

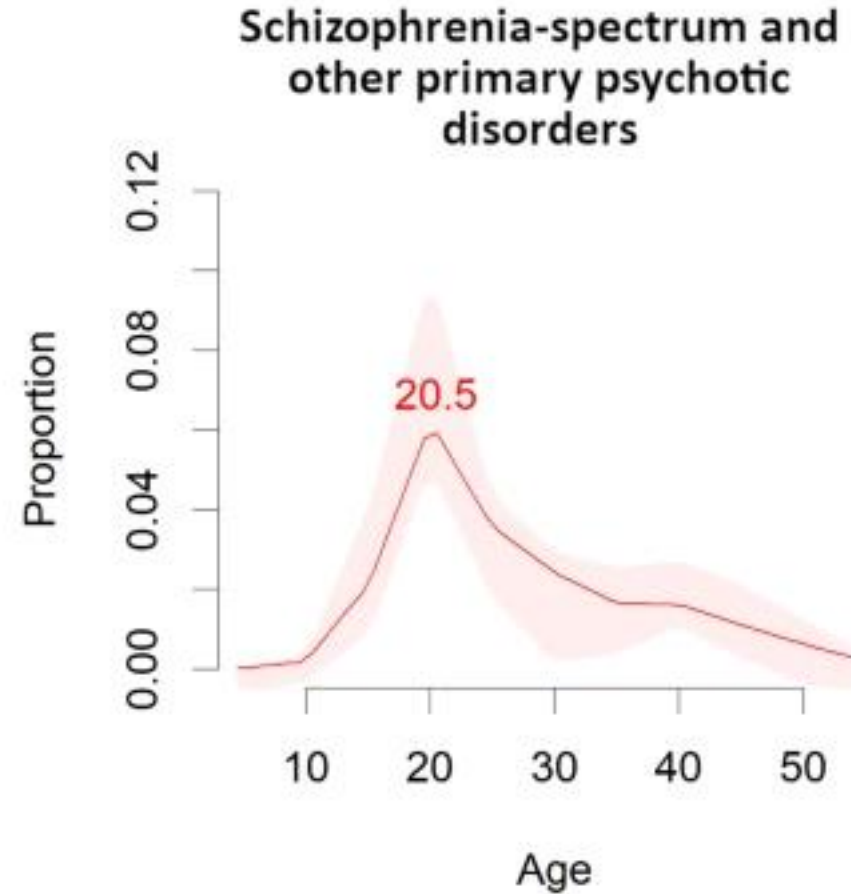
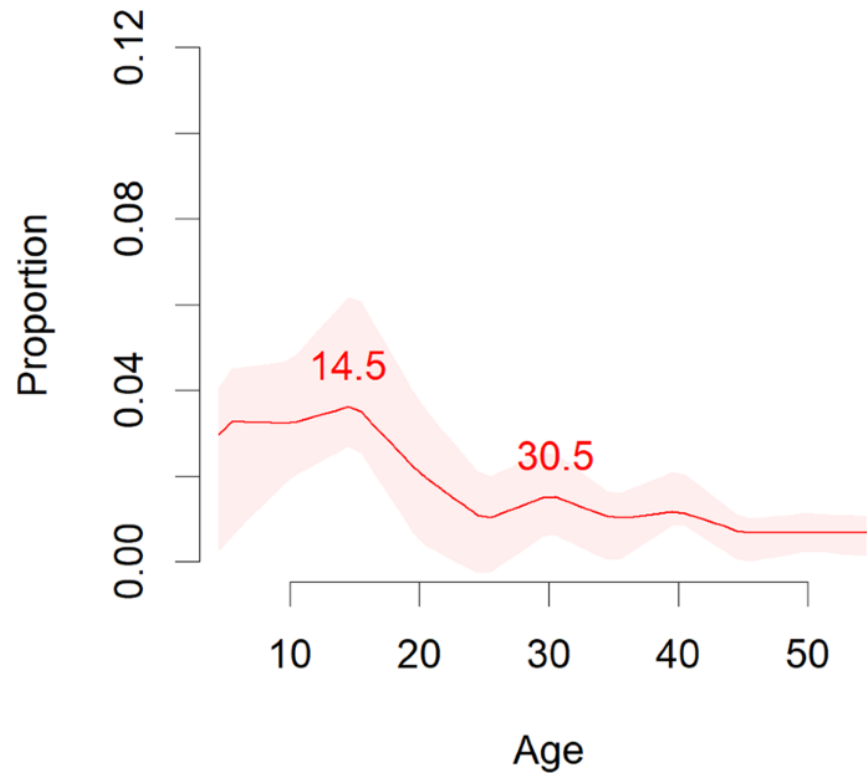


# Innovatieve interventies voor psychische aandoeningen bij jongeren

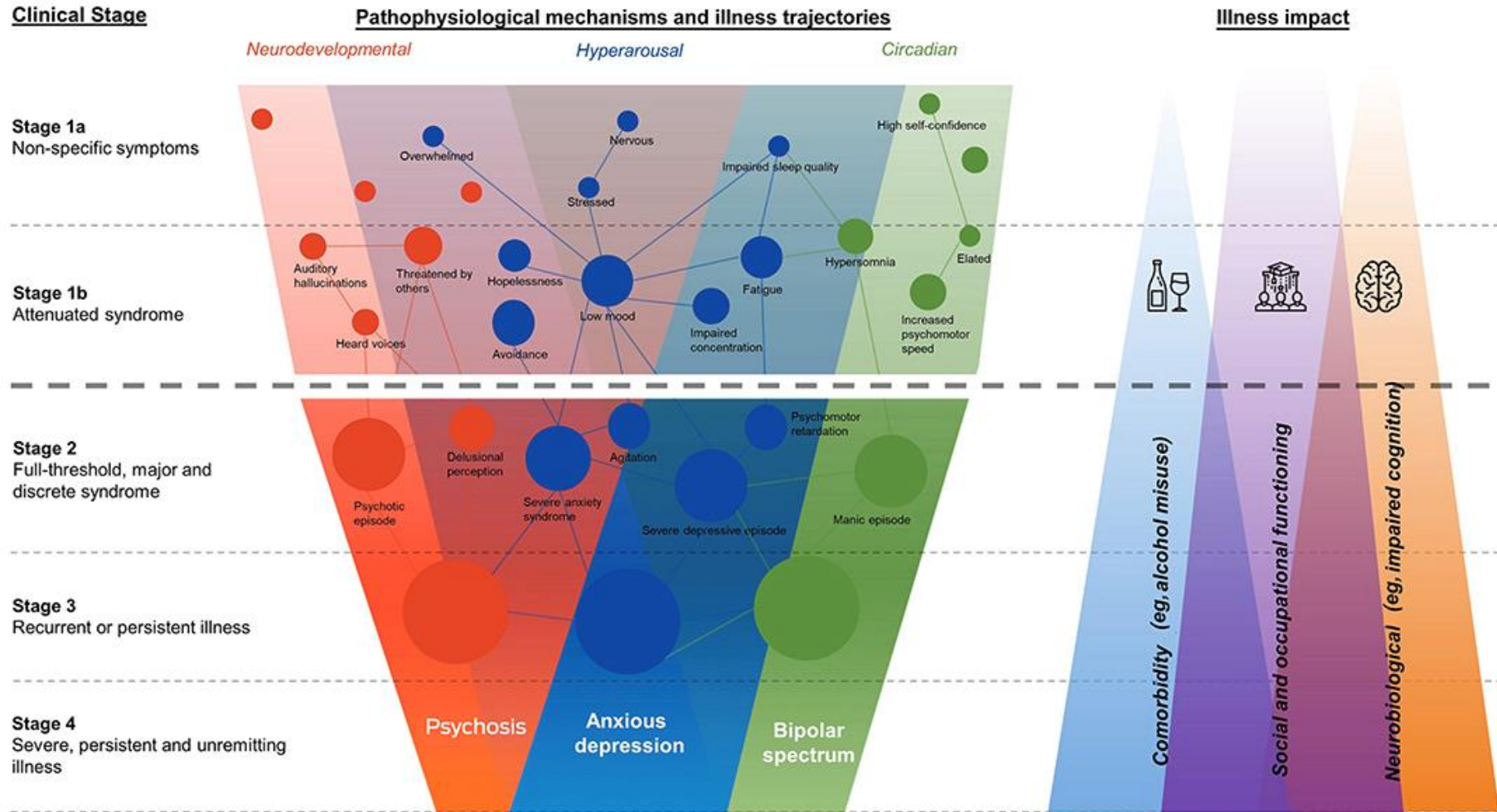
Prof. Inez Myin-Germeys  
Center for Contextual Psychiatry

