

NIEUWE DIAGNOSTIEK NIEUWE BEHANDELING: SYMPTOOM NETWERKEN

ANITA JANSEN

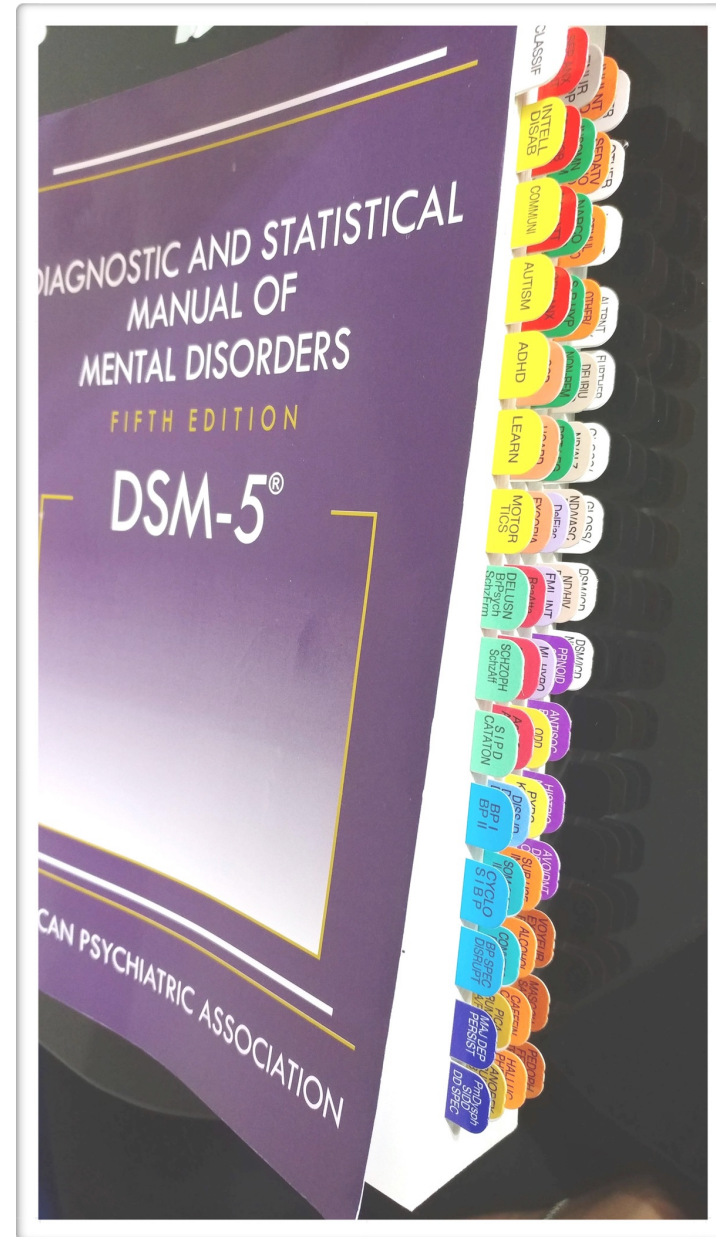
MAASTRICHT UNIVERSITY NL

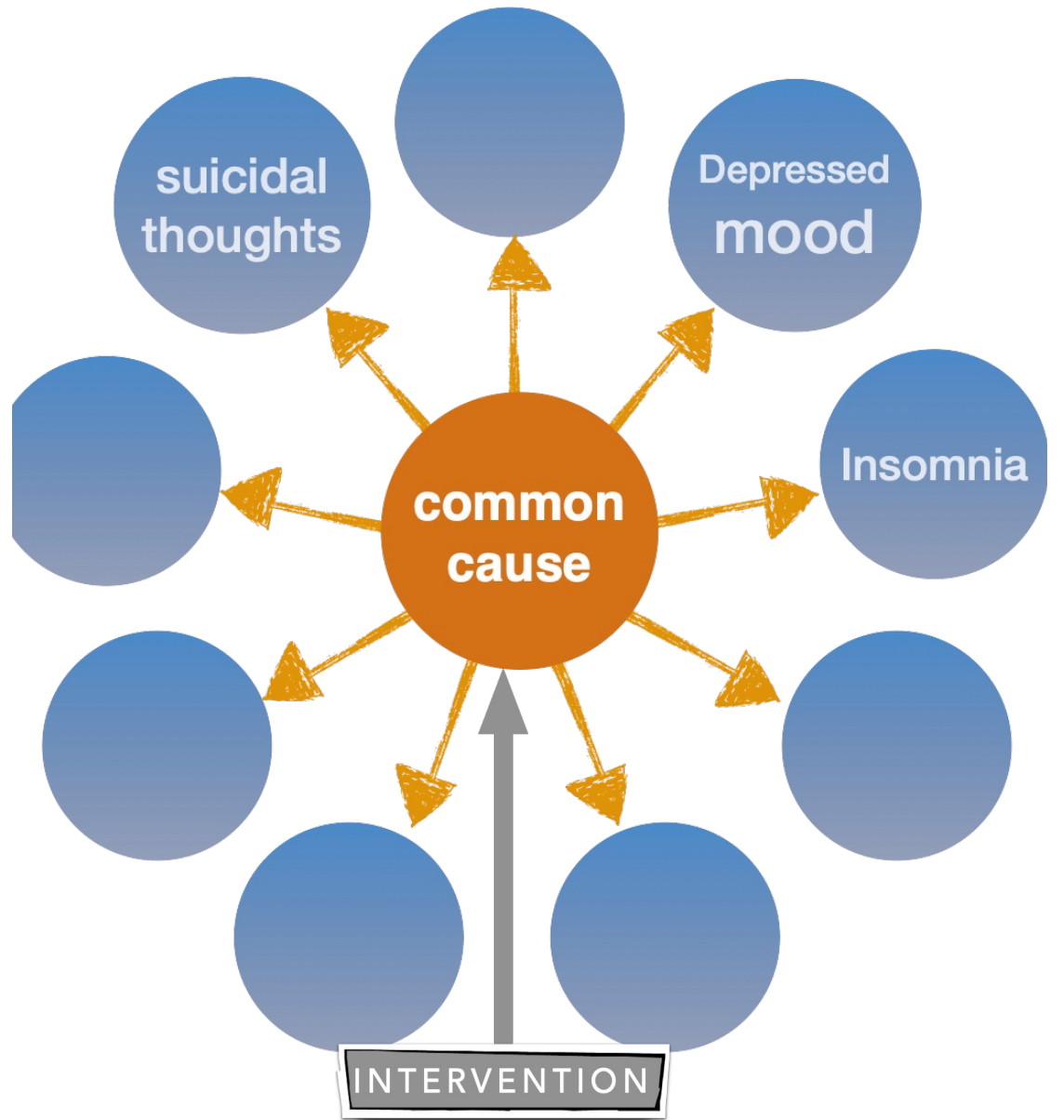
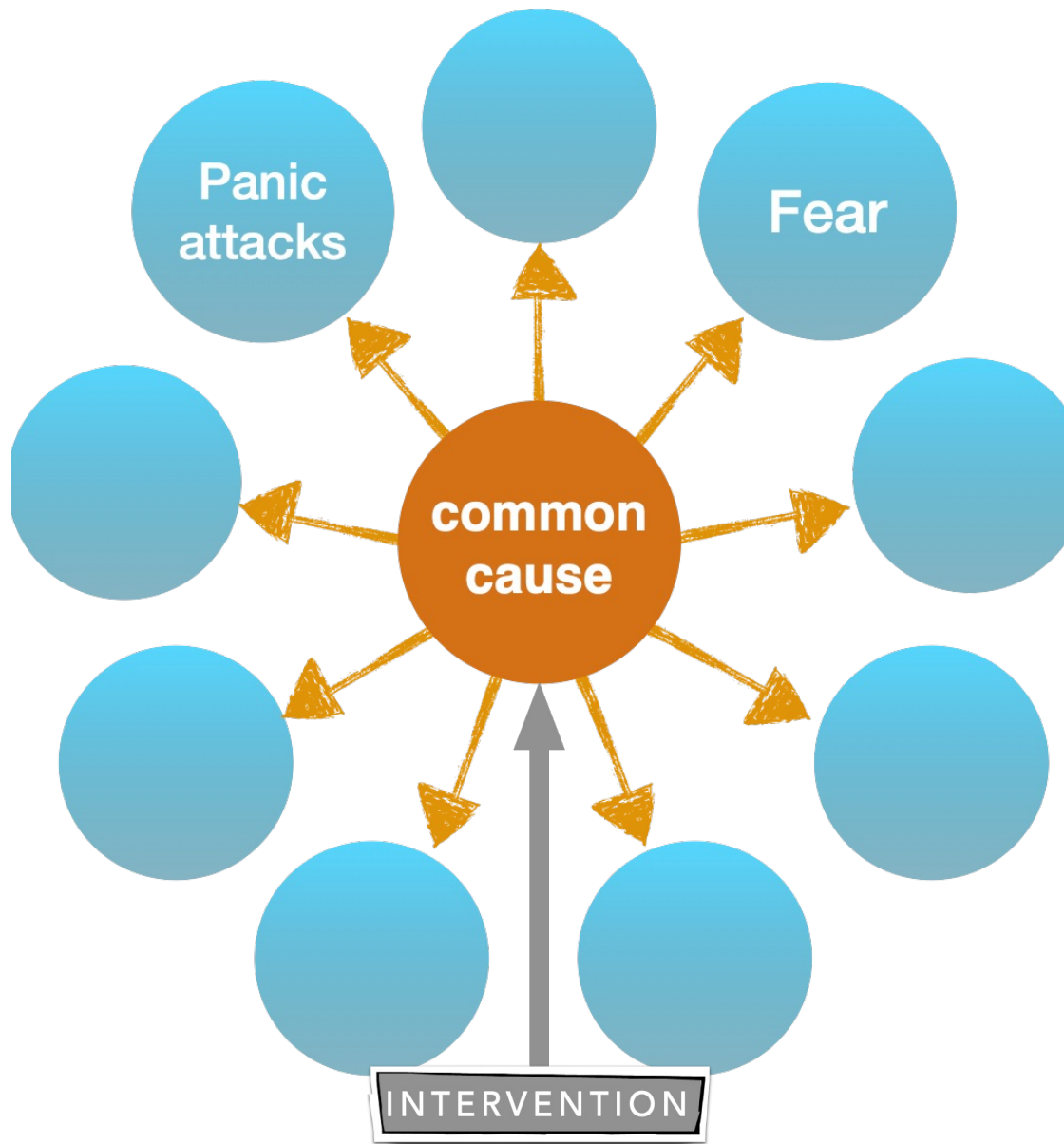
 @PROFESSORJANSEN



20 CATEGORIEËN
>200 MENTAL DISORDERS

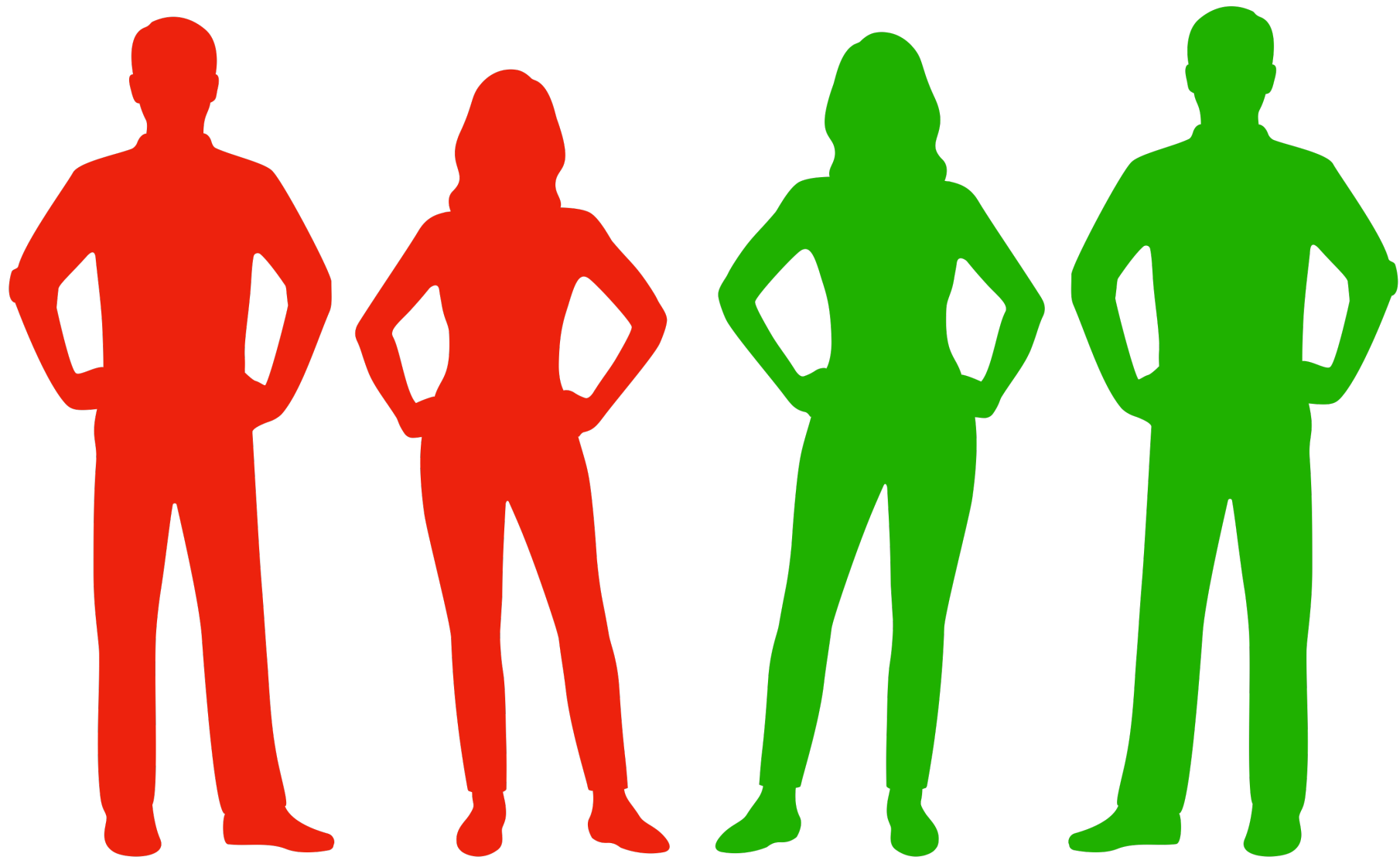
NSMID





PROBLEMEN HUIDIGE SYSTEEM





MIND YOU: MEEST EVIDENCE-BASED BEHANDELINGEN
(IETS LANGERE TERMIJN)

