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Araştırma Makalesi

Interpersonal Psychotherapy: The Direction of Progress of an Evidence-Based Approach, A Bibliometric Analysis

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Makale Bilgisi

Keywords:

interpersonal psychotherapy, IPT, bibliometric analysis, psychotherapy

Abstract

Interpersonal Psychotherapy is a structured, time-limited therapy focusing on interpersonal issues. This study aims to describe publication trends, focus areas, authors, and publishers of research in Interpersonal Psychotherapy over the years, identify research gaps, and guide future research. In this study, bibliometric analysis was performed using VOSviewer bibliometric analysis software, employing citation analysis, bibliographic coupling, co-authorship analysis, and co-word analysis. Following this, thematic analysis was conducted on keyword clusters. The findings were visualized using clustering and visualization. Of the 2566 Interpersonal Psychotherapy studies obtained, 52.5% (N = 1346) were published in the Psychiatry category, 70.4% (N = 1805) in the Article type, 58.8% (N = 1507) in the United States, and 95% (N = 2438) in English. The first publication was in 1972, and the highest number of publications was in 2016 (N =127, 4.5%). Ellen Frank was the author with the most publications (N = 103, 4.02%), and Columbia University hosted the most publications (N = 248, 9.7%). The publications were mostly published (N = 479) and cited (N = 18667) in Elsevier journals. 173 distinct keywords were found distributed across 11 clusters in the publications. These keywords were discussed under the themes of Eating Disorders, Community & Global Mental Health, Perinatal Mental Health, Psychotherapy Process & Mechanisms, Medication & Therapy Comparison, and Developmental Interventions. This bibliometric analysis maps the current landscape of Interpersonal Psychotherapy research and identifies critical, understudied areas. While Interpersonal Psychotherapy research is diverse, future studies should prioritize vulnerable populations, psychosomatic illnesses, and neuroimaging methods.

Anahtar Kelimeler:

kişilerarası ilişkiler psikoterapisi, KİPT, bibliyometrik analiz, psikoterapi

Öz

Kişilerarası İlişkiler Psikoterapisi, kişilerarası sorunlara odaklanan yapılandırılmış, zaman sınırlı bir terapidir. Bu çalışma, yıllar içinde Kişilerarası İlişkiler Psikoterapisi alanındaki araştırmaların yayın eğilimlerini, odak alanlarını, yazarlarını ve yayıncılarını tanımlamayı, araştırma boşluklarını belirlemeyi ve gelecekteki araştırmalara rehberlik etmeyi amaçlamaktadır. Bibliyometrik analiz tasarımı ile atıf analizi, bibliyografik eşleştirme, ortak yazarlık analizi ve ortak kelime analizi kullanılarak VOSviewer bibliyometrik analiz yazılımı ile analiz gerçekleştirilmiştir. Ardından, anahtar kelime kümeleri üzerinde tematik analiz yapılmıştır. Bulgular kümeleme ve görselleştirme yöntemleri kullanılarak görselleştirilmiştir. Elde edilen 2566 Kişilerarası İlişkiler Psikoterapisi çalışmasının %52,5'si(*N* = 1346) psikiyatri kategorisinde, %70.4'ü(*N* = 1805) makale türünde, %58.8'i Amerika Birleşik Devletleri'nde (*N* = 1507) ve %95'i (*N* = 2438) İngilizce dilinde yayınlanmıştır. İlk yayın 1972 yılında yapılmış ve en yüksek yayın sayısına 2016 yılında (*N* =127, %4.5) ulaşılmıştır. En çok yayını olan yazar Ellen Frank (*N* = 103, %4.02) ve en çok yayın Columbia Üniversitesi (*N* = 248, %9.7) bünyesinde yapılmıştır. Yayınlar çoğunlukla Elsevier dergilerinde yayınlanmış (*N* = 479) ve atıf almıştır (*N* = 18667). Yayınlarda 11 kümeye dağılan 173 farklı anahtar kelime bulunmuştur. Bu anahtar kelimeler; yeme bozuklukları, toplum ve küresel ruh sağlığı, doğum öncesi ruh sağlığı, psikoterapi süreç ve mekanizmaları, ilaç-terapi karşılaştırması ve gelişimsel müdahalelerdir. Bulgular, Kişilerarası İlişkiler Psikoterapisi araştırmalarını haritalandırmakta ve az çalışılmış alanları göstermektedir. Gelecek çalışmalar savunmasız gruplara, psikosomatik hastalıklara ve nörogörüntülemeye öncelik vermelidir.