Gent 06-10-2022

# Psychische aandoeningen

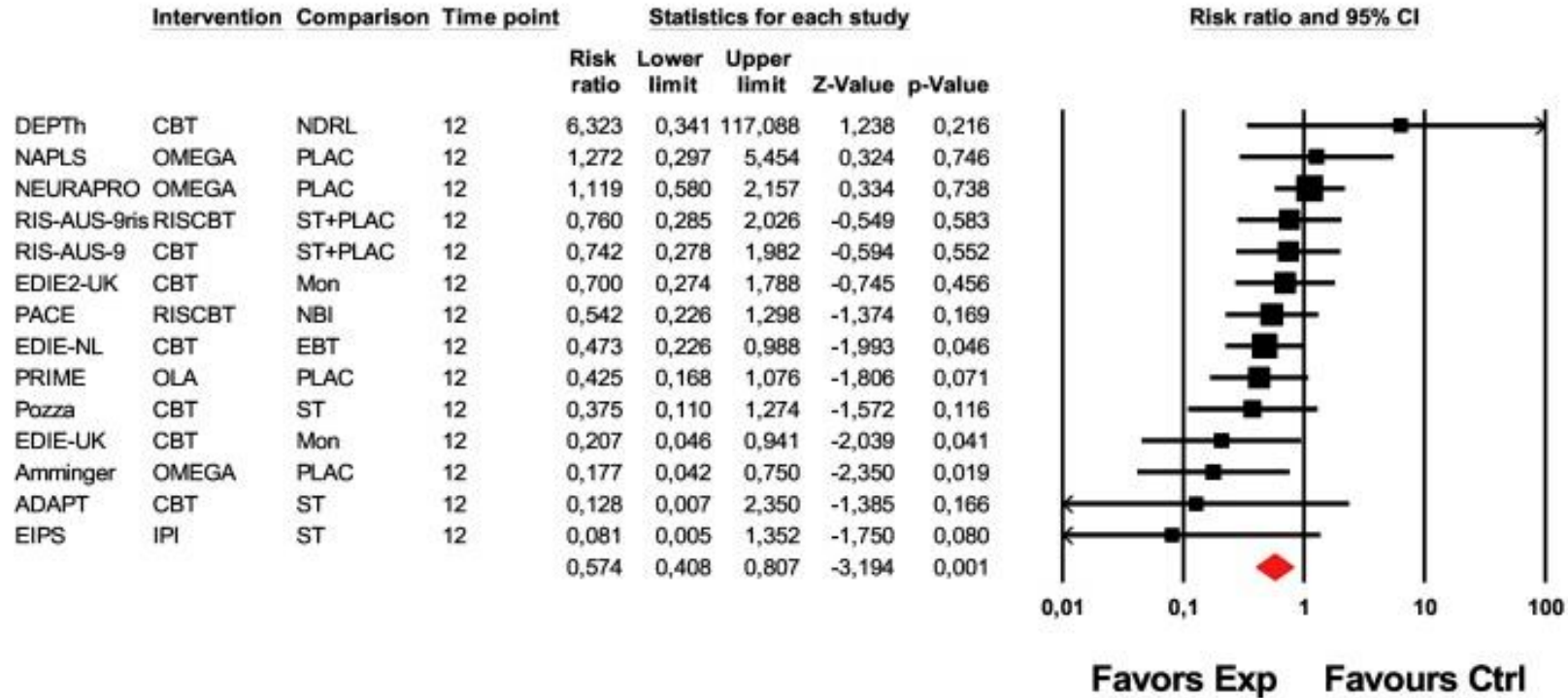


# Clinical staging model



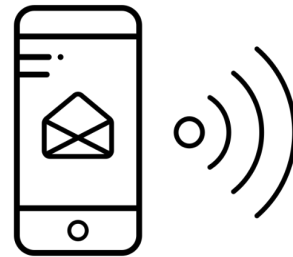
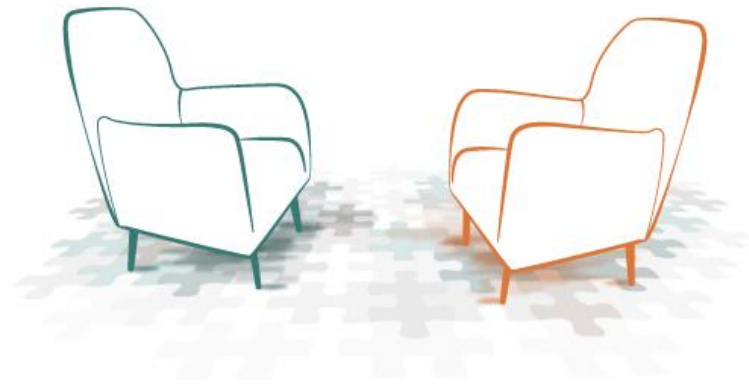
# Vroege interventie bij psychose

## Risk Ratios at 12-month follow-up



- 7 psychotherapie en 4 farmacologisch
- geen effect op functioneren, negatieve symptomen
- Effect sizes zijn klein

