

Table 2. Studies examining the effects of alexithymia on health outcomes with a prospective cohort design in clinical population.

Type of participants	Followup period	Type of treatment	Type of main outcome	N	Country	Ref. No.
Adverse effect						
Psychiatric inPT	4, 8-12 W	Multimodal psychotherapy	Global severity Index and depression severity	480	Germany	24
Substance users	10+15W	Motivational intervention	Response to treatment	260	USA	25
Psychiatric outPT	12-20 W	Short-term psychotherapy	Psychiatric symptomatology	251	Canada	26
Hemodialysis outPT	5 Y	Hemodialysis therapy	All cause mortality	230	Japan	27
Hemodialysis outPT	6 M	Hemodialysis therapy	Depression deterioration	230	Japan	28
OutPT with possible depression	6 Y	Psychotherapy	Recovery from depression	121	Finland	29
Veterans with military sexual trauma.	7 W	Specialized residential treatment	Symptom persistence	175	USA	30
Women taking elective surgical abortion	2 M	Surgical abortion	Re-experience and avoidance	140	Netherlands	31
OutPT with functional gastrointestinal disorders	6 M	Unspecified treatment	Response to treatment	112	Italy	32
PT taking implantable cardioverter defibrillator	2-5.5 Y	ICD placement	Posttraumatic stress	107	Switzerland	33
Eating disorder PT	3 Y	Drug treatment and psychotherapy	PT' compliance and types of treatments	102	France	34
Eating disorder PT	3 Y	Unspecified treatment	Response to treatment	102	France	35
OutPT with major depression	1 Y	Unspecified treatment	Response to treatment	86	Finland	36
PT with asthma	2 Y	Unspecified treatment	Emergency room visits and QOL (SF-36)	76	Spain	37
OutPT with major depression	10 W	Antidepressant	Reduction of depression severity	65	Turkey	38
PT with type 1 Diabetes	8 W	Inpatient treatment	Decrease in HbA1c	64	Belgium	39
Alcohol abuser	15 W	Inpatient treatment	Maintaining abstinent	46	France	40
PT with somatoform and anxiety disorders	2 Y	Inpatient treatment	Symptom persistence	30	Austria	41
Beneficial effect						
Cancer PT	6 M	Multicomponent psychological intervention	Pain	104	Italy	42
PT taking in vitro fertilization	6 M	In vitro fertilization	Delivery of a living infant	81	Greece	43
Colorectal cancer PT	3 Y	Surgery	QOL (SF-36)	60	Italy	44
Ulcerative colitis PT	17 M	Pelvic pouch surgery	Psychosocial adjustment	53	Sweden	45
Gynecologic PT	1 M	Laparoscopy or laparotomy	QOL (SF-36)	40	Italy	46
No association						
Psychiatric inPT	4, 8-12 W	Psychodynamic group therapy	Global severity Index and depression severity	297	Germany	47
OutPT with unexplained physical symptom	6 W	Unspecified treatment	Symptom persistence	127	Netherlands	48
Pregnant women	1 M	Unspecified	Depression development	149	Italy	49
PT with psoriasis	6 M	Cognitive behavioral therapy	Response to treatment	80	UK	50
Obese outPT	8 M	Behavioral program	Compliance and weight loss	68	Italy	51
InPT taking respiratory rehabilitation	4 W	Respiratory rehabilitation	Functional recovery	60	Italy	52
Panic disorder PT	6 M	CBT	Response to treatment	55	Switzerland	53
Psychiatric consultation outPT	1 Y	Psychotherapy	PT's compliance	54	Finland	54
OCD inPT	31-139 D	Multimodal CBT	Response to treatment	42	Germany	55
Bulimia nervosa PT	10 W	Drug treatment	Symptom improvements	41	England	56
CFS outPT	18 M	Unspecified treatment	Symptom improvements	40	Netherlands	57
OutPT with psoriasis	3 M	Dermatological treatment	Response to treatment	40	France	58
OCD inPT	6 Y	Inpatient treatment	OCD deterioration	34	Switzerland	59
Schizophrenia outPT	1 Y	Appropriate treatment	Symptom improvements	29	Italy	60
Eating disorder inPT	1 Y	Psychoeducation	Dietary restraint	19	Switzerland	61

PT=patient, OCD=obsessive-compulsive disorders, CFS=chronic fatigue syndrome, CBT=cognitive behavioral therapy, W=week, M=month, Y=year.