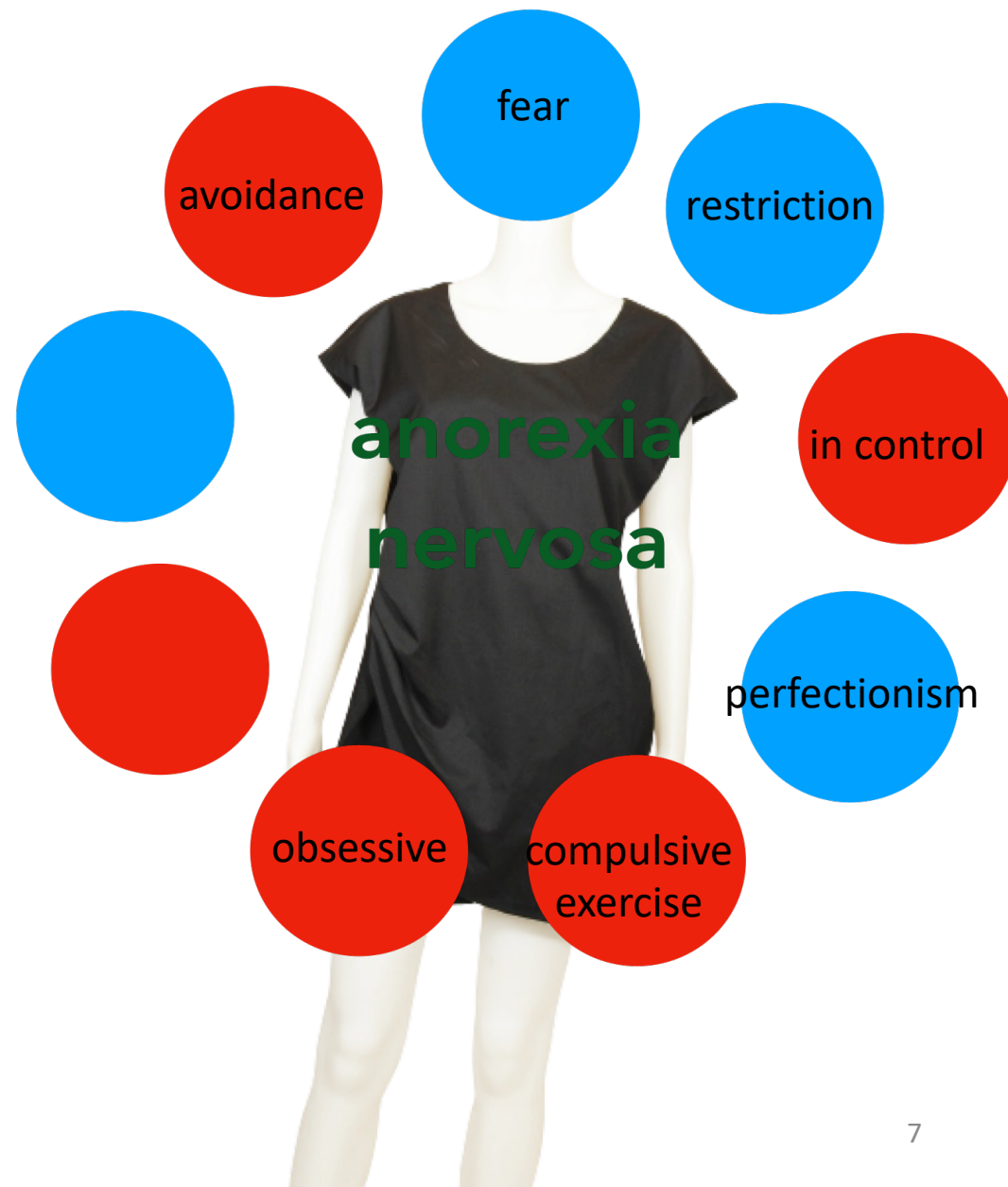
PROFESSIONELE RESPONS

- LANGER BEHANDELEN
- INTENSIEVER BEHANDELEN
- ANDERE BEHANDELING(EN) – STAPELEN
- DUS MEER BEHANDELEN

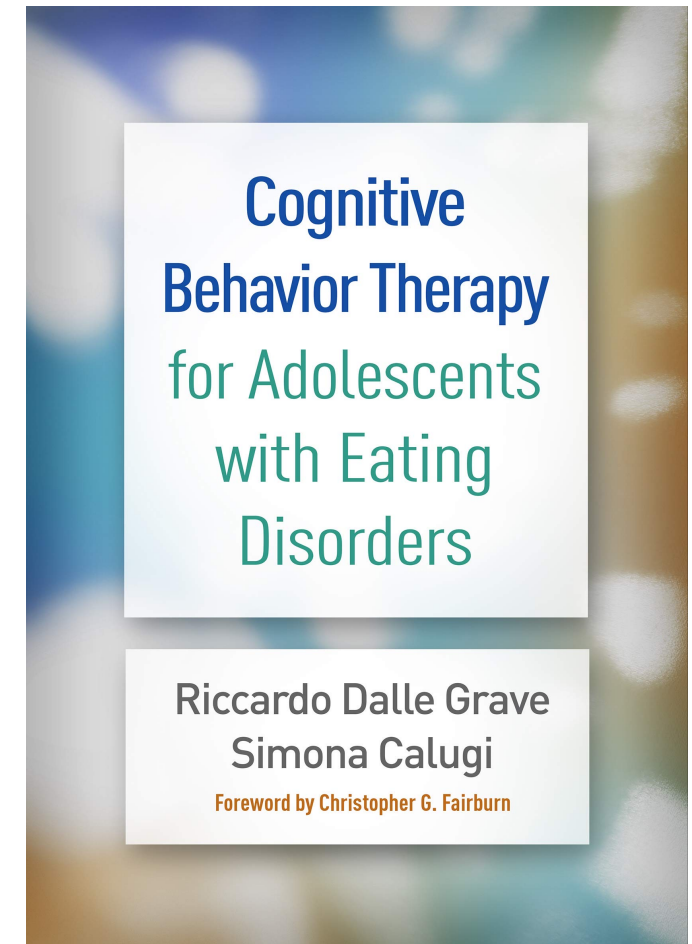
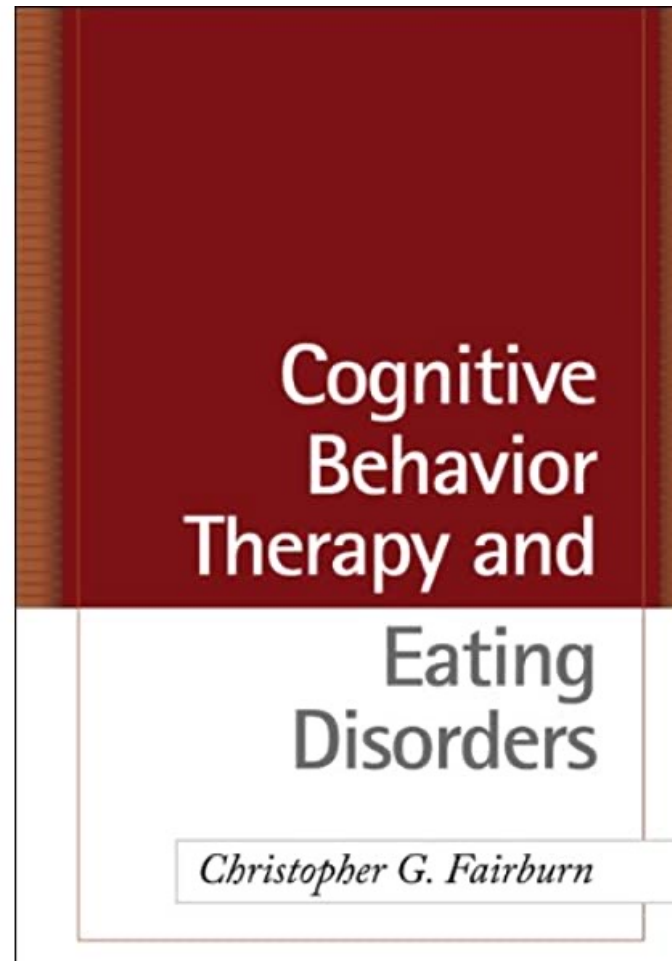
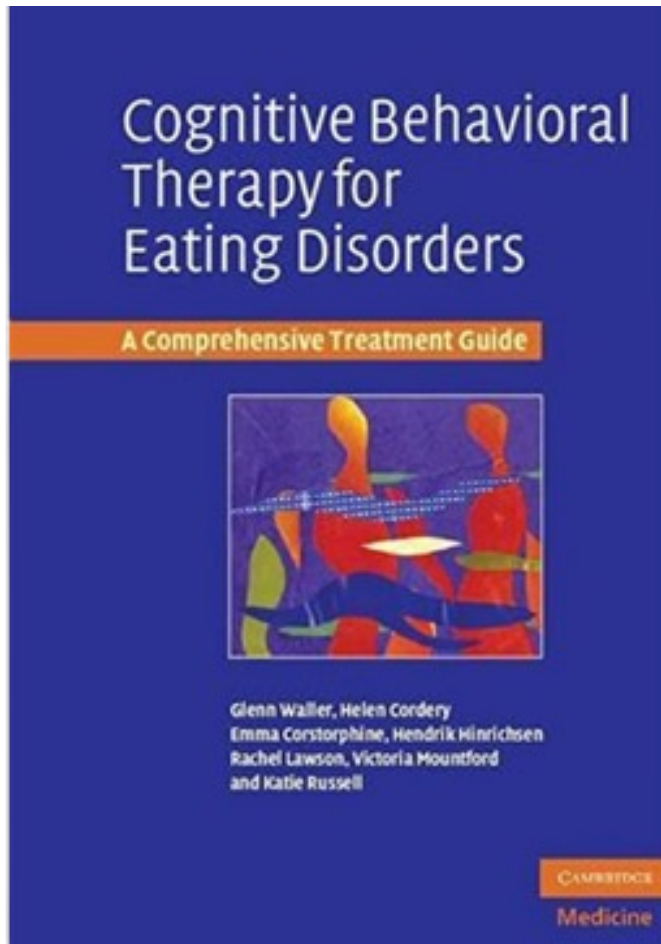
GEEN BEWIJS DAT
LANGER, INTENSIEVER, MEER
BEHANDELEN WÉL WERKT

VERSCHILLENDE SYMPTOMEN → DEZELFDE DIAGNOSE

2



DEZELFDE DIAGNOSE → GELIJKE BEHANDELING




NL ZORGSTANDAARD VS EFFECT

- Anorexia Nervosa:
CBT(-E) – family therapy
– MANTRA – SSCM
- MAAR: niet beter dan
controle behandelingen
- EN: Magere Resultaten

Meta-analysis on the efficacy of psychological treatments for anorexia nervosa

Eur Eat Disorders Rev. 2019;27:331–351.

Elske van den Berg¹  | Laura Houtzager² | Jasmijn de Vos³ | Inge Daemen² | Georgia Katsaragaki² | Eirini Karyotaki⁴ | Pim Cuijpers⁴ | Jack Dekker²

Psychological Medicine
2019
cambridge.org/psr..

Treatment outcomes for anorexia nervosa: a systematic review and meta-analysis of randomized controlled trials

Review Article

Cite this article: Murray SB, Quintana DS, Loeb KL, Griffiths S, Le Grange D. (2019)

Stuart B. Murray¹, Daniel S. Quintana², Katharine L. Loeb³, Scott Griffiths⁴ and Daniel Le Grange^{1,5}

Comparative efficacy and acceptability of psychological interventions for the treatment of adult outpatients with anorexia nervosa: a systematic review and network meta-analysis



2021

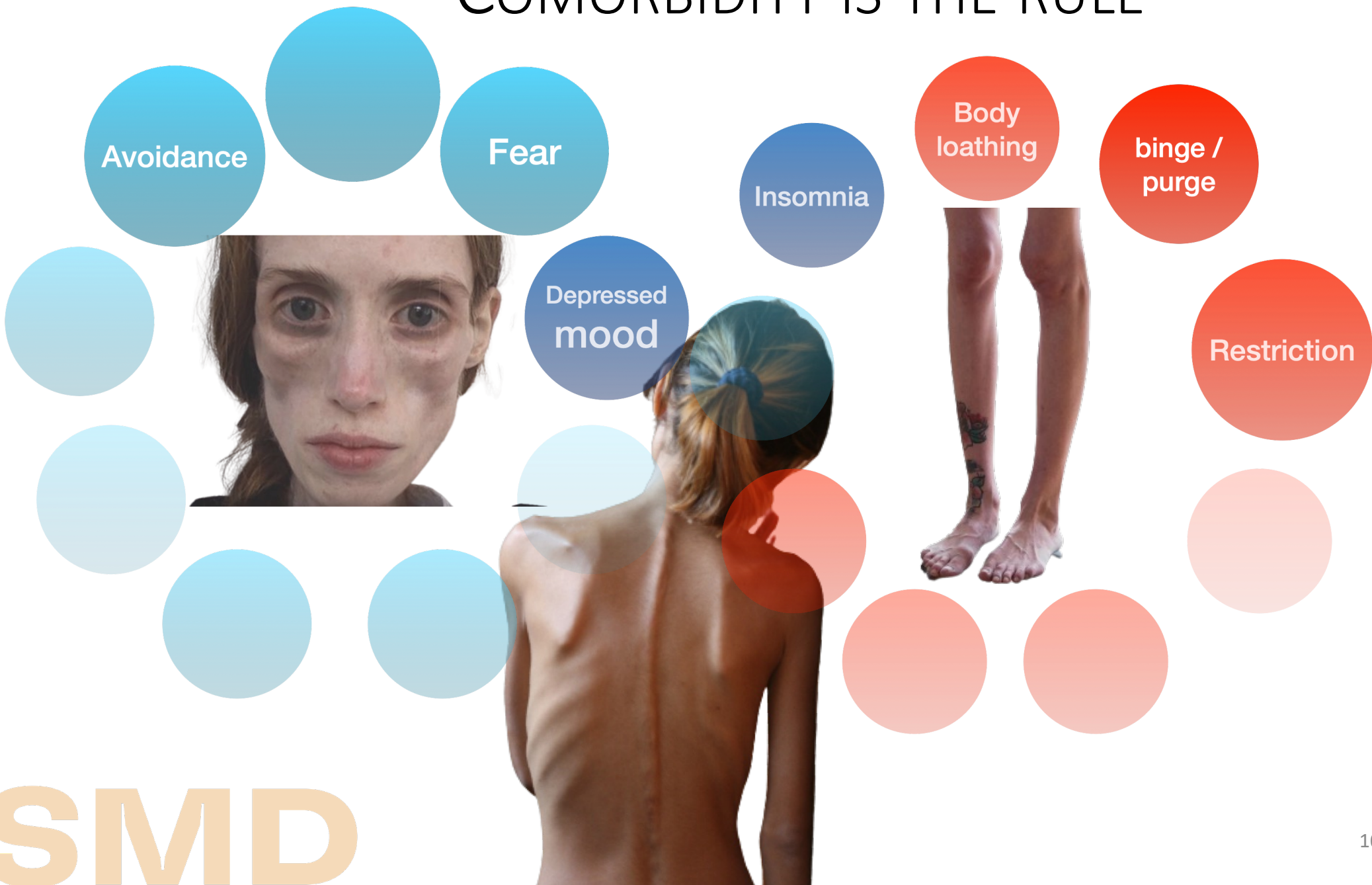
M Solmi, T D Wade, S Byrne, C Del Giovane, C G Fairburn, E G Ostinelli, F De Crescenzo, C Johnson, U Schmidt, J Treasure, A Favaro, S Zipfel, A Cipriani