# Psychotherapie



# Ecological momentary interventions in psychiatry

Inez Myin-Germeys<sup>a</sup>, Annelie Klippel<sup>a,b</sup>, Henrietta Steinhart<sup>a,b</sup>,  
and Ulrich Reininghaus<sup>a,b</sup>



- Deliver therapy in the real world
- At moments when it is most needed
- Round the clock-support
- Induce sustainable change

**Blended care** intervention =

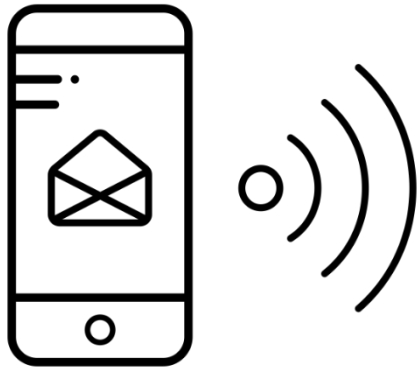
Face-to-face sessions +

**Ecological Momentary Intervention**





# The Experience Sampling Method



- ✓ 10 times a day
- ✓ 6 consecutive days
- ✓ at random moments

DAY 1

DAY 2

DAY 3

DAY 4 (day 4 in detail)

DAY 5

DAY 6

Beep 1

Beep 2

Beep 3

Beep 4

Beep 5