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Introduction

Interpersonal Psychotherapy (IPT) is a structured, time-limited, and empirically validated form of psychotherapy method originally developed for the treatment of depression but has since been applied to a variety of mental health conditions (Hızlı Sayar & Omay, 2019a). It is an approach grounded in emotions and life events that helps individuals overcome life crises (Markowitz, 2021). IPT is based on Attachment Theory and Interpersonal Theory (Hızlı Sayar & Omay, 2019b). This therapy is predicated on the idea that psychiatric symptoms emerge within an interpersonal context. Accordingly, recovery, in turn, focuses on and draws strength from relationships (Ravitz et al., 2019). By focusing on the connection between interpersonal relationships and psychological symptoms, IPT aims to address core problem areas, including grief/loss, role transitions, interpersonal role disputes, and interpersonal deficits (Didie, 2015).

In doing so, it focuses on resolving interpersonal problems and increasing social support. It focuses on emotional processing, interpersonal communication skills, interpersonal stress reduction skills, and social support (Hızlı Sayar & Omay, 2019b; Didie, 2015). IPT is organized according to guidelines and is typically administered once a week for 12-20 weeks, following the initial, middle, and termination phases (Murray et al., 2017). It is administered individually or in groups (IPT-Group), customized to the specific problem (IPT-Adolescents, IPT-Eating Disorders), and focuses on one or two interpersonal problem areas most relevant to the patient's current distress. Therapy increases social support and helps patients improve their communication and relationship skills.

Today, the effectiveness of IPT for depressive disorders, anxiety disorders, eating disorders, and post-traumatic stress disorder has been demonstrated by systematic reviews and meta-analyses across various populations, including adults, adolescents, and pregnant and postpartum women, with positive result (Bozzatello et al., 2023; Cuijpers et al., 2016; Miniati et al., 2014; Mychailyszyn & Elson, 2018; Sockol, 2018; Tang et al., 2023; Toledo, et al., 2022; Van Hees et al., 2013). Despite the expanding use of IPT and the positive evidence presented, no research has been found in the literature that broadly defines IPT studies. Therefore, the aim of this study is to describe the publication trends, focus areas, authors, and publishers of IPT research over the years, identify research gaps, and guide future research. Thus, it is aimed to see the point that IPT studies have reached from the past to the present, to determine the direction of progress of studies in the field, and to guide researchers who will work on the subject in the future by identifying research gaps.

Method

This study used a bibliometric analysis methodology. Bibliometric analysis involves collecting and analyzing publication data to map the intellectual structure of a discipline, evaluate research impact, and illustrate emerging trends. While systematic reviews and meta-analyses collect, examine, analyze and present evidence from different studies conducted on similar research topics, bibliometric analysis methodology focuses on relationships within the body of literature and pattern of scholarly productivity on a given topic (Ahn & Kang, 2018; Donthu et al., 2021; Passas, 2024).

Bibliometric analysis is widely used to identify influential authors, journals, and institutions, map collaboration networks, and identify research gaps (Hassan & Duarte, 2024).

In this study, the bibliometric analysis method was chosen to present the growing body of literature and evidence on IPT from a general perspective, to evaluate publication trends, and to identify research gaps. This method is the most appropriate for mapping IPT studies and demonstrating their trends.

Data Collection and Analysis Procedure

In this study, the bibliometric analysis followed several key steps: defining research objectives; conducting a literature search and data collection; cleaning and preprocessing the data; selecting bibliometric indicators; performing data analysis; and visualizing, interpreting, and reporting the results (Passas, 2024).

This study aimed to demonstrate IPT's publication trends, author and country collaborations over the years, identify publication gaps related to IPT, and offer recommendations for future studies.

A comprehensive literature search was conducted using the keywords "interpersonal psychotherapy" and "IPT" in the Web of Science Core Collection Database (WoSCC). All publications published between June 27, 2025, were included in the analysis. All descriptive data regarding the publications were obtained, including publication, publisher, author, language, country, institution, keyword, and collaborations.

This data was then transferred to VOSviewer bibliometric analysis software. Citation analysis, bibliographic coupling, co-citation analysis, co-authorship analysis, and co-word analysis were performed with this program. Furthermore, a thematic analysis was conducted on the cluster data related to the keywords. The findings were visualized using clustering and visualization. The results were then reported.

Ethical Statement

This study did not use any animal, human, or biological materials. Therefore, ethics committee approval is not required.

Results

Findings regarding the characteristics of IPT studies are presented below. As a result of the analysis, the number of publications obtained was 2566.

It was found that these publications were most frequently published in the Psychiatry category (*N* = 1346, 52.5%) (Table 1). IPT studies were most frequently published in the Article format (*N* = 1805, 70.4%). IPT studies were most frequently conducted in the USA (*N* = 1507, 58.8%) and published in English (*N* = 2438, 95%) (Table 2). An examination of the collaborations among countries on IPT reveals collaborations across seven distinct clusters. Furthermore, an examination of country trends over the years reveals that publications have emerged in recent years from Japan, China, Kenya, Iran, Ireland, Israel, Portugal, Poland, Pakistan, Chile, Scotland, Greece, and Singapore (Figure 1).

The first publication on IPT was in 1972. The most publications were made in 2016 (*N* = 127, 4.5%) (Table 3).