Summary

Background No consistent first-option psychological interventions for adult outpatients with anorexia nervosa emerges from guidelines. We aimed to compare stand-alone psychological interventions for adult outpatients with anorexia

Lancet Psychiatry 2021; 8: 215–24

COMORBIDITY IS THE RULE



Comorbiditeit

Anne

BMI 17

Eetbuien

Depressie

Alcoholisme

Tessa

BMI 16

Purgeren

PTSD, onzeker

Slaapproblemen

Heleen

BMI 15

Restrictie

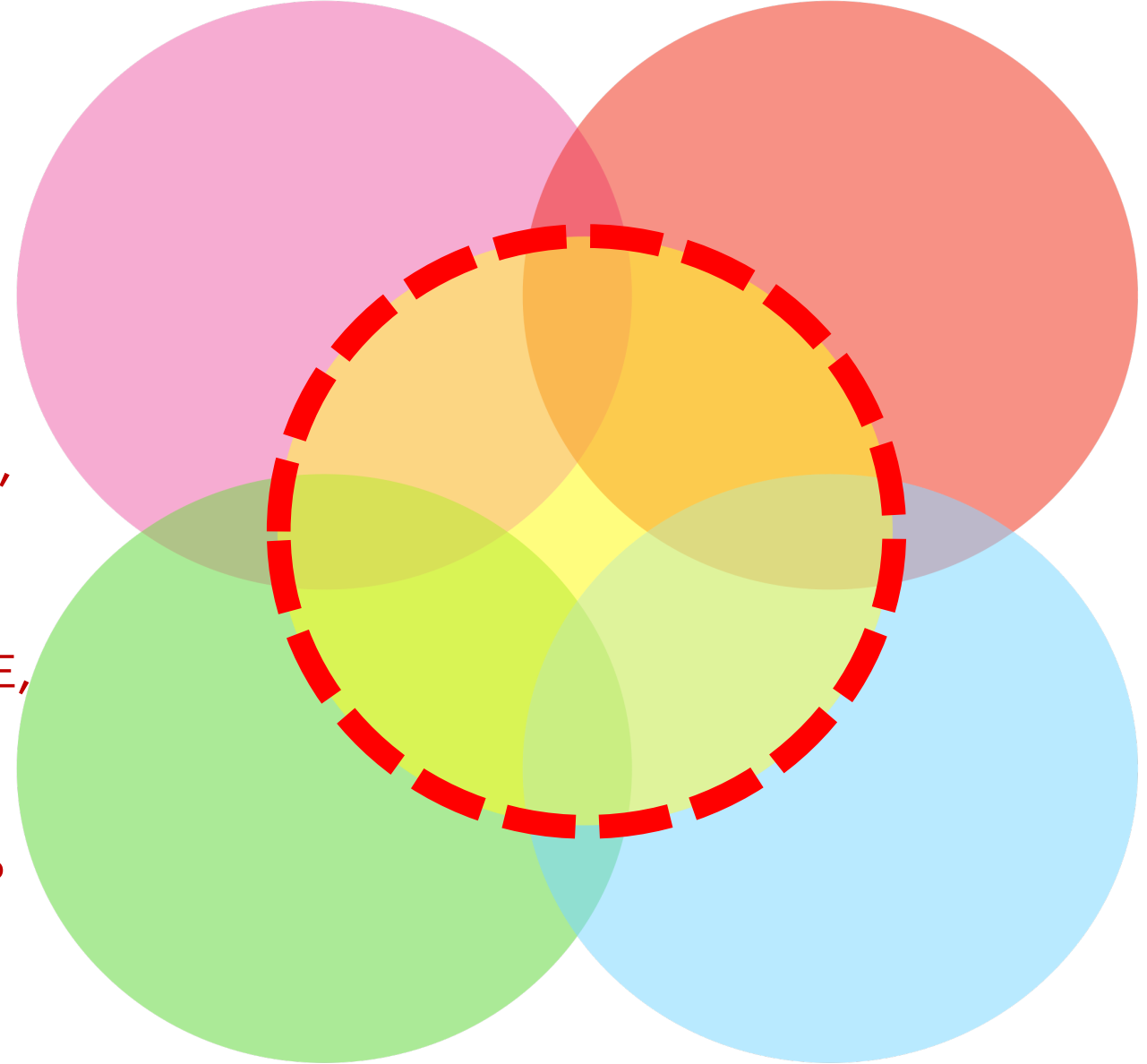
Angst

OCD

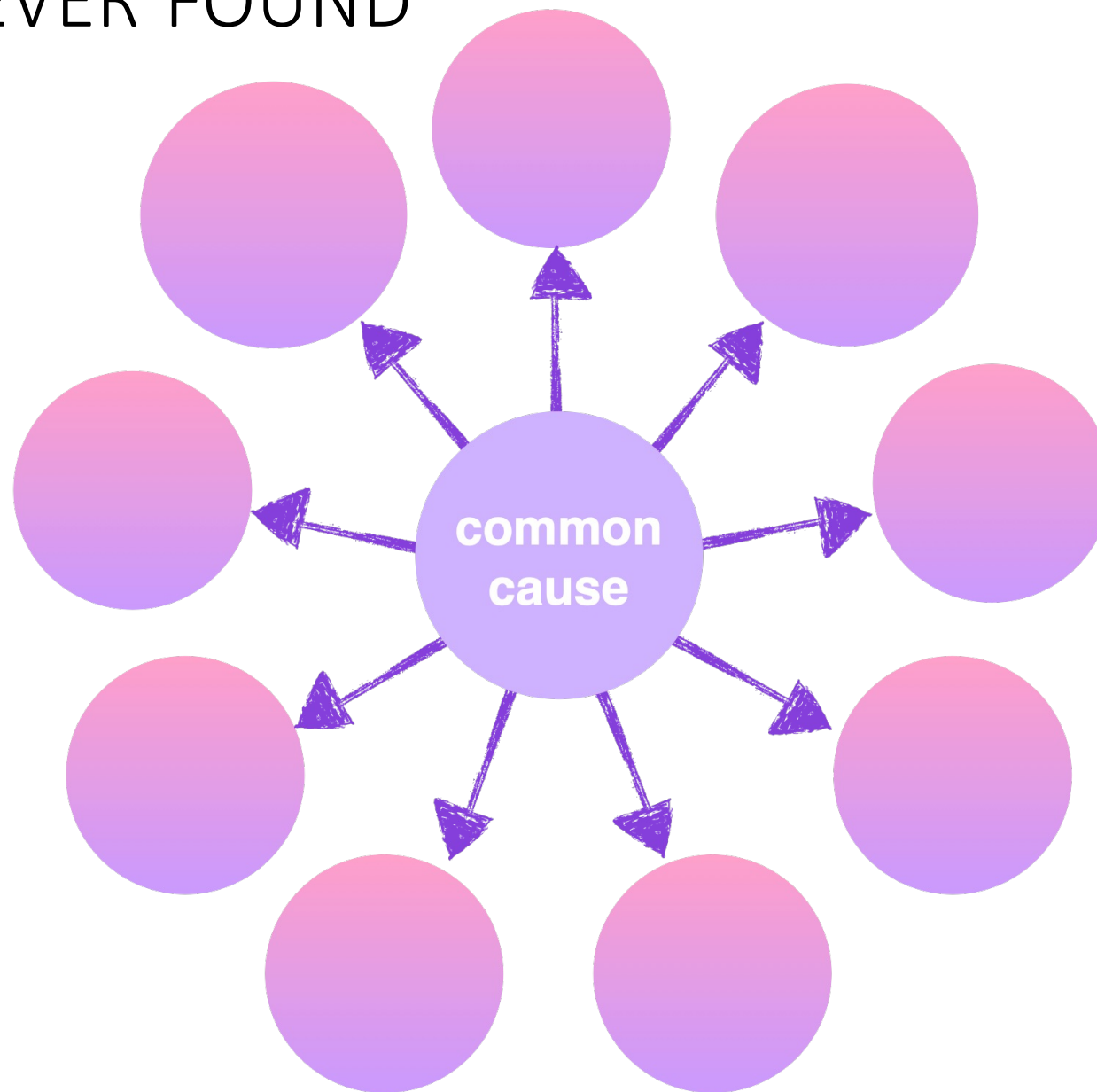
BEHANDELING: PRIMAIRE PROBLEMEN

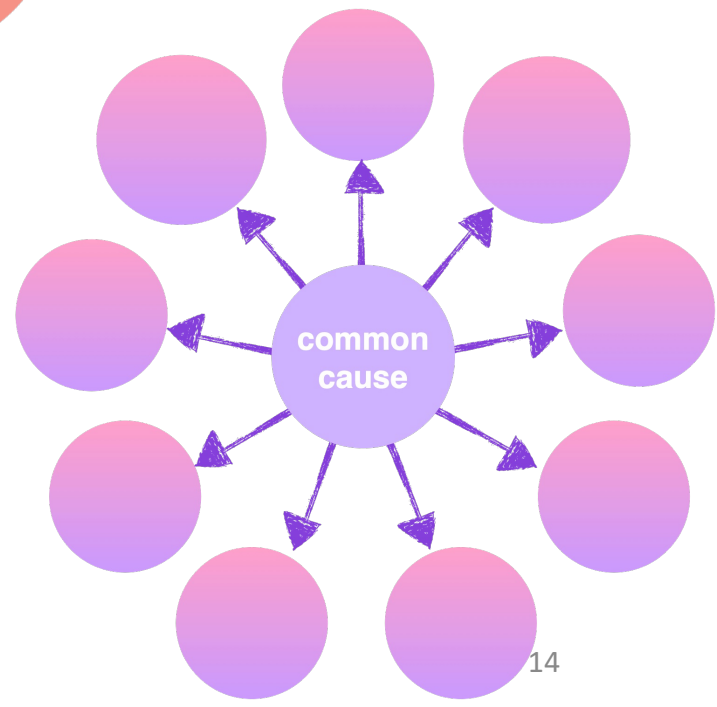
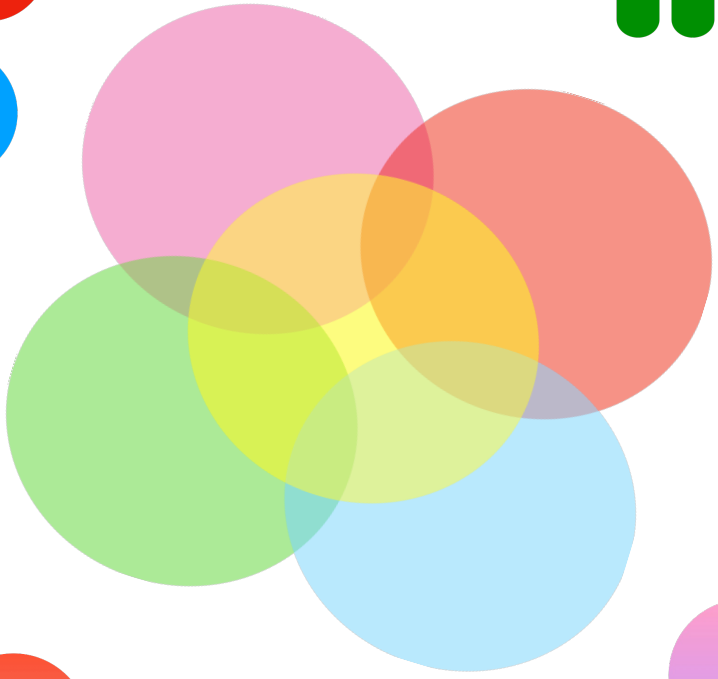
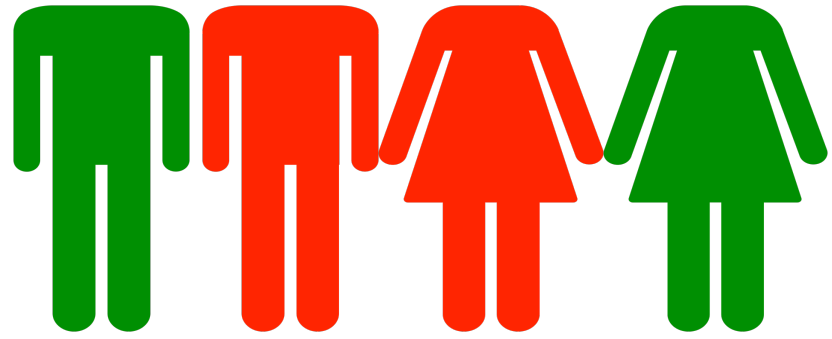
WE KIJKEN NAUWELIJKS NAAR 'SHARED PROCESSES'

- PROCESSEN DIE JE BIJ MEERDERE STOORNISSEN TEGENKOMT:
TRANSDIAGNOSTISCH
- "GO BEYOND DMS-DIAGNOSES"
- ZOALS: AANDACHTSBIAS (ALLERLEI BIASES), NEGATIEF DENKEN, RUMINEREN, **VERMIJDINGSGEDRAG**, GESTOORDE EMOTIEREGULATIE, PROBLEMEN MET COGNITIEVE CONTROLE, ENZOVOORT...
- BEHANDELINGEN ZIJN STOORNIS-SPECIFIEK EN MEESTAL NIET GERICHT OP 'SHARED PROCESSES'