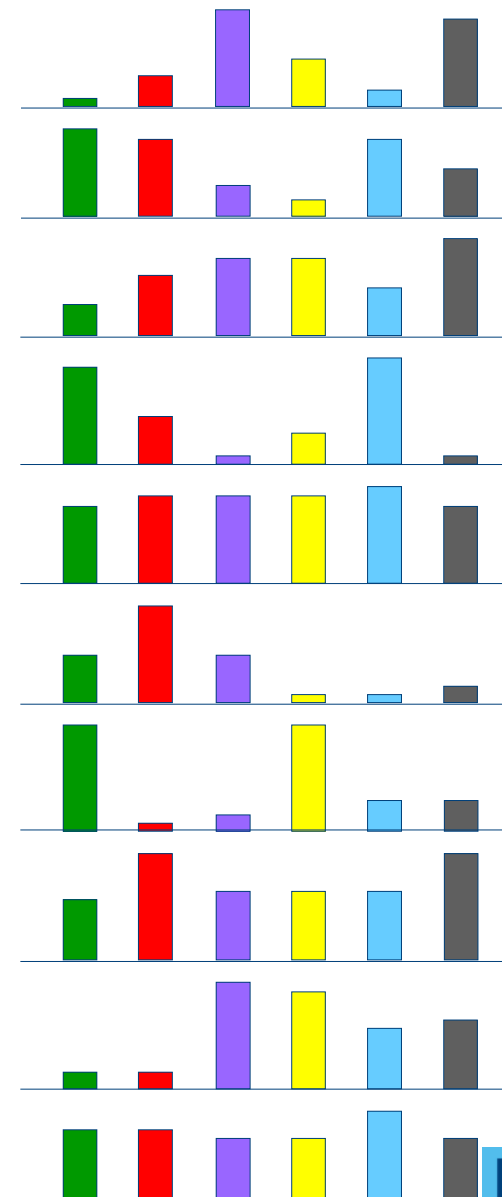
Beep 6

Beep 7

Beep 8

Beep 9

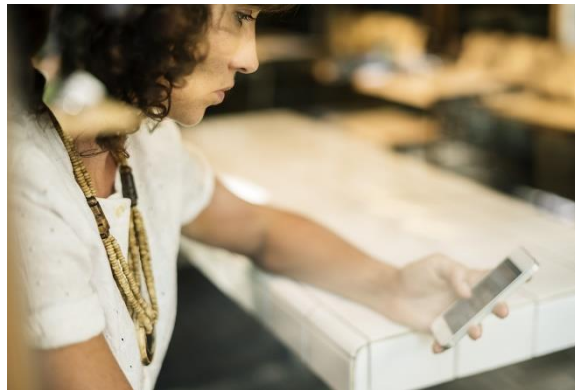
Beep 10





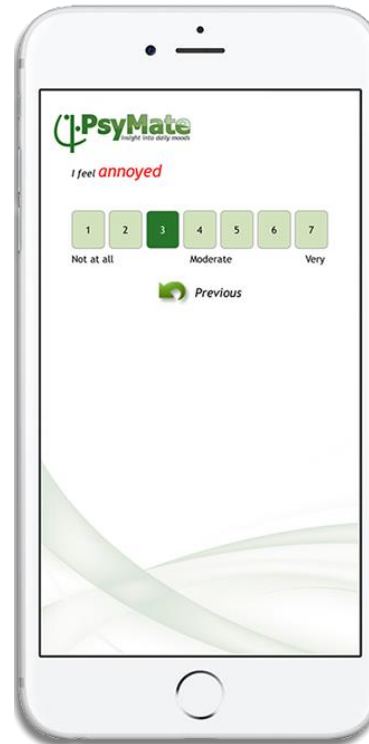


8 sessions

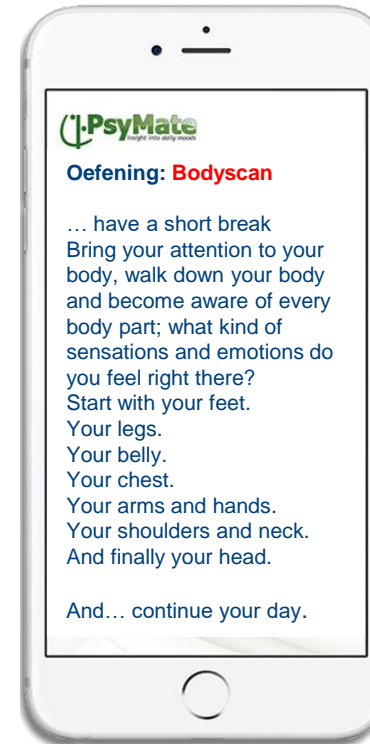


ACT-DL

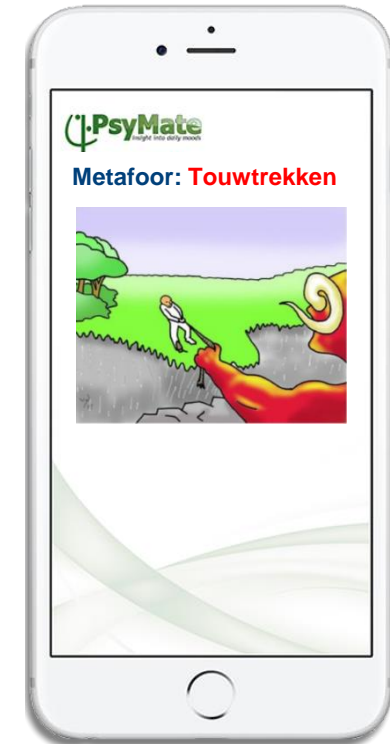
8 beeps/ day for 3 days



Beep Questionnaires

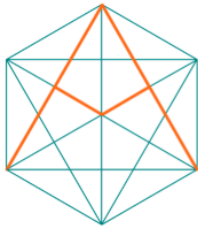


ACT exercises

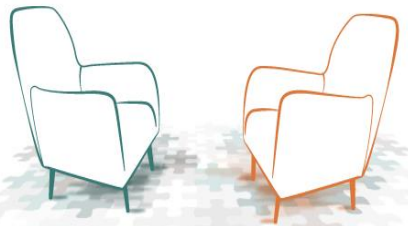


ACT metaphors

# INTERACT



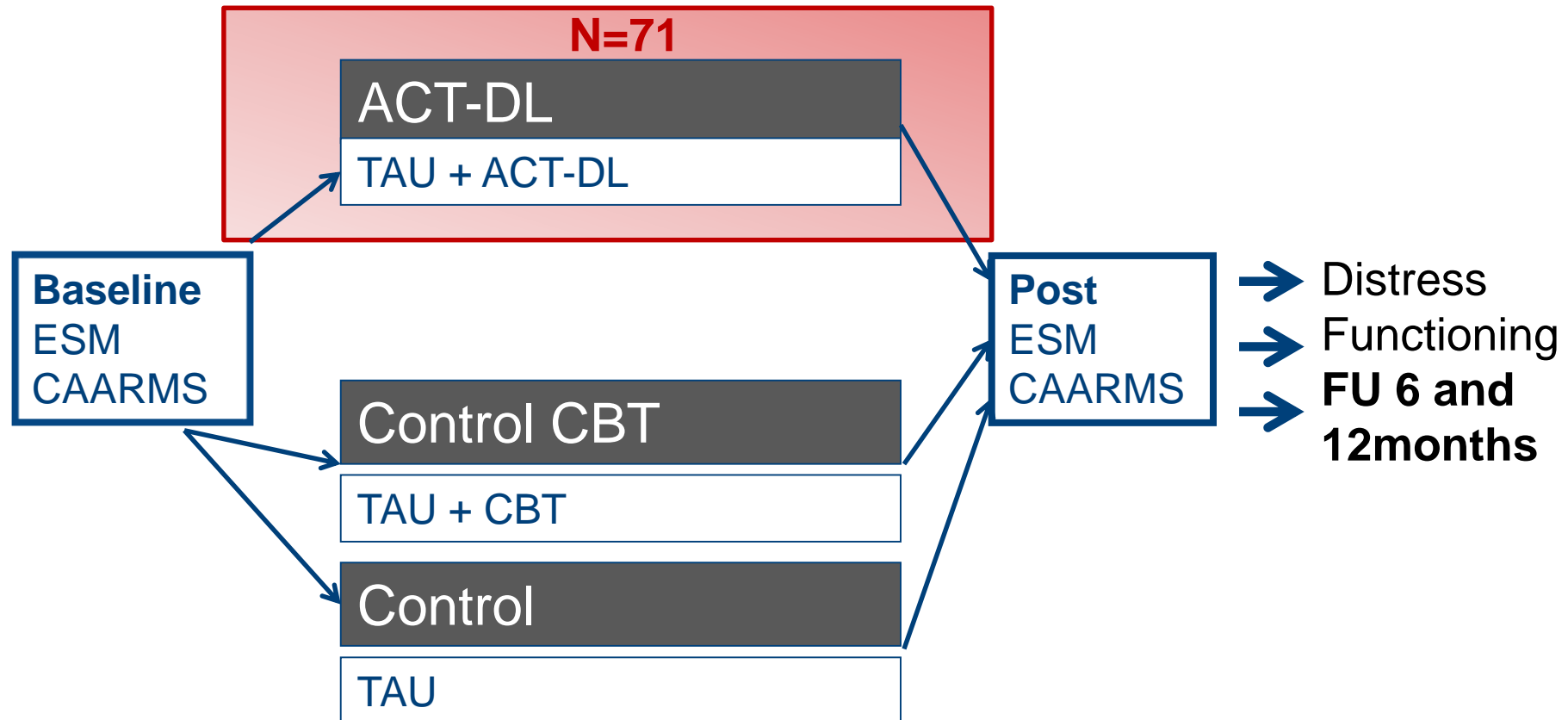
- **TAU in The Netherlands**
  - Assertive Community Treatment
  - Individual therapy, mostly CBTp
  - Pharmacological treatment
- **TAU in Belgium**
  - Individual counselling
  - Group therapy
  - Pharmacological treatment