Table 1.

Distribution of IPT Studies by WOS Category

Web of Science categories	**Count (*N* = 2566)**	**%**
Psychiatry	1346	52.5
Psychology clinical	882	34.4
Psychology	259	10.1
Clinical neurology	191	7.45
Medicine general internal	130	5.07
Psychology multidisciplinary	128	4.99
Public environmental occupational health	115	4.49
Psychology developmental	114	4.45
Pediatrics	80	3.12
Nutrition dietetics	70	2.73
Neurosciences	69	2.69
Psychology psychoanalysis	58	2.27
Pharmacology pharmacy	56	2.19
Health policy services	55	2.15
Obstetrics gynecology	47	1.84
Geriatrics gerontology	46	1.80
Social work	42	1.64
Gerontology	41	1.60

Table 1. (cont.)

Distribution of IPT Studies by WOS Category

Nursing	40	1.56
Health care sciences services	38	1.49
Medicine research experimental	30	1.17
Psychology applied	30	1.17
Substance abuse	29	1.13
Family studies	24	0.94
Multidisciplinary sciences	20	0.78

Table 2.

Characteristics of IPT Studies

Document types	Count (N = 2566)	%
Article	1805	70.4
Review article	504	19.65
Proceeding paper	101	3.94
Meeting abstract	82	3.2
Book chapters	80	3.12
Book review	66	2.57
Editorial material	65	2.54
Early access	21	0.82
Letter	16	0.63
Correction	7	0.27
Retracted Publication	5	0.2
Note	4	0.15
Book	3	0.18
Reprint	1	0.04
Retraction	1	0.04
Countries		
USA	1507	58.8
England	277	10.8
Canada	236	9.2
Germany	213	8.3
Netherlands	162	6.3
Australia	125	4.88
Italy	91	3.55
Sweden	55	2.15
Peoples R China	54	2.1
Spain	42	1.64

Table 2. (cont.)

Characteristics of IPT Studies

Languages		
English	2438	95
German	79	3.08
French	25	0.98
Spanish	10	0.4
Italian	7	0.27
Korean	2	0.08
Polish	2	0.08
Russian	2	0.08
Turkish	1	0.04

Table 3.

Distribution of IPT Studies by Year

Years	Count (*N* = 2566)	%	Years	Count (*N* = 2566)	%
2025	51	1.988	2000	36	1.403
2024	90	3.507	1999	49	1.91
2023	95	3.702	1998	35	1.364
2022	103	4.014	1997	36	1.403
2021	113	4.404	1996	41	1.598
2020	110	4.287	1995	23	0.896
2019	108	4.209	1994	28	1.091
2018	108	4.209	1993	14	0.546
2017	111	4.326	1992	12	0.468
2016	127	4.5	1991	7	0.273
2015	96	3.741	1990	3	0.117
2014	101	3.936	1989	3	0.117
2013	98	3.819	1988	2	0.078
2012	120	4.677	1987	7	0.273
2011	81	3.157	1986	5	0.195
2010	100	3.897	1985	7	0.273
2009	81	3.157	1984	1	0.04
2008	110	4.287	1983	4	0.156
2007	87	3.39	1981	1	0.04
2006	75	2.923	1980	2	0.078
2005	60	2.338	1978	1	0.04
2004	53	2.065	1977	1	0.04
2003	47	1.832	1973	1	0.04
2002	59	2.3	1972	1	0.04
2001	41	1.598			