“THE” CAUSE WAS NEVER FOUND





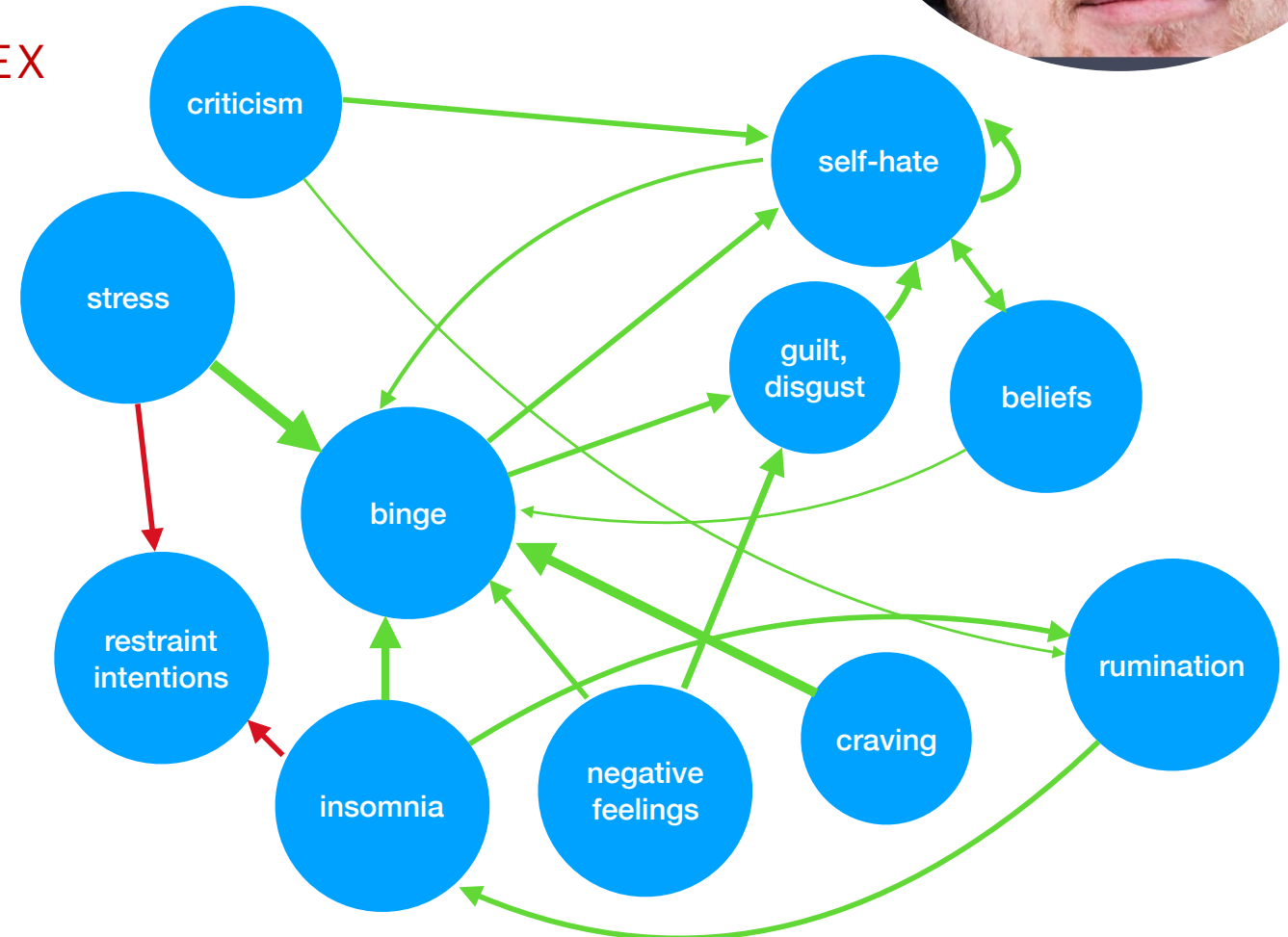


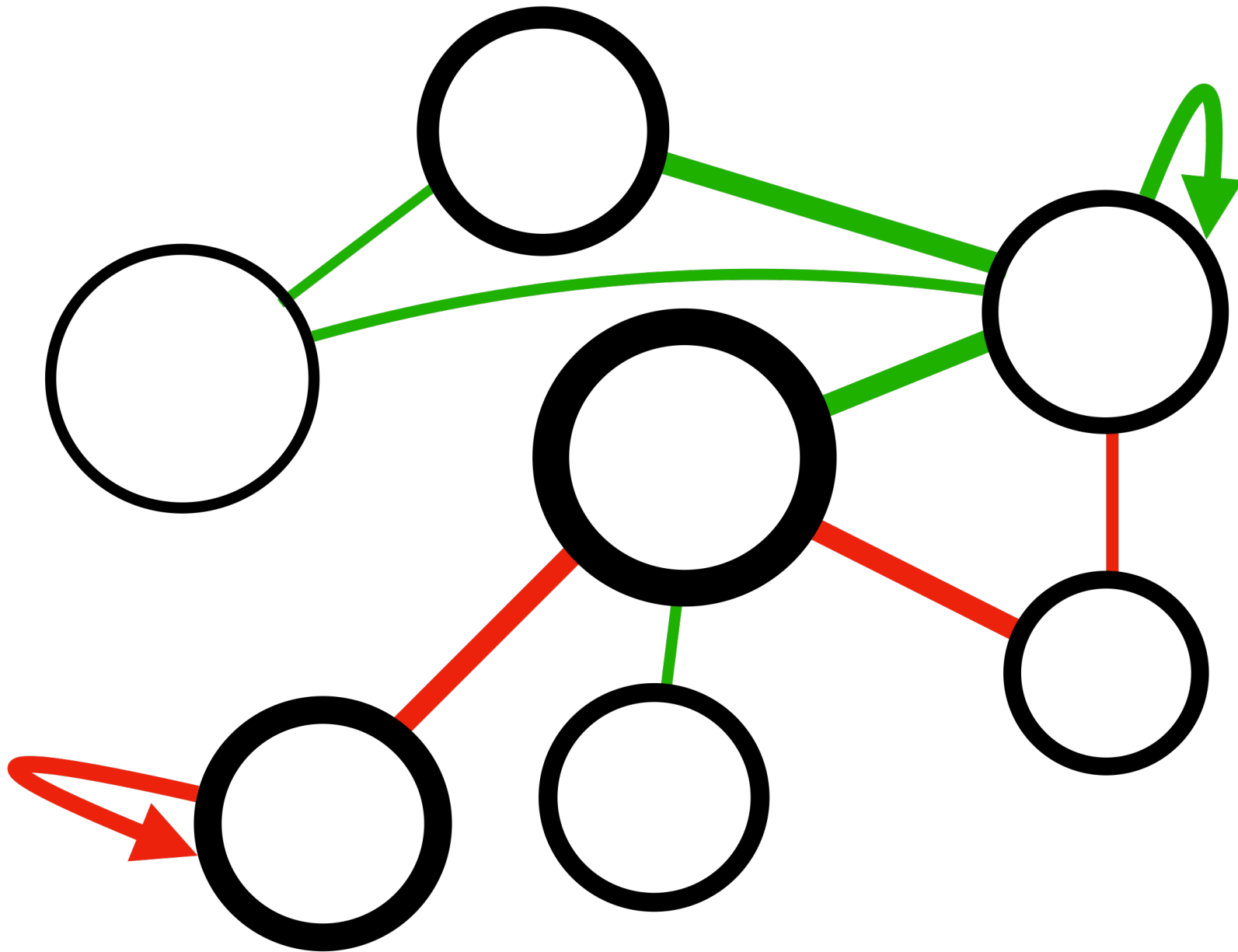
WE MAY NEED A BIG CHANGE IN THE WAY WE
THINK ABOUT MENTAL DISORDERS



NEW PARADIGM: COMPLEX DYNAMIC INDIVIDUAL NETWORKS

- PSYCHISCHE PROBLEMEN: COMPLEX SYSTEEM VAN INTERACTERENDE SYMPTOMEN
- SYMPTOMEN ZIJN INPUT VOOR ANDERE SYMPTOMEN; SYMPTOMEN TRIGGEREN SYMPTOMEN
- DE DYNAMISCHE INTERACTIES TUSSEN DE SYMPTOMEN ZIJN DE STOORNIS



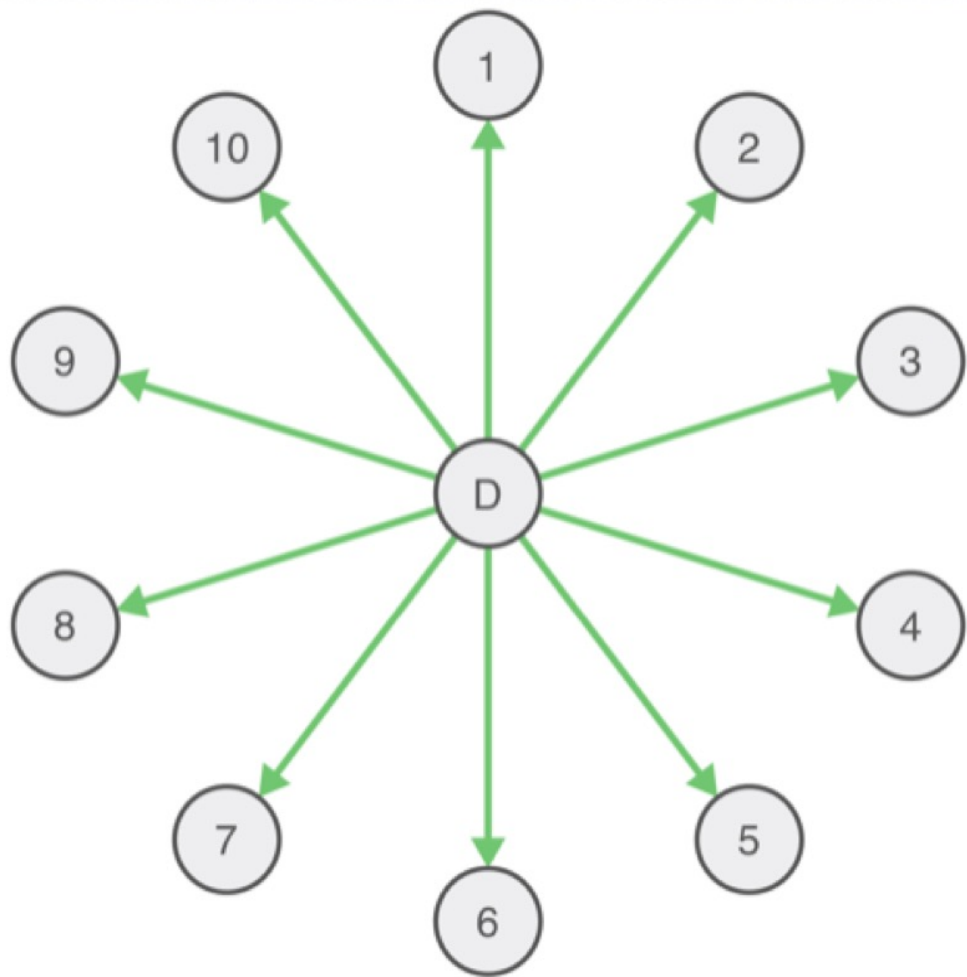


Nodes:

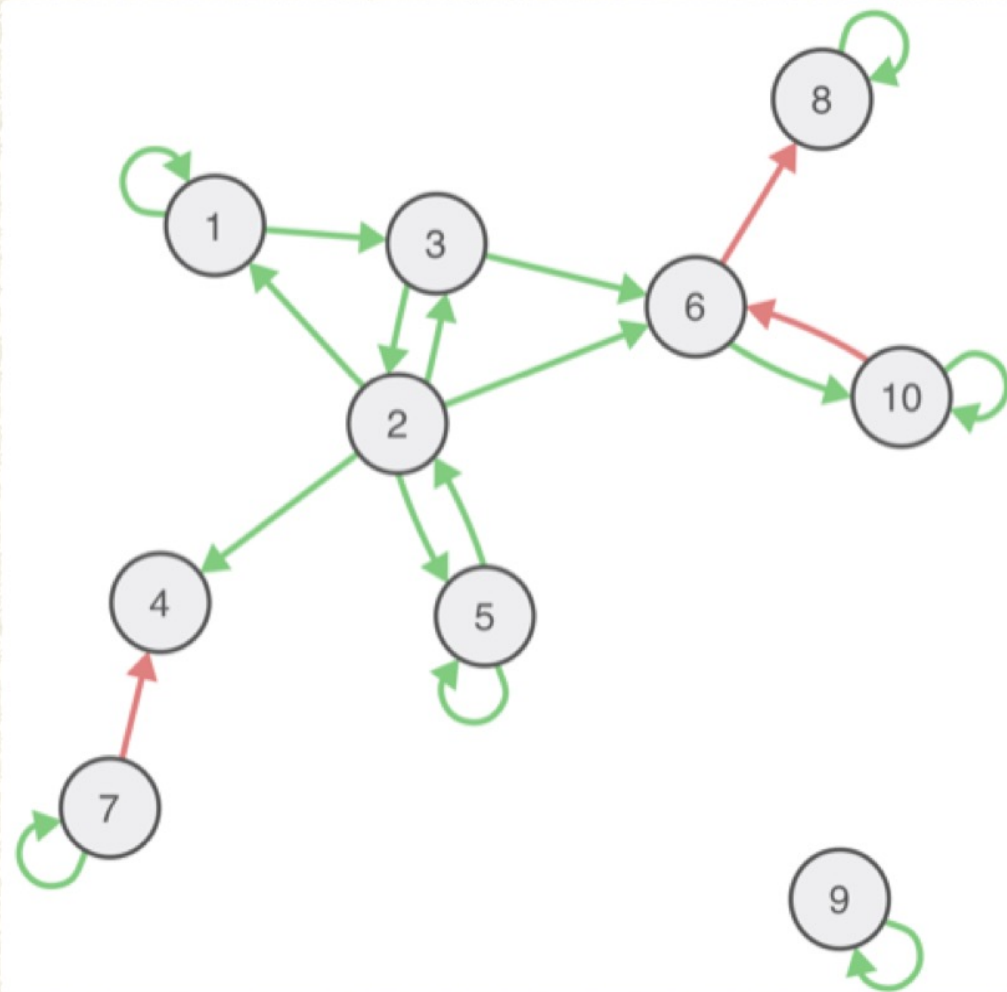
- Centraal
- Grootte

Edges:

- Dikte
- Hoeveelheid
- Rood/Groen



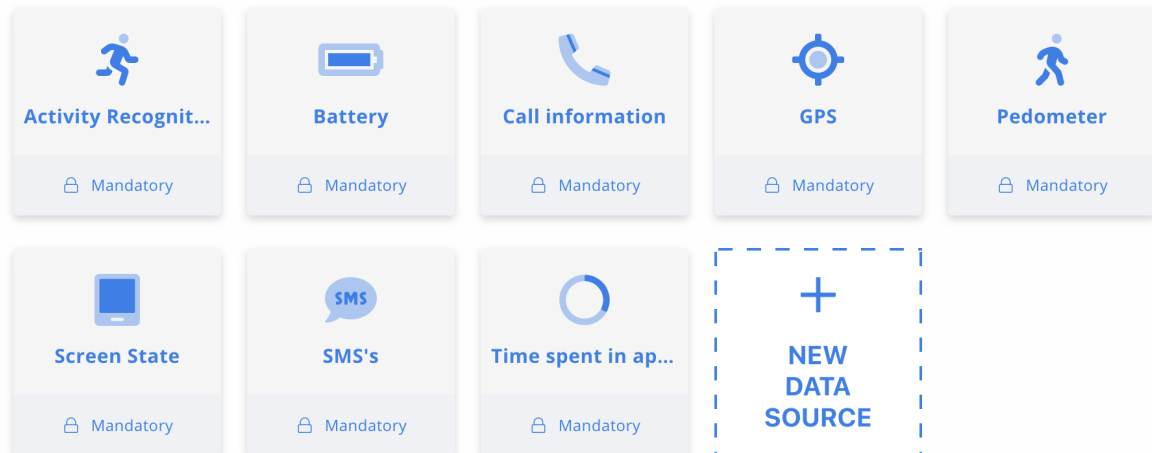
current



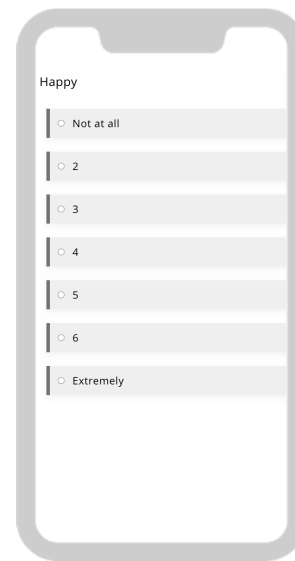
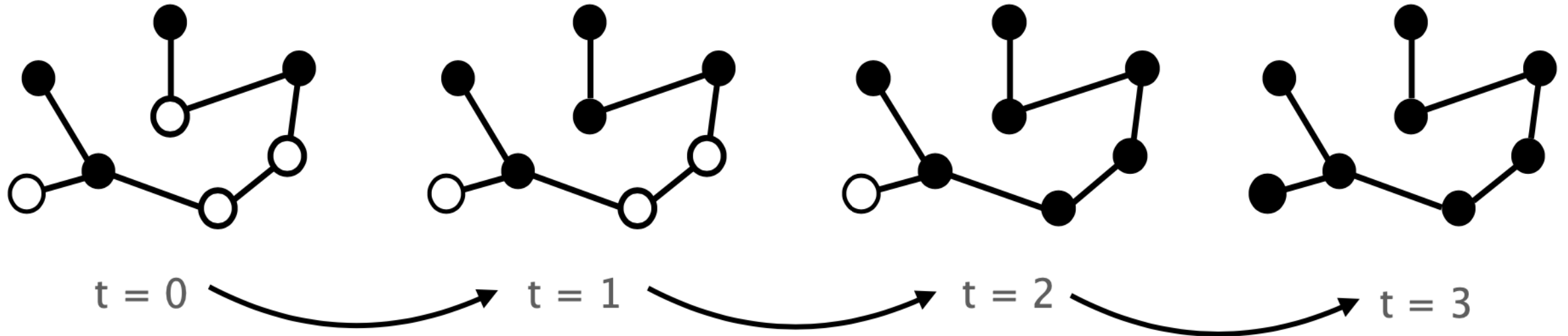
new

HOE MAAK JE EEN INDIVIDUEEL SYMPTOOM NETWORK

- ECOLOGICAL MOMENTARY ASSESSMENTS (EMA) / EXPERIENCE SAMPLING METHOD (ESM)
- ASSESS STATES AND SYMPTOMS IN REAL LIFE, WITH ADVANCED MOBILE TECHNOLOGY; MULTIPLE TIMES A DAY FOR SEVERAL WEEKS (**LONGITUDINAL DATA!**)
- ALSO, EXTERNAL EVENTS, LIKE SITUATIONS, CONTEXTS, OR LIFE-EVENTS, CAN BE CRITICAL AND INFLUENCE SYMPTOM NETWORK DYNAMICS – THEY SHOULD BE ASSESSED !
- COMPLEX NETWORK ANALYSES



LONGITUDINAL → DYNAMICS OF THE NETWORK



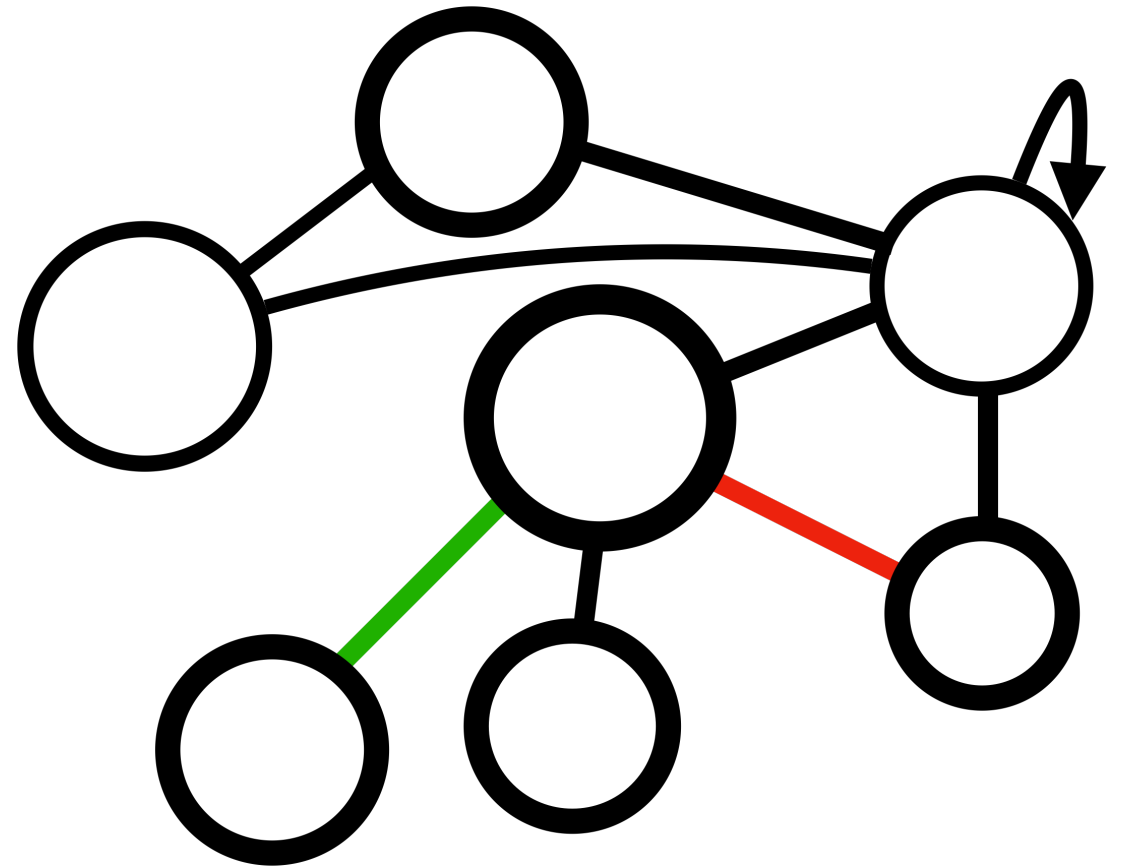
EMA

- States
- Symptoms
- External events
- Life events
- ...

NETWORK'S PROMISES 1

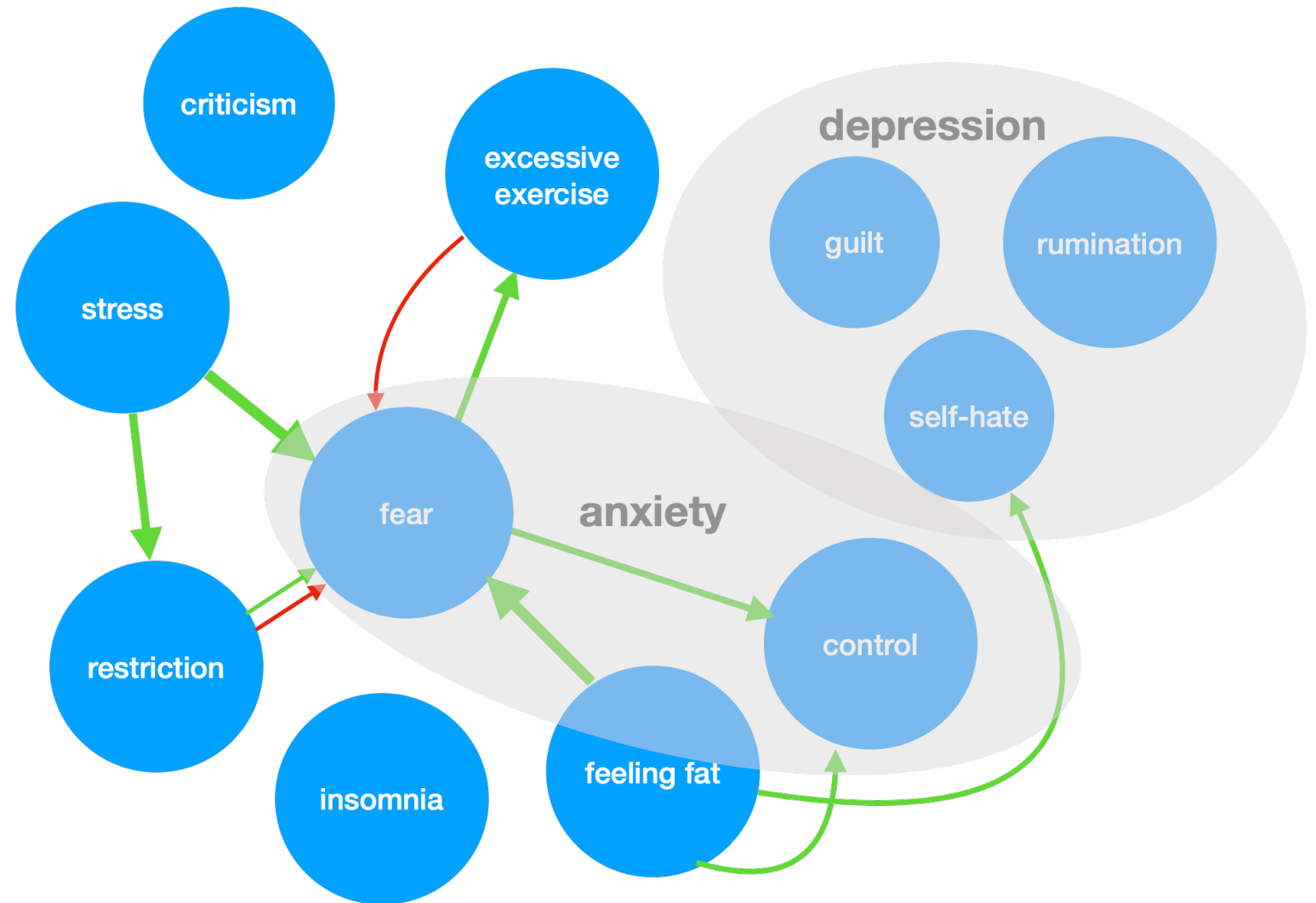
EMPIRICAL DATA-DRIVEN DIAGNOSIS / CASE FORMULATION

Contrasteert scherp met hoe we het nu doen; klinisch oordeel, afhankelijk van validiteit van interviews / vragenlijsten, en regels rondom classificatie (DSM)



NETWORK'S PROMISES 2

INDIVIDUEEL
NETWERK:
COMORBIDITEIT
IS GEEN ENKEL
PROBLEEM

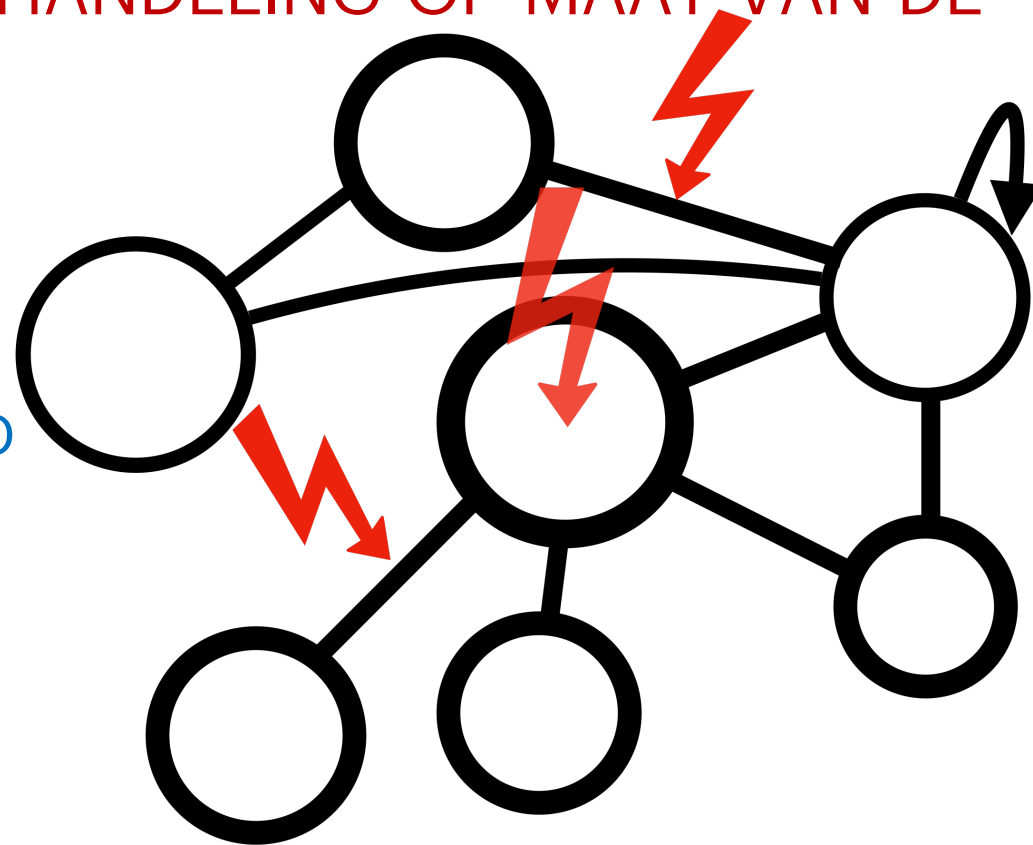


NETWORK'S PROMISES 3

ALS WE DE KRITISCHE NODES EN STERKE EDGES KENNEN, EN WAAROM ZE VERBONDEN ZIJN, DAN KUNNEN WE MAATWERK LEVEREN: **NETWORK-INFORMED** BEHANDELING OP MAAT VAN DE PATIENT