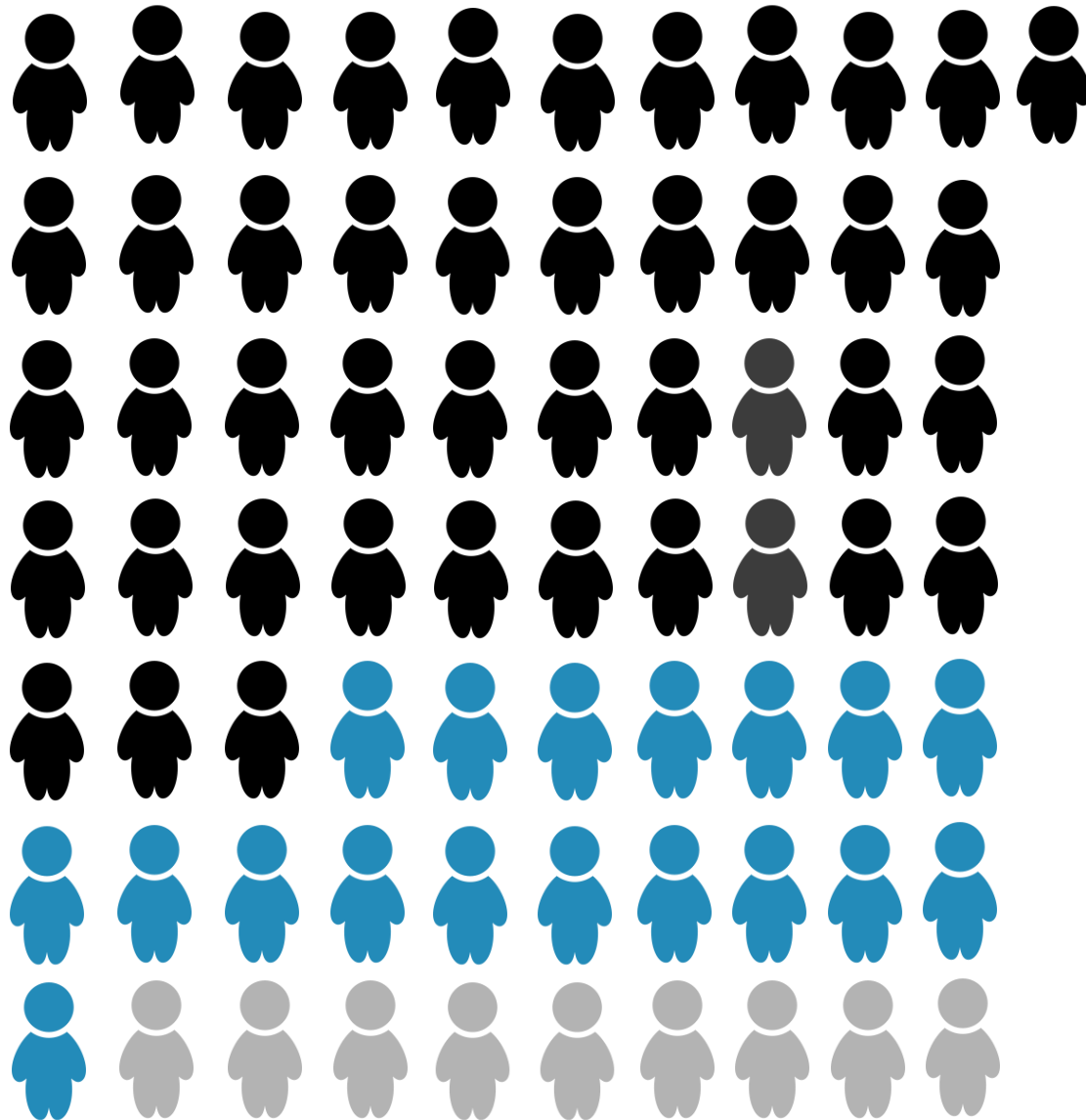


TAU

TAU + CBT









ACT-DL face-to-face

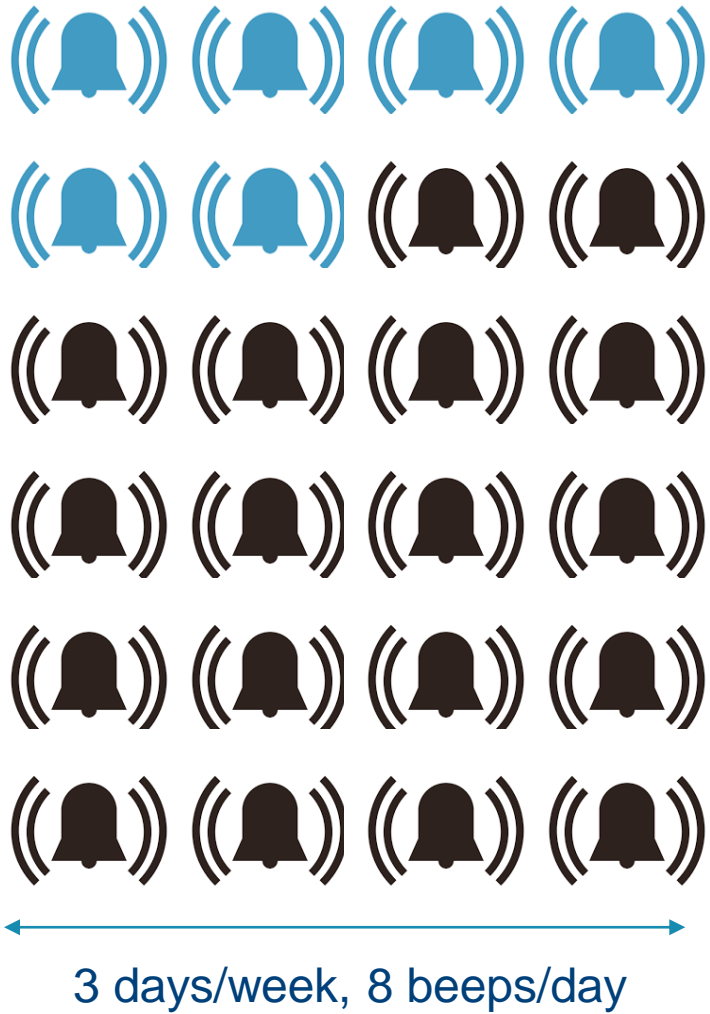
8 sessions

Mean 6 (SD=3) / 8  
sessions

 Completers: **all sessions**  
N=44 (62%)

 Non-completers: **0 sessions**  
N=9 (13%)

 Non-completers: **1-7 sessions**  
N=18 (25%)



