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Childhood adversities as predictors of improvement in psychiatric symptoms and global functioning in solution-focused and short- and long-term psychodynamic psychotherapy during a 5-year follow-up

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**Highlights:**

- Less childhood separations from caregivers predict better outcomes of depressed and anxious adults in both short- and long-term psychotherapy.
- Early family unhappiness and parental problems respond well to psychodynamic therapies.
- Knowing a patient's early hardships may inform selecting the optimal type of psychotherapy.

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