DOEL: VERZWAK NODES EN DOORBREEK EDGES

HOE? GEWOON MET DE EVIDENCE-BASED TECHNIEKEN DIE PASSEN BIJ HET PROBLEEM EN DIE U AL JAREN TOEPAST





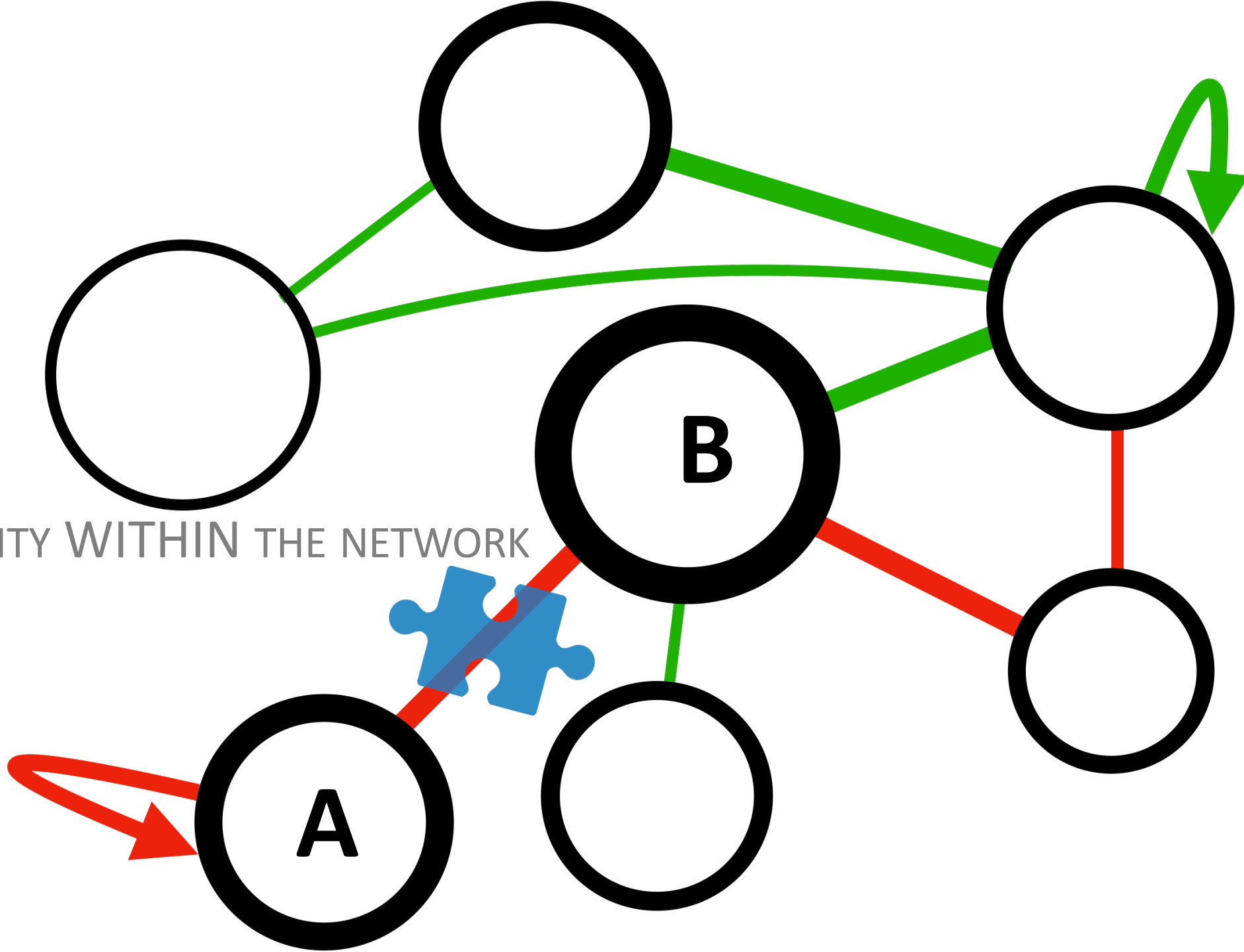
KAN DE NETWERK BENADERING
DIE 5 PROBLEMEN MET DE DSM
OPLOSSEN?

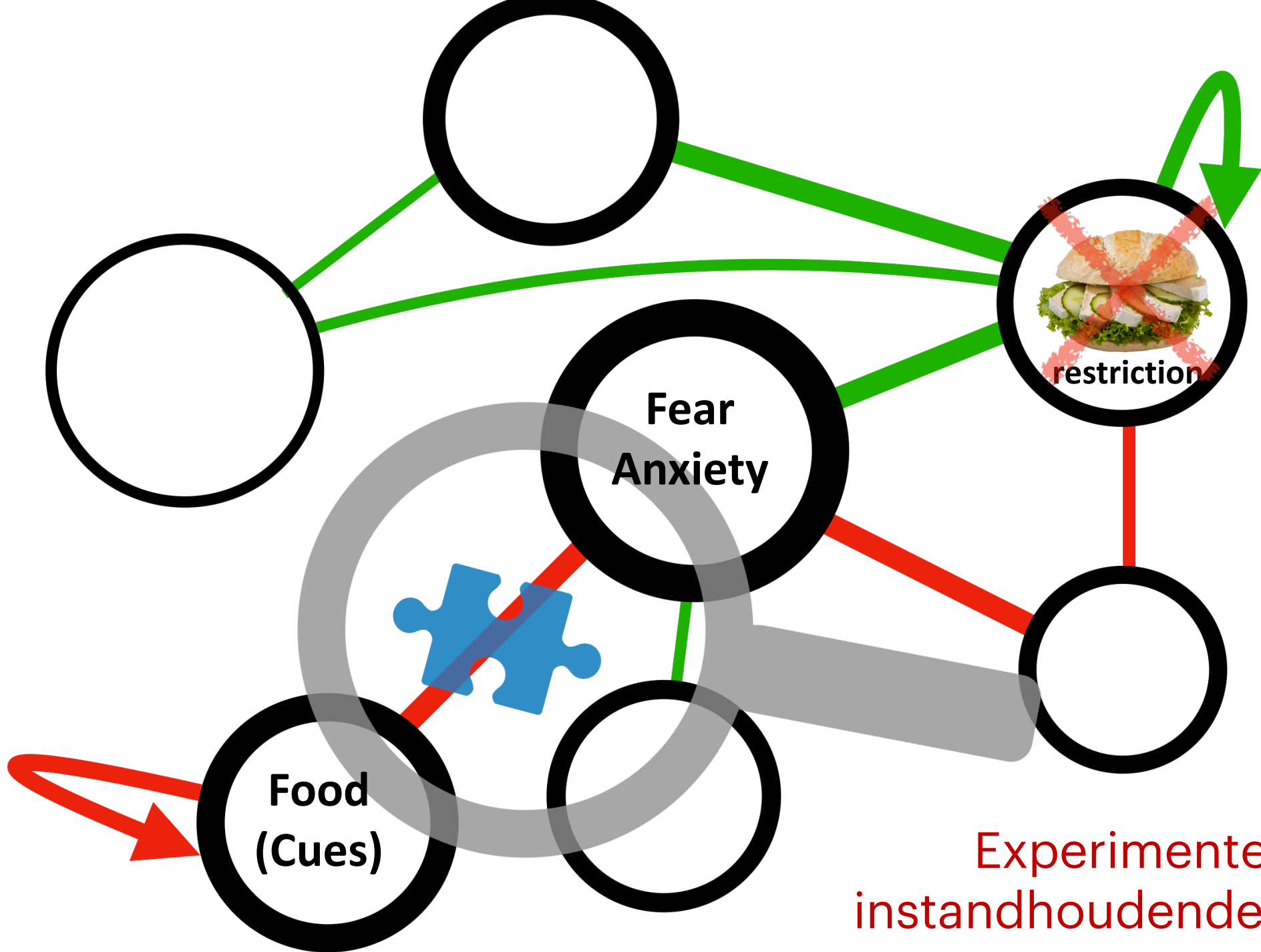
PROBLEEM 5: 'DE' OORZAAK

- OORZAAK VAN DE STOORNIS: ONBELANGRIJK
- WANT: STOORNIS IS EEN INTERACTEREND SYSTEEM OF SYMPTOMEN (OF BETER: ELEMENTEN)
- DE INDIVIDUELE 'SYMPTOOM' INTERACTIES **ZIJN** DE STOORNIS
- VRAAG IS WEL **HOE** EN **WAAROM** SOMMIGE NODES MET ELKAAR VERBONDEN ZIJN:

CAUSALITEIT BINNEN HET NETWERK

CAUSALITY WITHIN THE NETWORK





Nodig:
Experimentele studies naar
instandhoudende mechanismen



ANGST

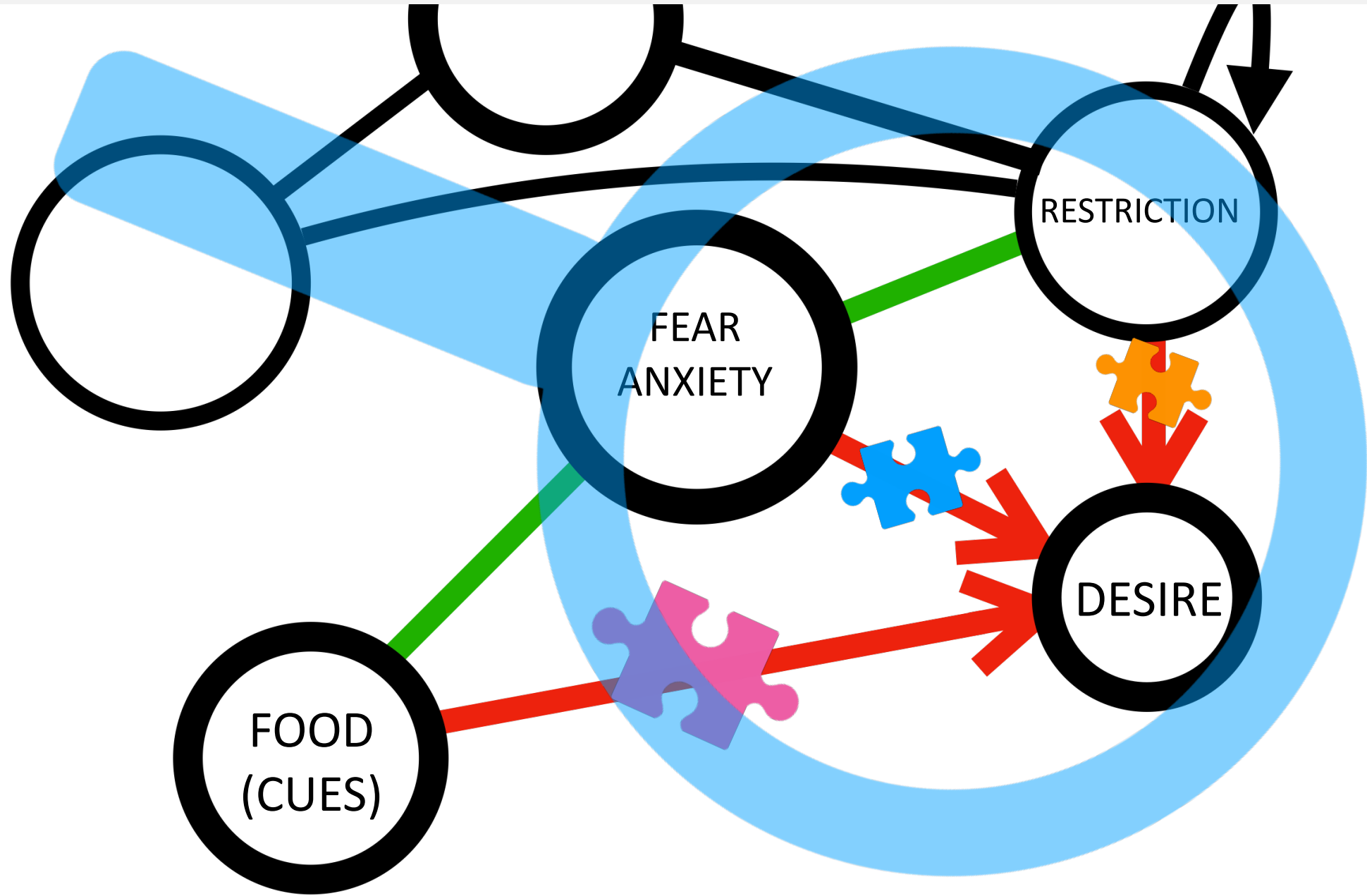
Angst & Vermijding: Symptomen van AN

- ANGST VOOR: GEWICHTSTOENAME, OORDELEN OVER UITERLIJK, ETEN, VOEDSEL, CONTROLEVERLIES, EN NOG VEEL MEER
- ANGSTEN → VERMIJDING / SAFETY BEHAVIORS
- RESTRICTIE, PURGEREN, (EXCESSIEF) BEWEGEN, EETRITUELEN, LICHAAM CHECKEN
- VERMIJDING LOONT: ANGSTREDUCTIE – ILLUSIE VAN CONTROLE – GEWICHTSVERLIES
- NIEUW PERSPECTIEF: ANGST EN VERMIJDING ZIJN DE DRIJVENDE EN INSTANDHOUDENDE MECHANISMEN BIJ EETSTOORNISSEN/AN