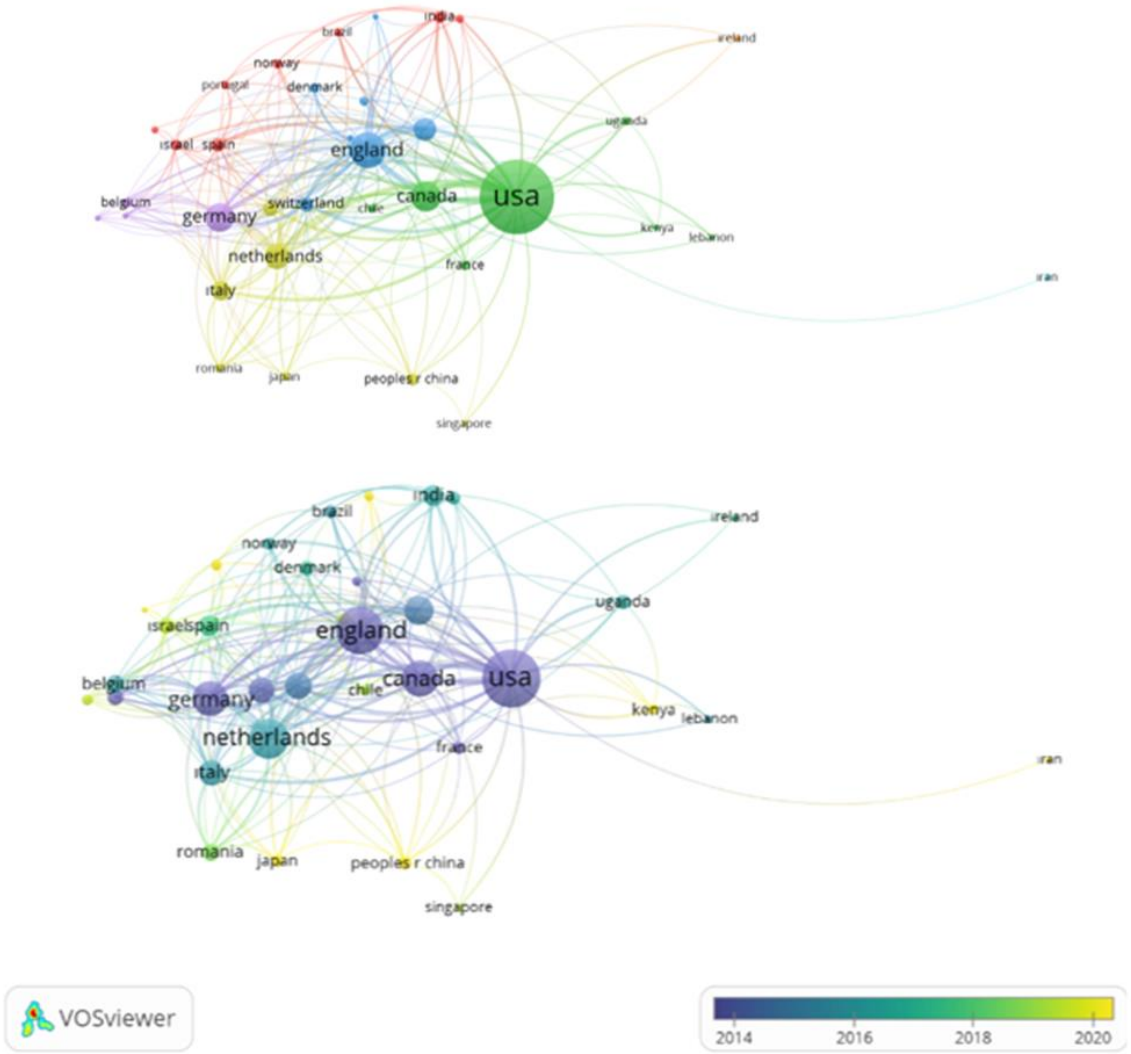

Figure 1.

Country Groups and Collaborations

The highest number of publications on IPT were found to have been published at Columbia University (*N* = 248, 9.7%). A total of 7,057 authors were found to have worked on IPT. The highest number of publications belonged to Ellen Frank, a professor of Clinical Psychology and Psychiatry (*N* = 103, 4.02%). Frank primarily conducts her research at the University of Pittsburgh, which was found to have the third highest number of publications on IPT. The highest number of publications were found in journals owned by Elsevier (*N* = 479). The most cited publications were also in journals owned by Elsevier (*citations* = 18667) (Table 4).

Table 4.

Authors, Institutions and Sources of IPT Studies

Author		Count (*N*= 2566)	%
	Frank E	103	4.02
	Cuijpers P	72	2.806
	Markowitz JC	71	2.767
	Kupfer DJ	61	2.377
	Mufson L	60	2.338
	Reynolds CF	47	1.832
	Wilfley DE	45	1.754
	Schramm E	40	1.56
	Weissman MM	40	1.56
	Houck PR	39	1.52
Affiliations			
	Columbia University	248	9.7
	Pennsylvania Commonwealth System of Higher Education Pcshe	227	8.846
	University of Pittsburgh	206	8.028
	New York State Institute of Psychiatry	181	7.054
	Vrije University Amsterdam	108	4.21
	University of London	103	4.014
	Harvard University	97	3.78
	University of Toronto	97	3.78
	Western Psychiatric Institute Clinic of Upmc	96	3.741
	University of California System	87	3.4
Source			Citations
	Elsevier	479	18.667
	Wiley	358	13.952
	Springer Nature	284	11.068
	Taylor & Francis	187	7.288
	Amer Psychological Assoc	145	5.651
	Cambridge Univ Press	126	4.910
	Sage	97	3.780
	Amer Psychiatric Publishing, Inc	93	3.624
	Lippincott Williams & Wilkins	89	3.468
	Amer Medical Assoc	64	2.494
	Frontiers Media Sa	42	1.637
	Physicians Postgraduate Press	42	1.637

Research on the topic found 173 different keywords used in 11 clusters. The most frequently used keyword was depression, followed by psychotherapy (Figure 2). Looking at the change in keywords and therefore publication topics over the years, social support, adolescent, PTSD, binge-eating disorder, postpartum depression, and depressive disorder were the most frequently used (Figure 3).