**ACT-DL app**

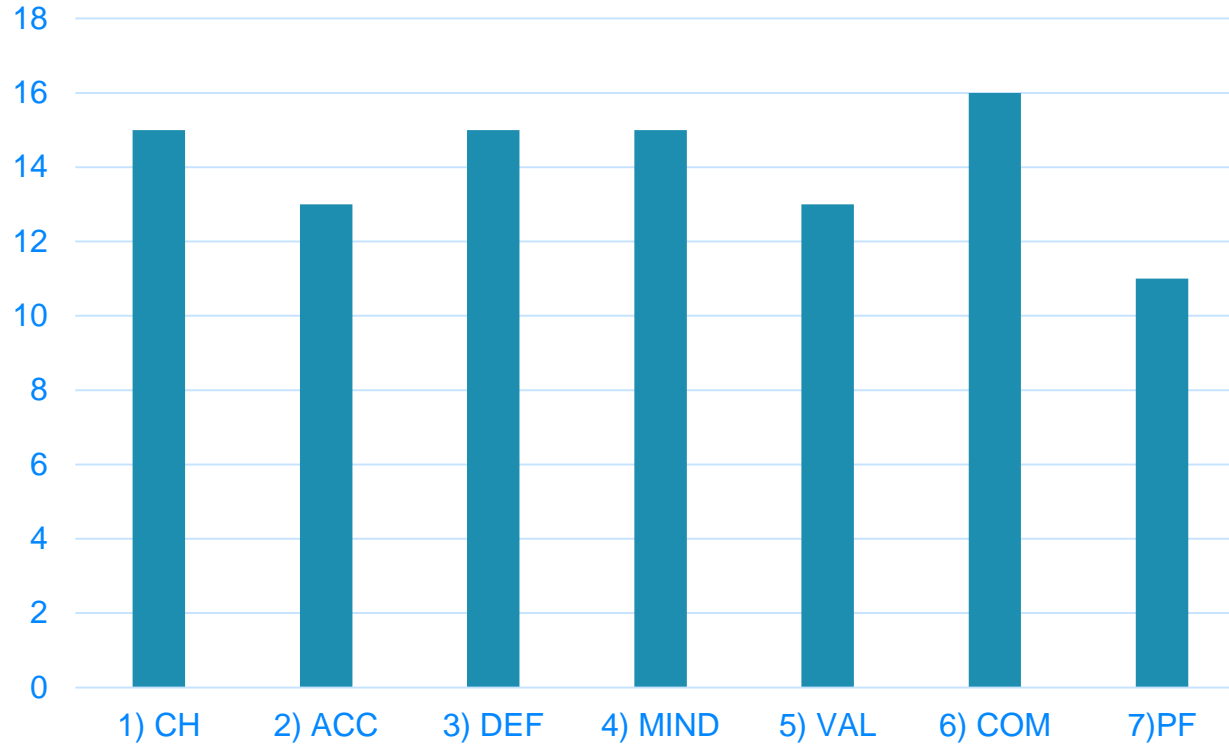
**6/24 beeps**

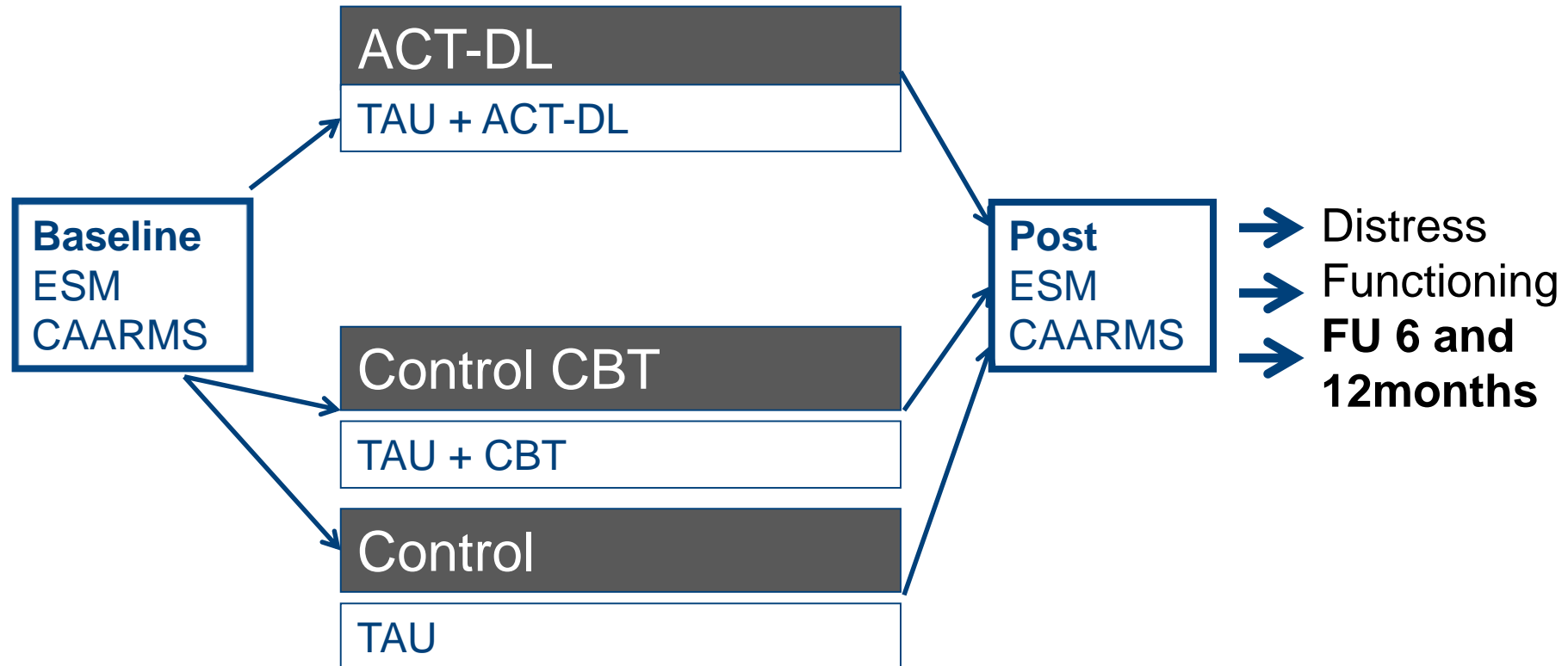
**Adherence: 25%**

# Adherence



Number of interactions with the app



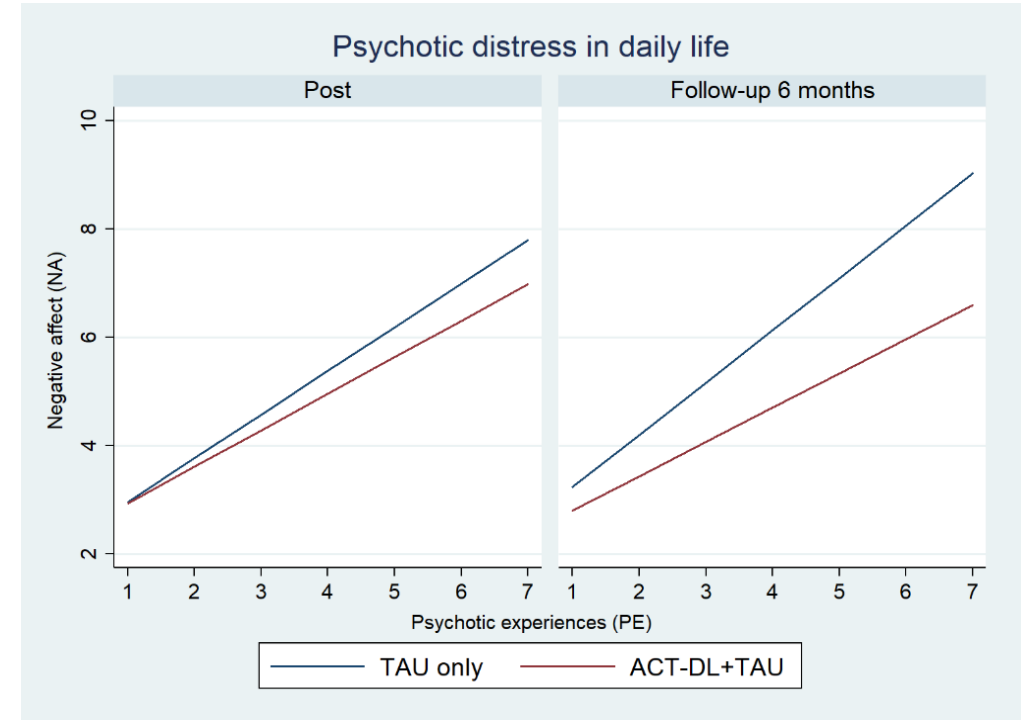
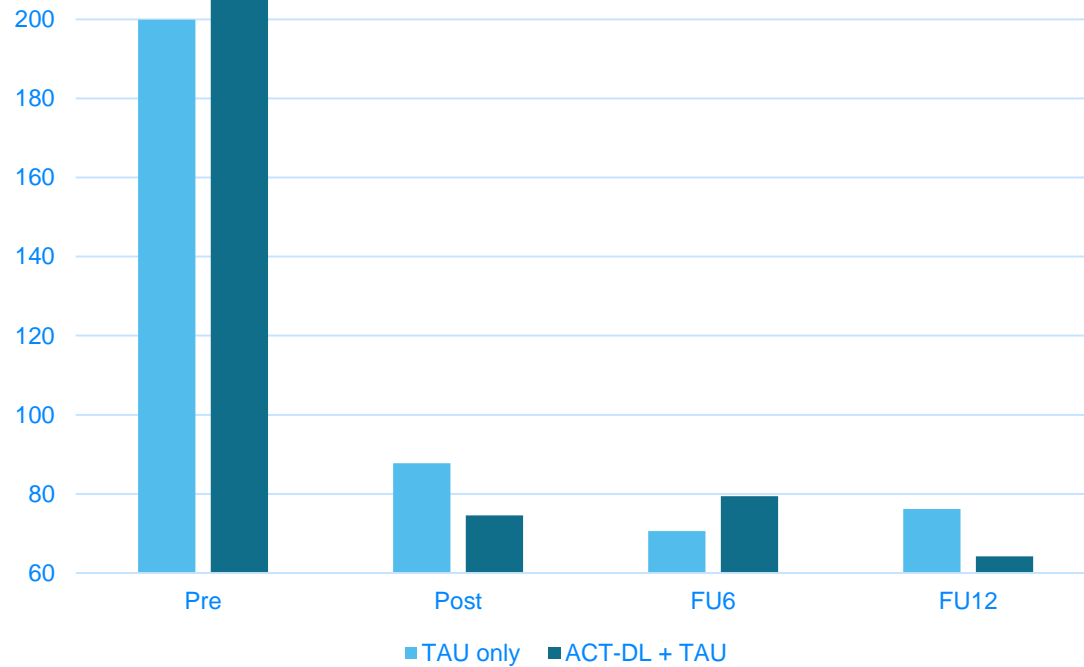