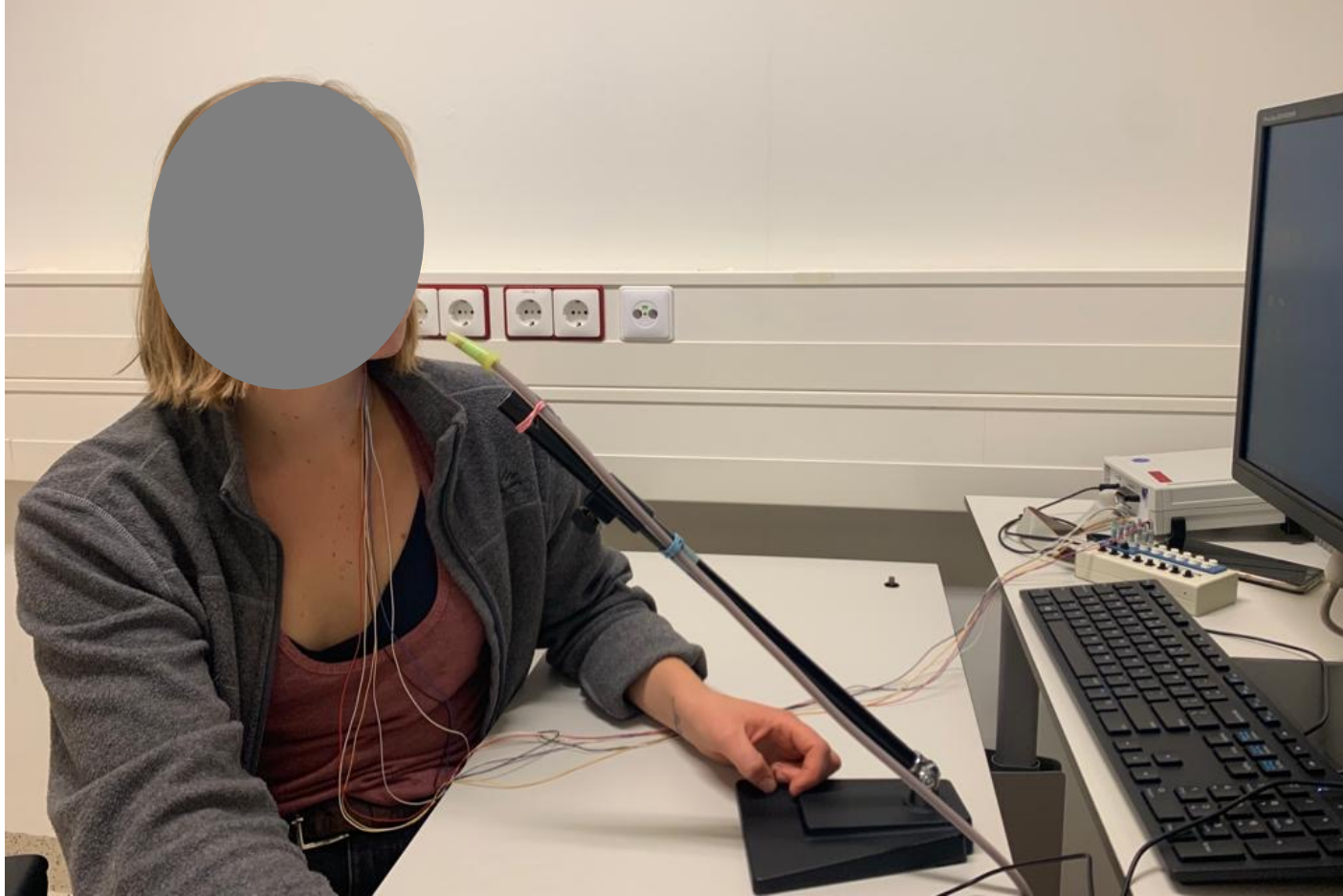


MAGERDER → ETEN
AVERSIEVER (!)

ANGST → VERMIJDING → MINDER ZIN ?



Experimental model of anorexia nervosa / starvation



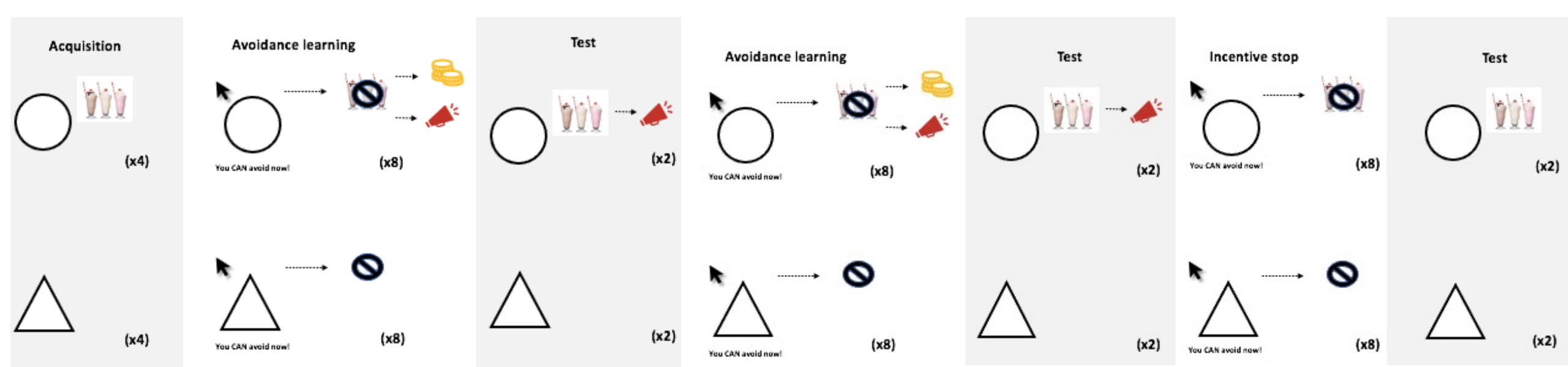
KUNNEN WE 'ANORECTISCH VERMIJDINGSGEDRAG' UITLOKKEN IN GEZONDE MENSEN?

LEIDT ANGST GEINDUCEERDE VERMIJDING VAN ETEN TOT MINDER TREK?

PhD work of Michelle Spix

Quite complex conditioning task – healthy students

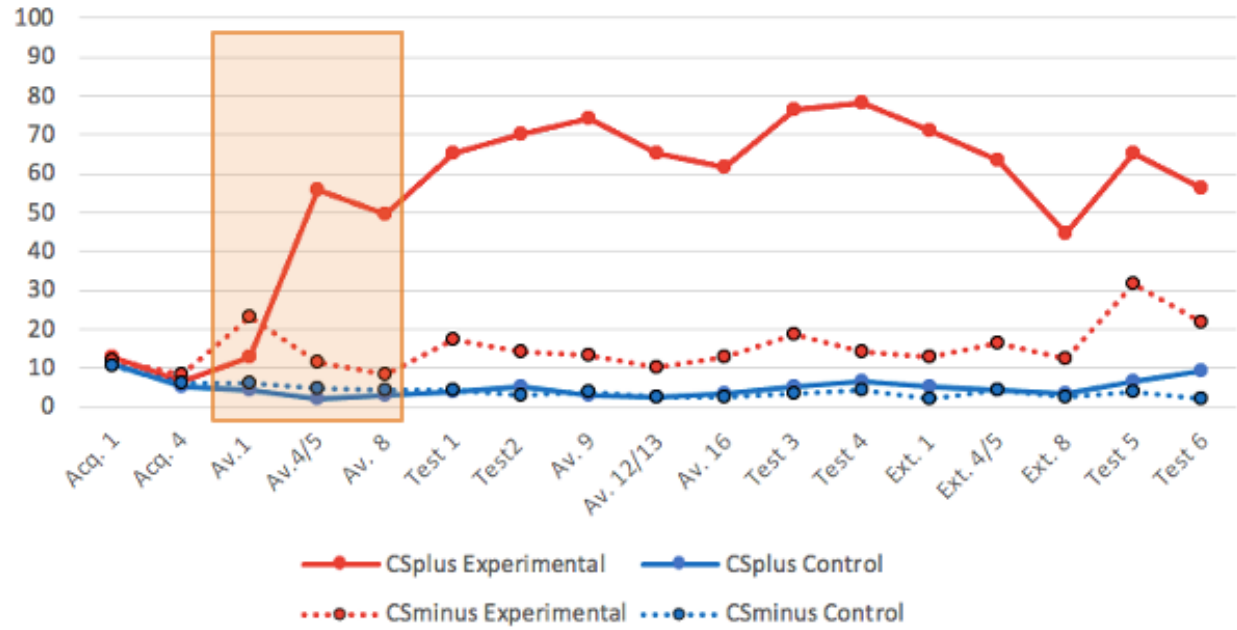
Learning to avoid tasty food intake



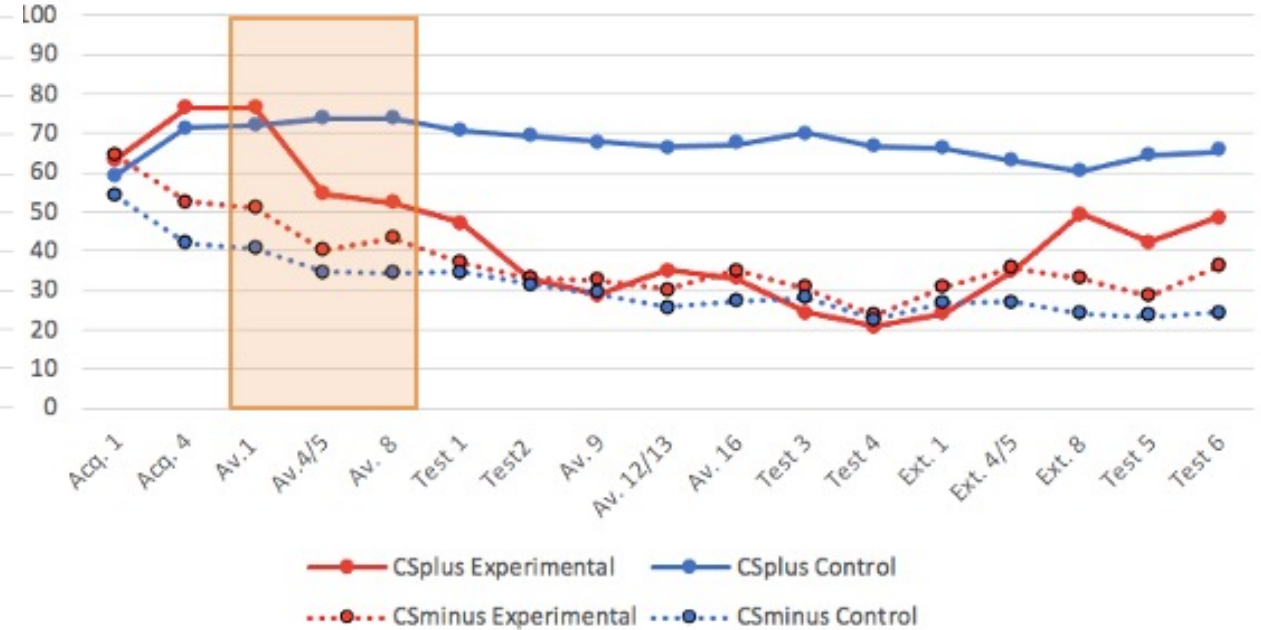
Learn to avoid a sip of milkshake by:

- Reward for avoidance: money
- Punishment for not avoiding: aversive scream 90db in headphone after receiving the milkshake