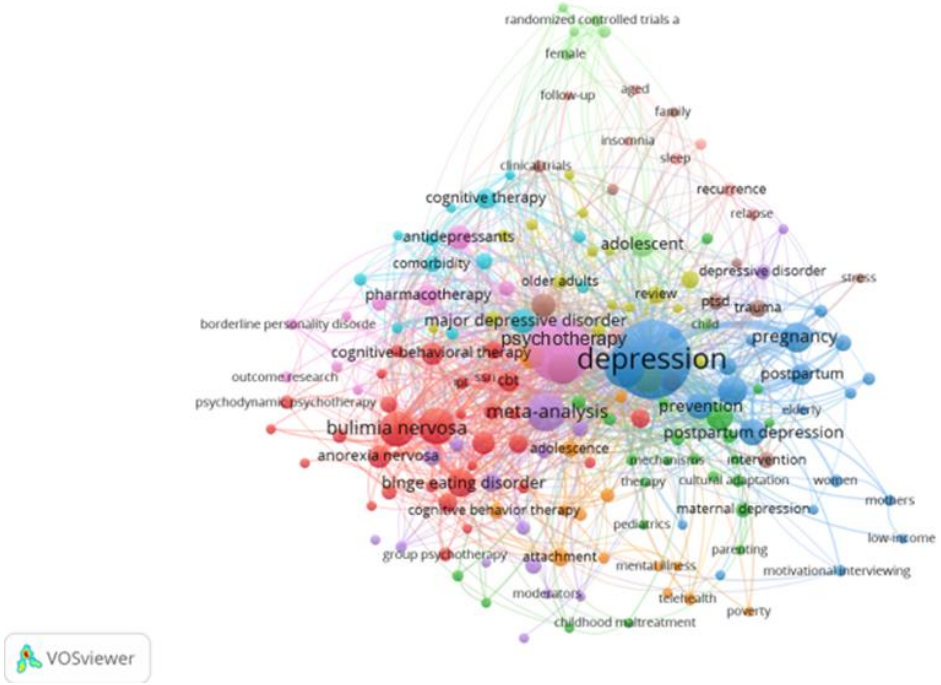

Figure 2.

Keyword Clusters

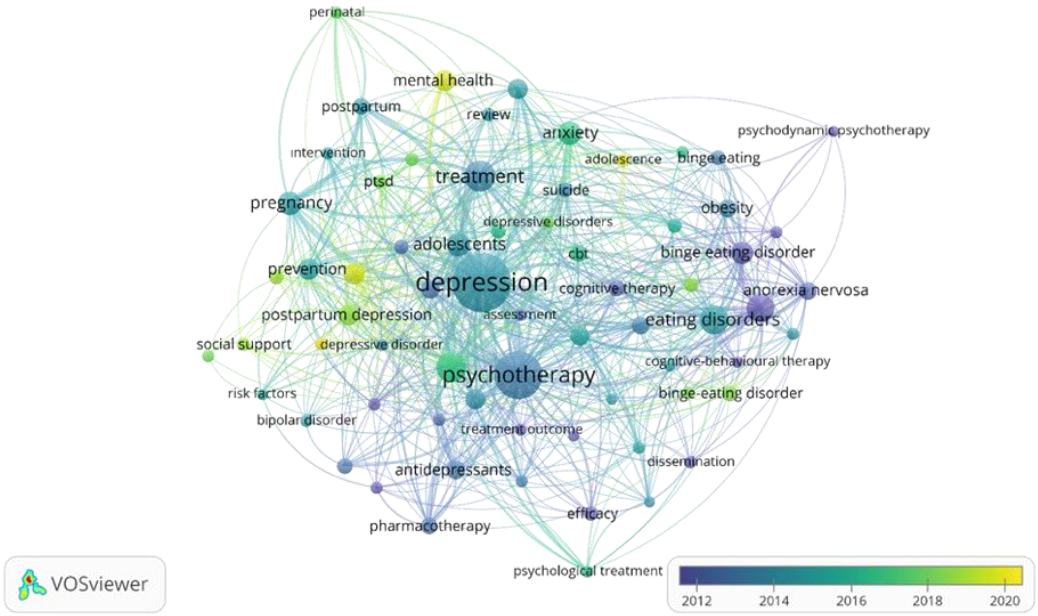

Figure 3.

Changes in Keywords Over The Years

The VOSviewer software clusters keywords based on their frequency and co-occurrence across all documents. This clustering only quantitatively reflects frequency and co-occurrence; the software does not provide an explanation of why these keywords are used together. Therefore, the clustering created by the VOSviewer software was first examined. It determined that the 173 keywords used in IPT-related publications were clustered into 11 clusters. Then, how the software combined these 173 keywords was examined. To understand why the keywords came together to form a cluster, the clusters were given meanings and names (Figure 4). For example, Cluster 1 contains the keywords "eating disorders, binge-eating disorder, bulimia nervosa, anorexia nervosa, obesity, evidence-based practice, guidelines, and randomized controlled trial." This cluster, compiled by the software, refers to "eating disorders" and the evidence-based approaches used in this regard (Figure 4).

