Reijnders , Eirini Karyotaki , Leonore de Wit , David D. Ebert

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Highlights:

- Psychological treatments seem to reduce risk for deterioration compared to controls
- No indications of significant publication bias or moderators was found
- Only 6% of all trials comparing psychotherapy to controls report deterioration rates

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