# Efficacy



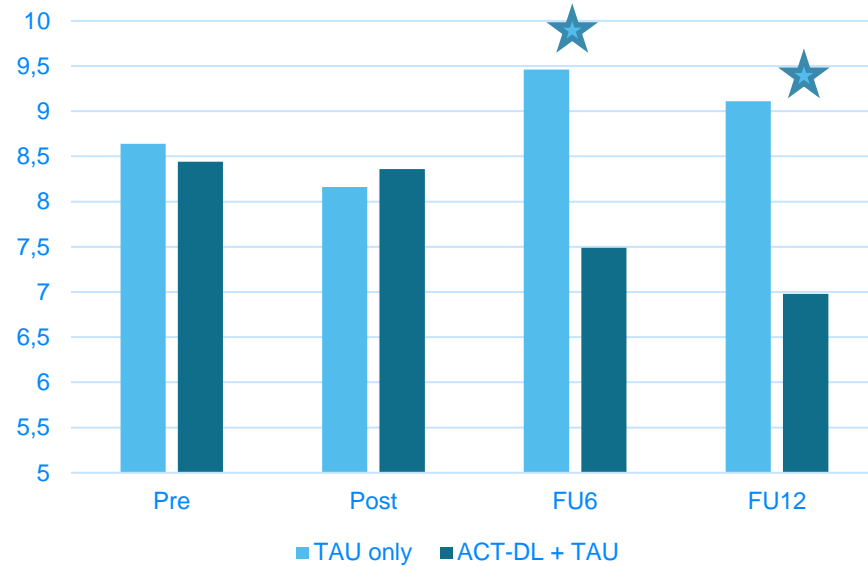
## Psychotic distress (CAARMS)



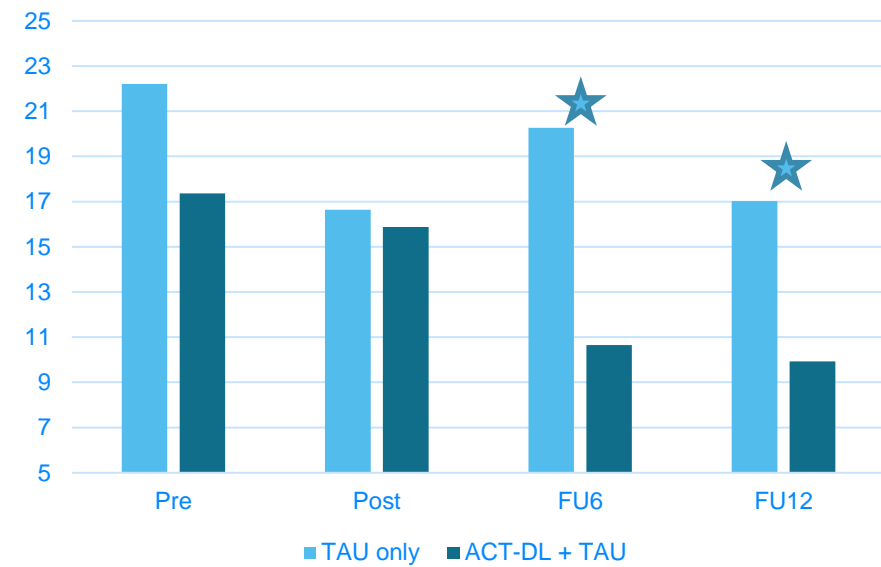
# Efficacy



Severity of negative symptoms (BPRS)



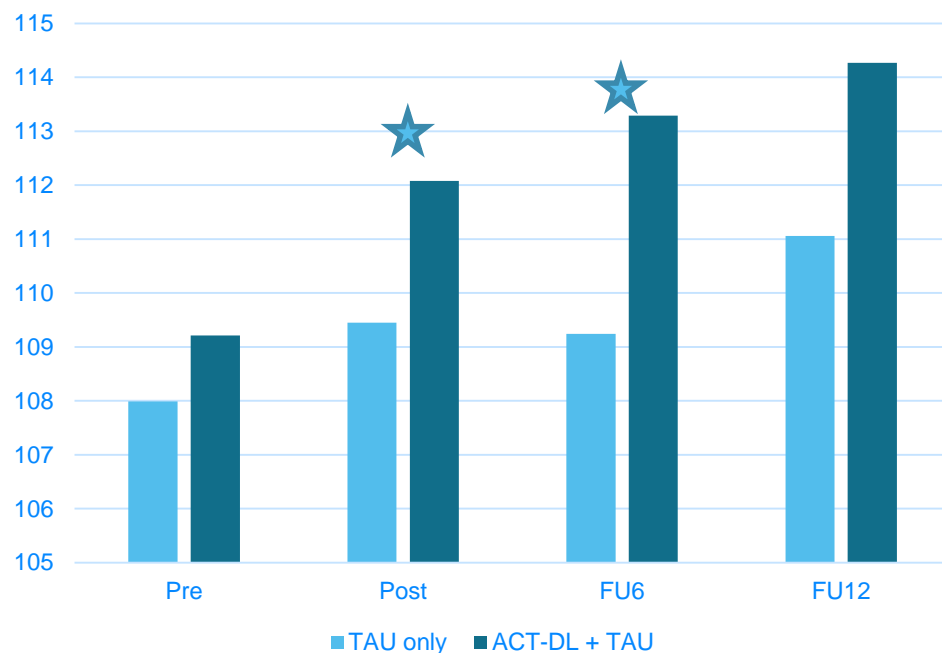
Severity of negative symptoms (BNSS)