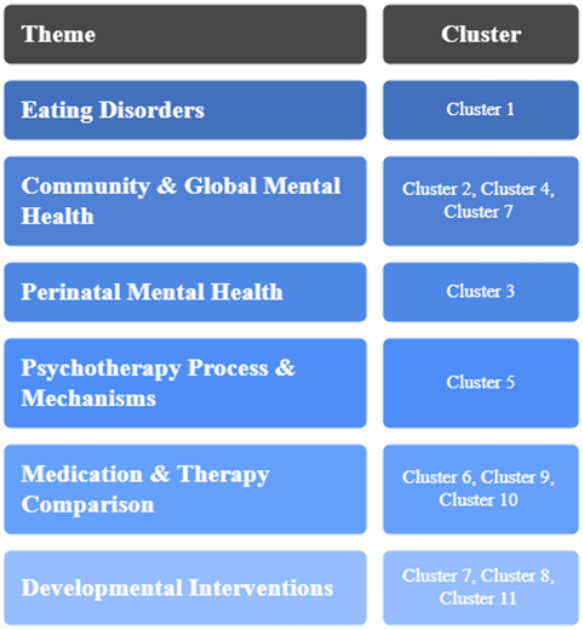

Figure 4.
Thematic Analysis of Keywords

Theme 1. Eating Disorders

The 31 keywords in Cluster 1 comprise this theme. This cluster focused on conditions such as eating disorders (eating disorders, binge-eating disorder, bulimia nervosa, anorexia nervosa, obesity) and included specific therapies developed to address them, such as IPT, CBT, and self-help. This cluster also included keywords such as "evidence-based practice, guidelines, and randomized controlled trial". This reflects the evidence base for IPT publications on eating disorders and research on its real-world dissemination.

Theme 2. Community & Global Mental Health

This theme consists of Cluster 2 (23 keywords), Cluster 4 (17 keywords), and Cluster 7 (14 keywords). These clusters demonstrate that mental health and IPT practices are being addressed not only as clinical phenomena but also from a public health perspective. Interventions involving "cultural adaptation, counseling, psychosocial interventions, screening, training, and supervision" are seen for "maternal depression, perinatal, women, older adults, and youth" populations within the context of "primary care, global mental health, public health, risk factors, low-income, poverty, Uganda, and war." These keywords indicate IPT interventions in vulnerable populations and resource-limited settings.

Theme 3. Perinatal Mental Health

The 22 keywords in Cluster 3 constitute this theme. These keywords refer to IPT studies focusing on the mental health of women during the prenatal, pregnancy, and postpartum periods, particularly depression. Keywords like "prevention" and "screening" in this cluster demonstrate IPT's emphasis not only on treatment but also on preventive mental health.

Theme 4. Psychotherapy Process & Mechanisms

The 16 keywords in Cluster 5 constitute this theme. These keywords are primarily related to the methodology and mechanisms of IPT research. These include studies that examine how and why treatments work, rather than specifically addressing a specific disorder. The keywords what works?: "efficacy," "effectiveness," "outcome," and how works?: "mechanisms," "therapeutic alliance," "sudden gains," "predictors," and "moderators" support this theme.

Theme 5. Medication & Therapy Comparison

This theme is comprised of Clusters 6 (14 keywords), Cluster 9 (10 keywords), and Cluster 10 (8 keywords). The keywords in these clusters indicate that the interaction between medication (antidepressants, fluoxetine) and psychotherapy (IPT, behavior therapy, cognitive therapy) is being studied, particularly in common mental illnesses such as depression and anxiety disorders. Furthermore, the keyword "combined treatment" indicates studies examining the combined effectiveness of IPT and medication.

Theme 6. Developmental Interventions

This theme is comprised of Clusters 7 (14 keywords), 8 (11 keywords), and 11 (7 keywords). The keywords in these clusters represent IPT studies focusing on child and adolescent mental health from a developmental perspective. This is supported by keywords

focusing on developmental stages ("child," "adolescent," "youth," "aged," "adult"), trauma ("ptsd," "war," "trauma"), school environment ("school"), family dynamics ("family," "parenting"), and innovative intervention methods ("telehealth").

Discussion

The diversity of countries in IPT studies, along with cross-national collaborations, and the emergence of global and culturally relevant keywords, demonstrate that IPT is gaining worldwide recognition, being used and researched in diverse countries and cultures. This bibliometric analysis demonstrates that the existing IPT research literature focuses primarily on common mental disorders (depression, anxiety, eating disorders, PTSD) and specific populations. Overall, IPT appears to provide evidence-based solutions to mental health problems that pose a significant public health burden.

The increasing number of studies over the years indicates that IPT is becoming more widely used, its effectiveness and outcomes are being evaluated more thoroughly, and evidence is being presented. The fact that IPT studies are published across a wide range of fields, from psychiatry to neuroscience, obstetrics, and nursing, demonstrates that IPT is effective across diverse populations and conditions. The themes derived from keywords, in particular, provide a more detailed overview of the scope of IPT research and its application areas. While depression treatment, which was its initial focus, continues to hold its place, areas of focus on eating disorders, PTSD, anxiety disorders, and mental health protection are becoming increasingly prominent. The keywords indicate that IPT studies have been conducted with samples spanning a wide range of ages, from children to the elderly.

However, some research gaps need to be addressed to guide future research. IPT's focus on women's mental health is unique. Considering that women are a particularly vulnerable population due to the cultural, societal, and social risks they face, and that they also face certain developmental risks to mental health throughout their natural lives, IPT's focus on women's mental health is invaluable (Kendall-Tackett & Ruglass, 2017; Severson, 2021).

Another important finding from the keyword analysis is the shift in IPT studies from the dichotomy of psychotherapy or medication to a shift toward synergy. The use of the keywords "combined treatment" and "pharmacotherapy" in Theme 5, alongside IPT and other psychotherapy interventions, signals a significant paradigm shift in psychiatry. Until recently, psychotherapy and medication were often presented as competing paradigms. Today, however, the synergistic effects of psychotherapy and psychopharmacology are emphasized in treatment. There has been a shift from the question "Which is better?" to "When should we offer this patient, at this stage of illness, which one or combination?" The findings of this bibliometric analysis demonstrate that this new paradigm is being addressed in IPT studies.

However, according to the findings of the current bibliometric analysis, no keyword emerges as a key component of IPT for the mental health of LGBTQ+ individuals. The fact that IPT has not yet focused on topics such as the mental health needs of LGBTQ+ individuals, gender identity, and sexual orientation-based stressors, and the lack of emerging keywords on these topics, is a gap. IPT's focus on social support could be applied to other vulnerable populations, such as racial or cultural minorities, immigrants, and refugees, where increased social support is targeted. In the future, IPT should be explored not only for women but also for other vulnerable groups.

Another research gap that could be addressed in future studies could be the use of IPT for psychosomatic disorders that may arise from mind-body interactions. Based on the findings of the current bibliometric analysis, no keywords related to studies using IPT for psychosomatic illnesses are prominent. Given that social support can be protective in psychosomatic illnesses and influences coping and resilience, the use of IPT based on social support may present an opportunity for future research on psychosomatic illnesses (Bulut et al., 2024; Ramaiya, 2024; Sobhani et al., 2024).

Another identified gap is the need to support IPT intervention results with future neuroimaging studies. According to the findings of the current bibliometric analysis, no keywords related to neuroimaging studies related to IPT emerged. Just as the effectiveness of EMDR and CBT studies is currently supported by concrete methods such as fMRI, the results of IPT can also be supported in future studies. Such research would support the evidence-based nature of IPT (Pierce & Black, 2023).

Limitations

This study has some limitations. A single database was used in the study. Although this database contains high-quality publications with its indexes, some studies in other databases such as PubMed, Scopus, Cochrane, Google Scholar, may have been overlooked due to this limitation.

Declaration of Authors' Contributions:
This is a single-authored study; the author was solely responsible for all stages of the research.
Compliance with Ethical Standards:
This study did not use any animal, human, or biological materials. Therefore, ethics committee approval is not required.
Conflict of Interest:
The author declare that there is no conflicts of interest.
Informed Consent:
This study was not subject to the approval of an institutional review board as this was not required.
Financial Disclosure:
The author declared that this study has received no financial support.

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Kişilerarası İlişkiler Psikoterapisi: Kanıta Dayalı Bir Yaklaşımın İlerleme Yönü, Bibliyometrik Bir Analiz