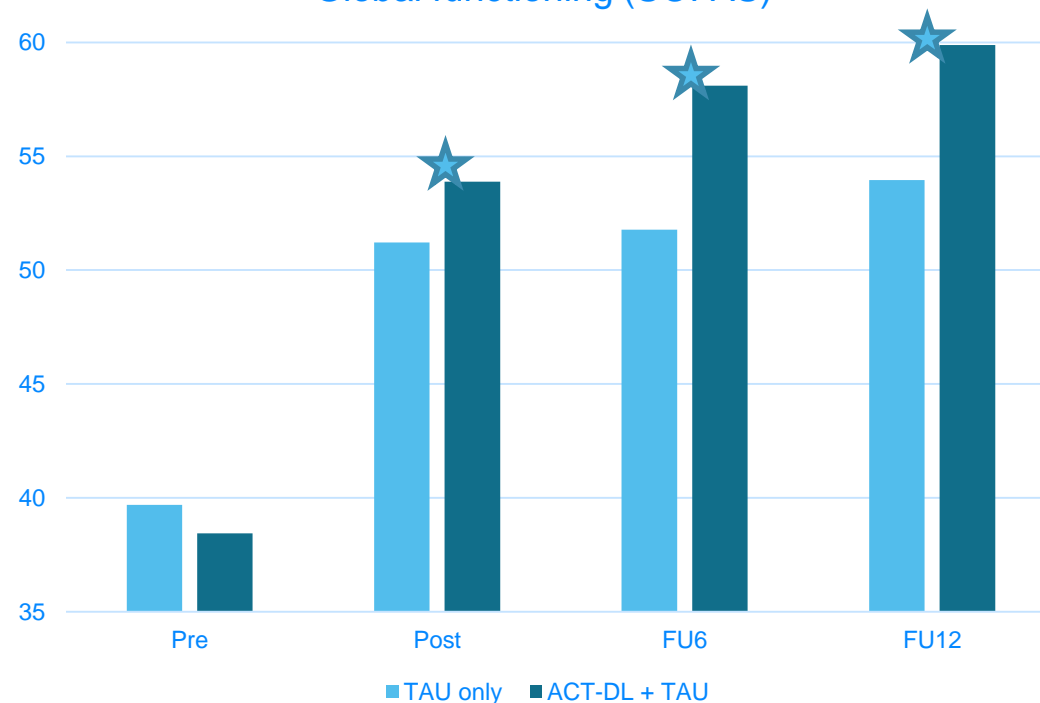
# Efficacy



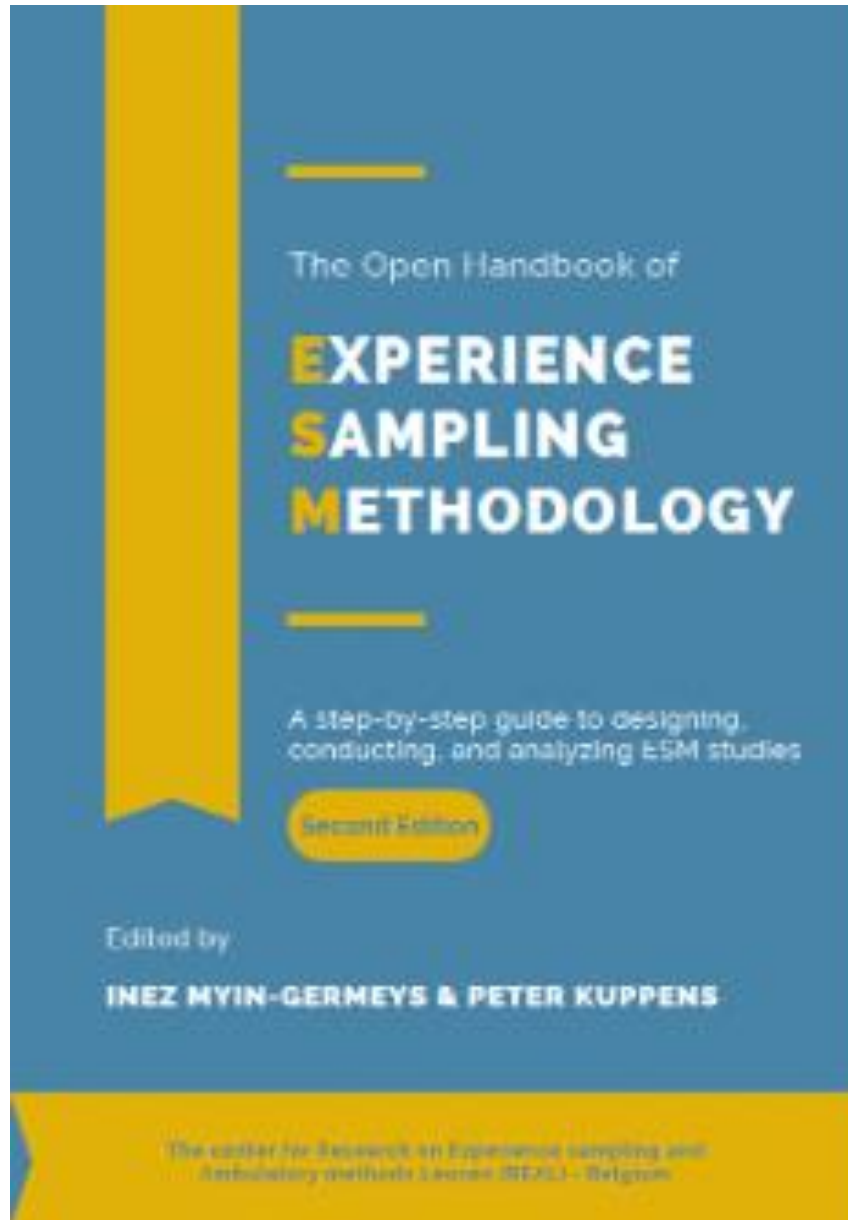
Self-reported social functioning (SFS)



Global functioning (SOFAS)



- 1) Adolescence is the **critical period** for developing **mental health problems**
- 2) **Prevention** and **early intervention** is key
- 3) **ACT-DL** is feasible for people in the **early stages of psychosis**
- 4) ACT-DL is **not improving psychotic distress**, but is improving **negative symptoms** and **functioning**
- 5) **Blended care** is a promising way forward for **early intervention**



## ESM workshop

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Wolfgang Viechtbauer  
Jasper Steyaerts

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Therese van Amelsvoort  
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**KU LEUVEN**

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