Özet

Kişilerarası İlişkiler Psikoterapisi, başlangıçta depresyon için geliştirilmiş, ancak günümüzde çeşitli ruh sağlığı sorunlarına uygulanan yapılandırılmış, zaman sınırlı ve deneysel olarak doğrulanmış bir psikoterapi yöntemidir. Duygusal işleme, kişilerarası iletişim becerileri, kişilerarası stresi azaltma becerileri ve sosyal desteğe odaklanır. Kişilerarası İlişkiler Psikoterapisi, kılavuzlara göre düzenlenir ve genellikle başlangıç aşaması, orta aşama ve son aşamayı takiben 12-20 hafta boyunca haftada bir uygulanır. Günümüzde, Kişilerarası İlişkiler Psikoterapisi'nin depresif bozukluklar, anksiyete bozuklukları, yeme bozuklukları ve travma sonrası stres bozukluğu için etkinliği yetişkinler, ergenler, hamile ve doğum sonrası kadınlar dahil olmak üzere çeşitli popülasyonlarda yapılan sistematik incelemeler ve meta-analizlerin olumlu sonuçlarıyla kanıtlanmıştır. Bu çalışma, Kişilerarası İlişkiler Psikoterapisi'nin yıllar içindeki yayın eğilimlerini, yazar ve ülke iş birliklerini ortaya koymayı, Kişilerarası İlişkiler Psikoterapisi ile ilgili yayın boşluklarını belirlemeyi ve geleceğe yönelik öneriler sunmayı amaçlamaktadır. Bu amaçla çalışmada bibliyometrik analiz metodolojisi kullanılmıştır. Araştırma hedeflerinin belirlenmesi, literatür taraması ve veri toplama, veri temizleme ve ön işleme, bibliyometrik veri seçimi, veri analizi, görselleştirme, yorumlama ve raporlama bibliyometrik analiz adımları izlenmiştir. Bunun için Web of Science Core Collection Veritabanı'nda (WoSCC) "Interpersonal Psychotherapy" ve "IPT" anahtar kelimeleri kullanılarak literatür taraması yapılmıştır. Tüm zamanlardan 27 Haziran 2025 tarihine kadar yayınlanan tüm yayınlar dahil edilmiştir. Yayın, yayıncı, yazar, dil, ülke, kurum, anahtar kelime ve iş birlikleri dahil olmak üzere yayınlarla ilgili tüm tanımlayıcı veriler elde edilmiştir. Bu veriler daha sonra VOSviewer bibliyometrik analiz yazılımına aktarılmıştır. Bu programla atıf analizi, bibliyografik eşleştirme, ortak atıf analizi, ortak yazarlık analizi ve ortak kelime analizi yapılmıştır. Ayrıca, anahtar kelimelerle ilgili kümeleme verileri üzerinde tematik analiz uygulanmıştır. Bulgular kümeleme ve görselleştirme kullanılarak görselleştirilmiş ve sonuçlar raporlanmıştır. Analiz sonucunda 2566 yayın elde edilmiştir. Bu yayınların en sık "psikiyatri" kategorisinde (N = 1346, %52.5) yayınlandığı, çalışmaların en sık ABD'de yürütüldüğü (N = 1507, %58.8) ve İngilizce dilinde yayınlandığı (N = 2438, %95) belirlenmiştir. Kişilerarası İlişkiler Psikoterapisi ile ilgili ilk yayının 1972 yılında yapıldığı, en fazla yayının 2016 yılında (N = 127, %4.5) yapıldığı görülmüştür. En fazla yayının Columbia Üniversitesi bünyesinde (N = 248, %9.7) yayınlandığı ve konuyla ilgili çalışan toplam 7.057 yazardan en fazla yayına Ellen Frank'ın sahip olduğu bulunmuştur (N = 103, %4.02). En yüksek yayın sayısına Elsevier'e ait dergilerin sahip olduğu (N = 479) ve en çok atıf alan yayınların da Elsevier'a ait dergiler olduğu bulunmuştur (atıf = 18667). Konuyla ilgili araştırmada 173 farklı anahtar kelime kullanıldığı ve

anahtar kelimelerin 11 kümede toplandığı belirlenmiştir. Araştırmalarda en sık kullanılan anahtar kelime "depression" olurken; ikinci sırada "psychotherapy" anahtar kelimesi en sık kullanılmıştır. Yıllar içinde anahtar kelimelerin ve dolayısıyla yayın konularının değişimine bakıldığında, konu eğilimlerinin sosyal destek, ergenlik, travma sonrası stres bozukluğu, tıkınırcasına yeme bozukluğu, doğum sonrası depresyon ve depresif bozukluk yönünde olduğu görülmüştür. Anahtar kelimelerin tematik analizinde altı tema ortaya çıkmıştır. Bu temalar yeme bozuklukları, toplum ve küresel ruh sağlığı, doğum öncesi ruh sağlığı, psikoterapi süreci ve mekanizmaları, ilaç ve terapi karşılaştırması ve gelişimsel müdahalelere odaklanmaktadır. Kişilerarası İlişkiler Psikoterapisi araştırmalarının yalnızca diğer psikoterapötik veya psikofarmakolojik yöntemlerle karşılaştırılmadığı, aynı zamanda kombine tedavinin önemine de odaklandıkları görülmüştür. Kişilerarası İlişkiler Psikoterapisi'nin LGBTQ+ bireyler, ırksal ve kültürel azınlıklar, göçmenler ve mülteciler gibi savunmasız gruplar arasında daha geniş uygulama ve araştırmaya ihtiyacı olduğu belirlenmiştir. Gelecekteki araştırmalarda, mevcut çalışma eksiklikleri göz önüne alınarak psikosomatik bozukluklar ve Kişilerarası İlişkiler Psikoterapisi'nin etkinliğini nörogörüntüleme yöntemleri kullanılarak ortaya koyan araştırmalar yapılması önerilmektedir.