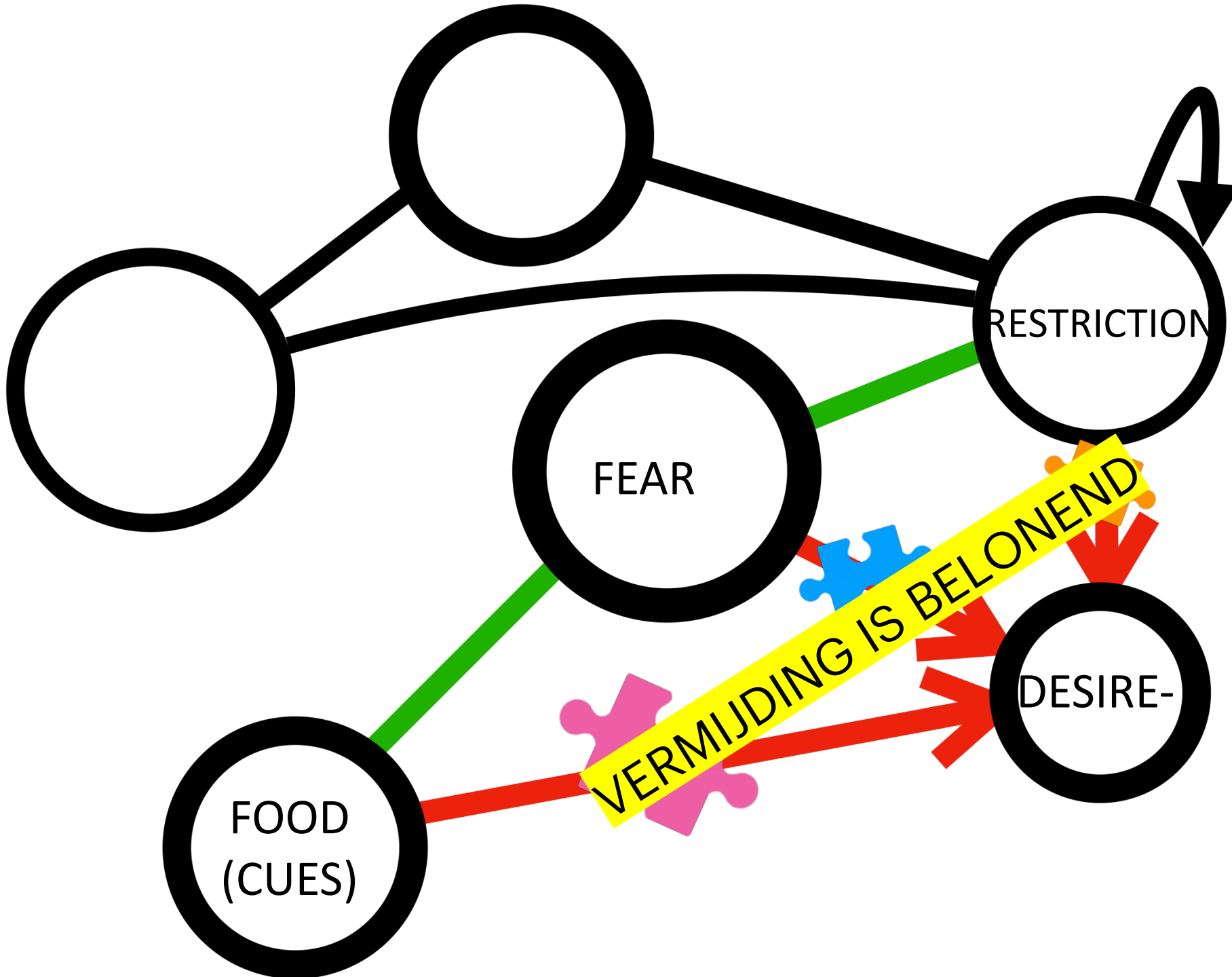
Fearfulness ratings



Desire to drink ratings



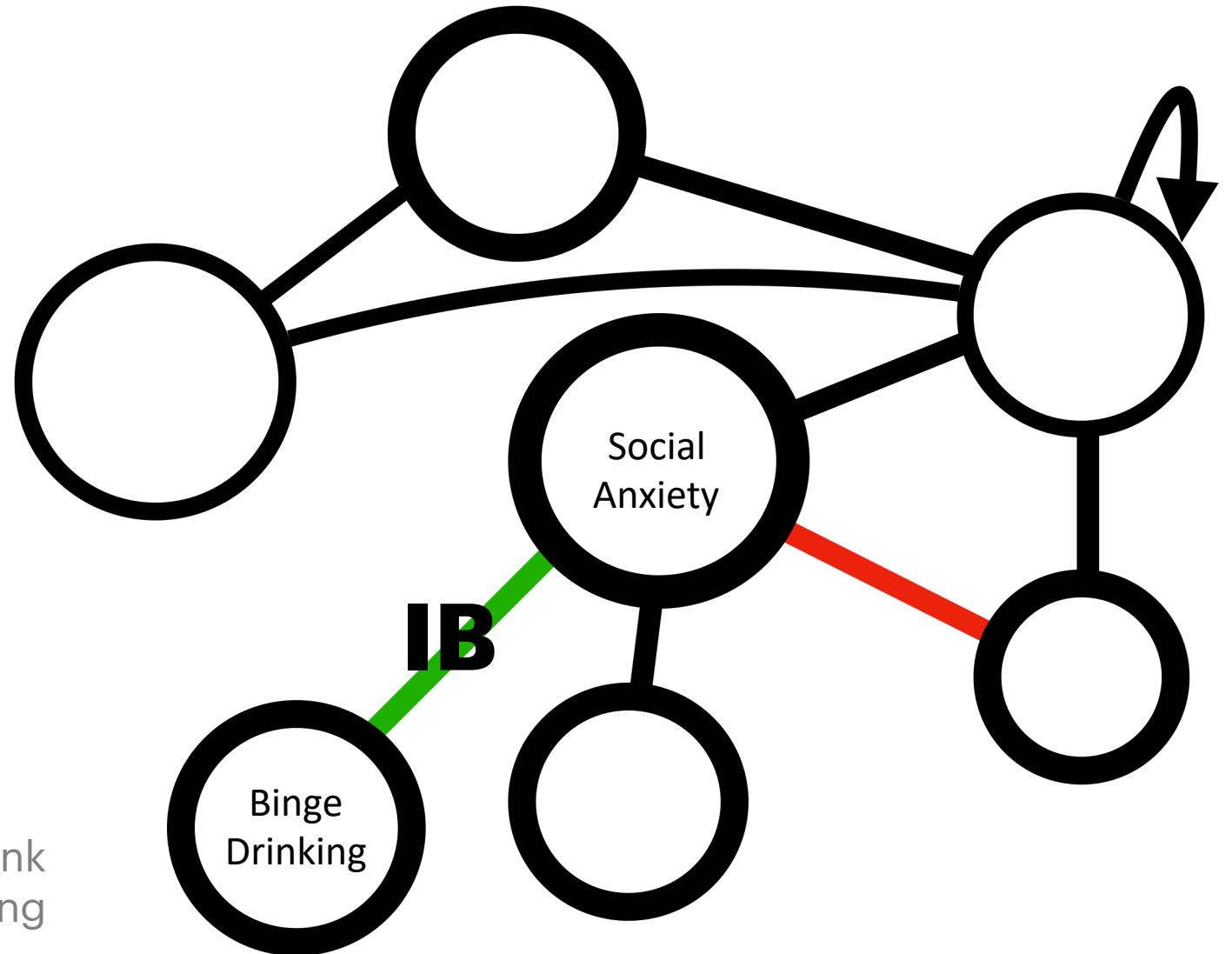
INDUCTION OF REWARDS & PUNISHMENTS → AVOIDANCE → REDUCTION OF DESIRE
 → INTENSE PROLONGED (CONDITIONED) FEARS MAY EXTINGUISH EATING DESIRES



PROBLEEM 4: TRANSDIAGNOSTIEK

SYMPTOM NETWORKS
ARE TRANSDIAGNOSTIC
BY NATURE;
TRANSDIAGNOSTIC
PROCESSES MAY
EXPLAIN LINKS
BETWEEN SYMPTOMS

Interpretation Bias (IB) may link
social anxiety and binge drinking

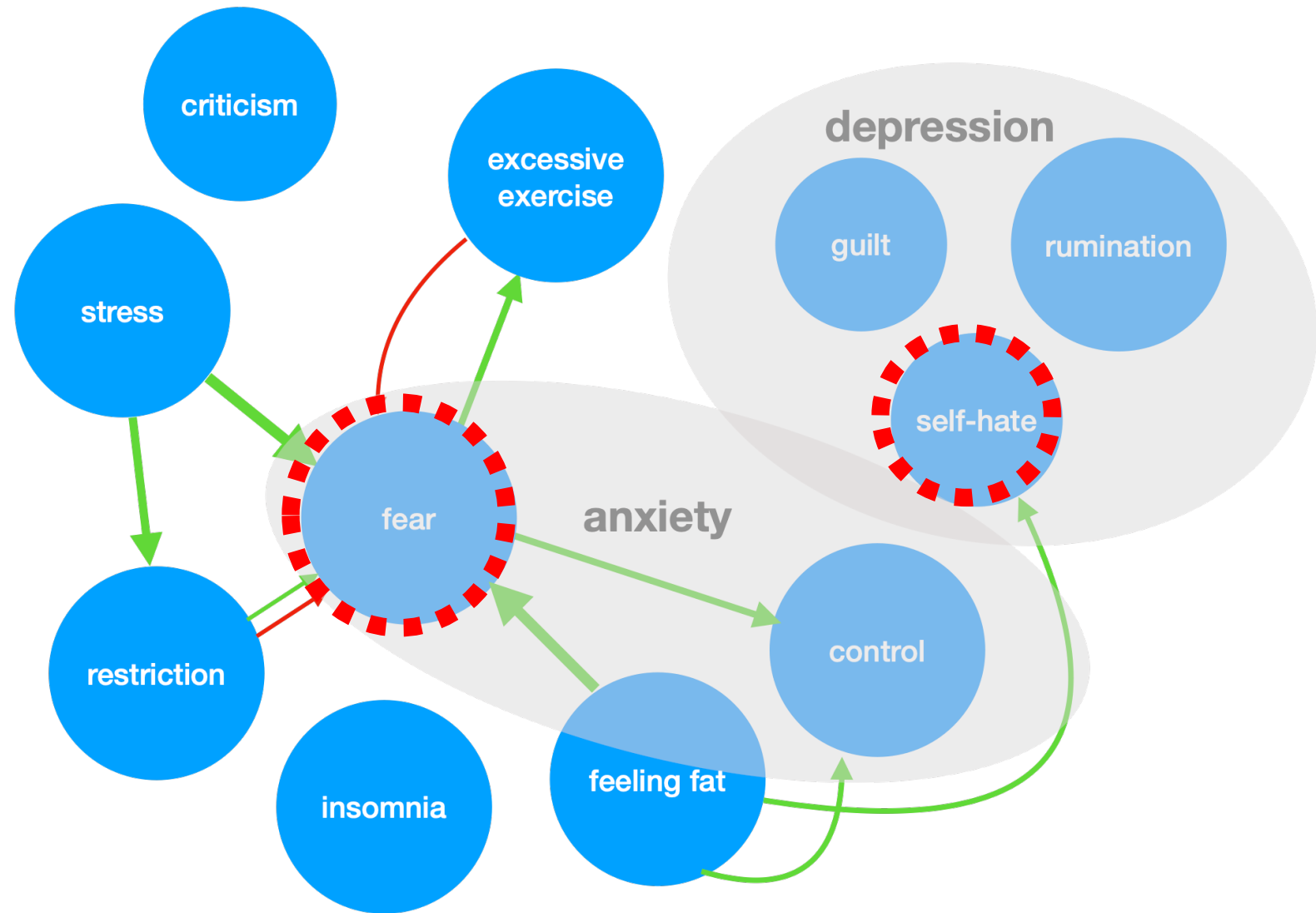


PROBLEEM 3: COMORBIDITEIT

*VERSCHILLENDE
STOORNISSEN IN 1
NETWERK

***BRIDGE SYMPTOMS**
LINKEN DIAGNOSEN
BINNEN EEN NETWERK

*GEEN KUNSTMATIGE
GRENZEN TUSSEN 2 OF
MEER STOORNISSEN
BINNEN 1 PERSOON



PROBLEEM 2: INDIVIDUELE VERSCHILLEN

Anne

BMI 17

Binge eating

Depression

Alcoholism

Tessa

BMI 16

Purging

PTSD, IoU

Insomnia

Maria

BMI 15

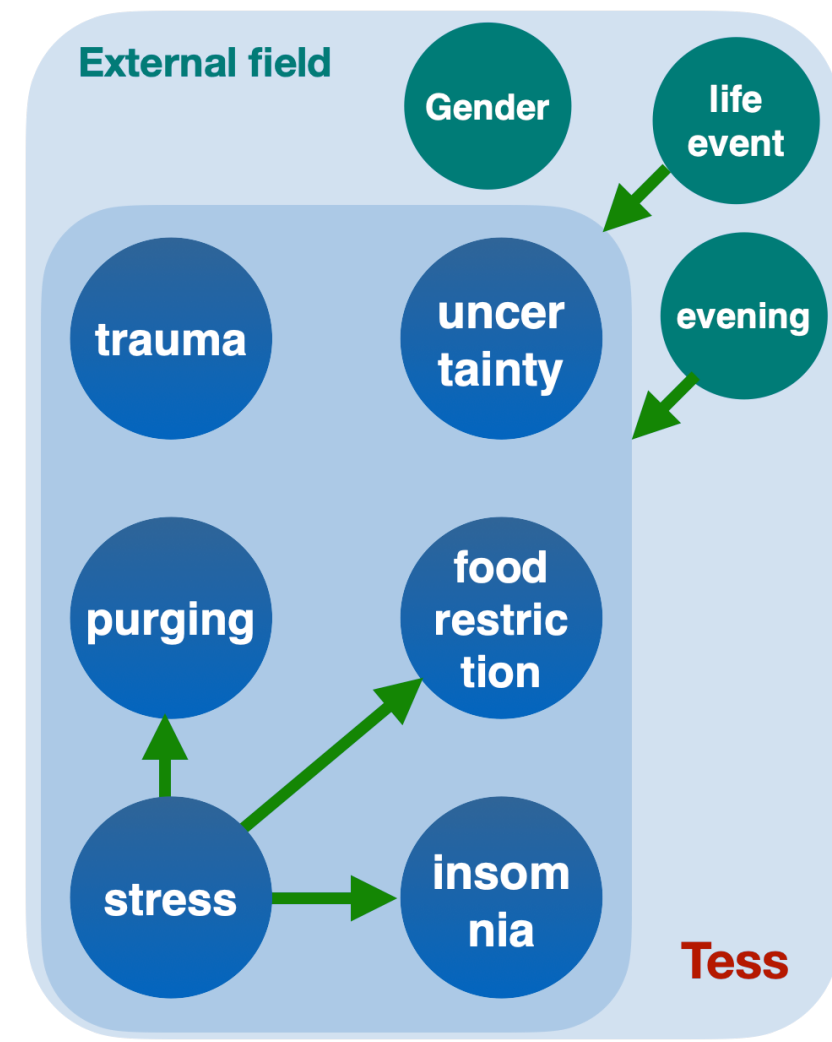
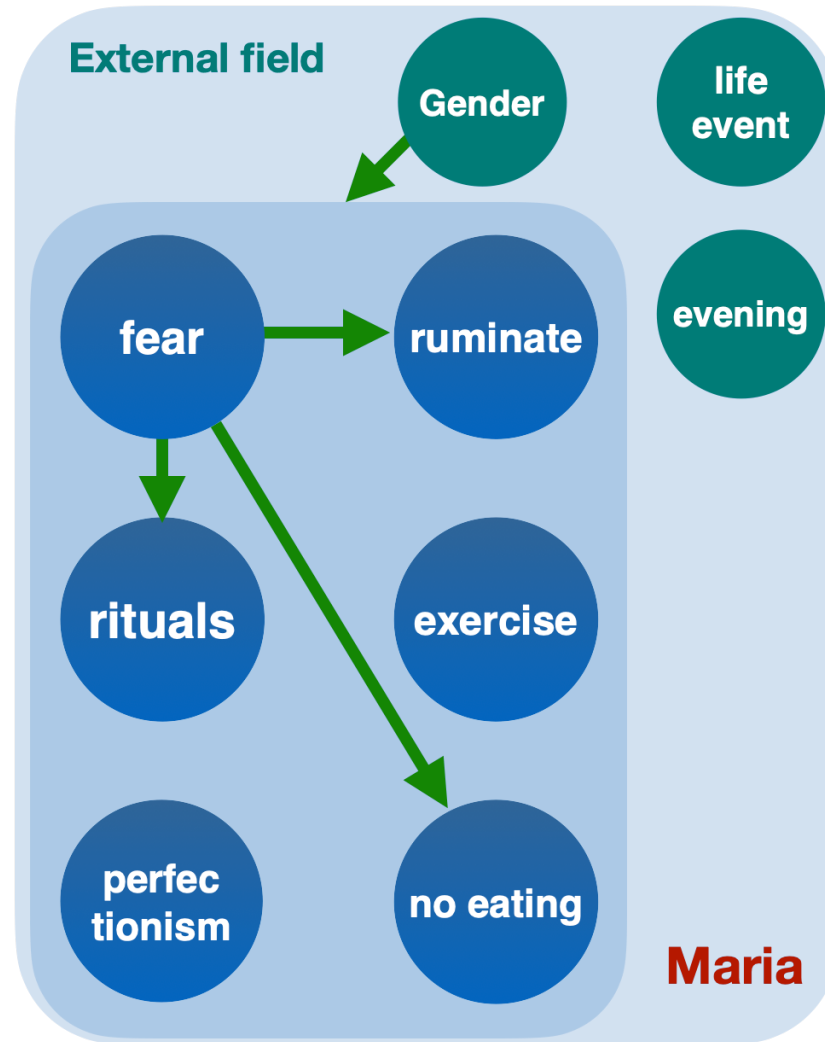
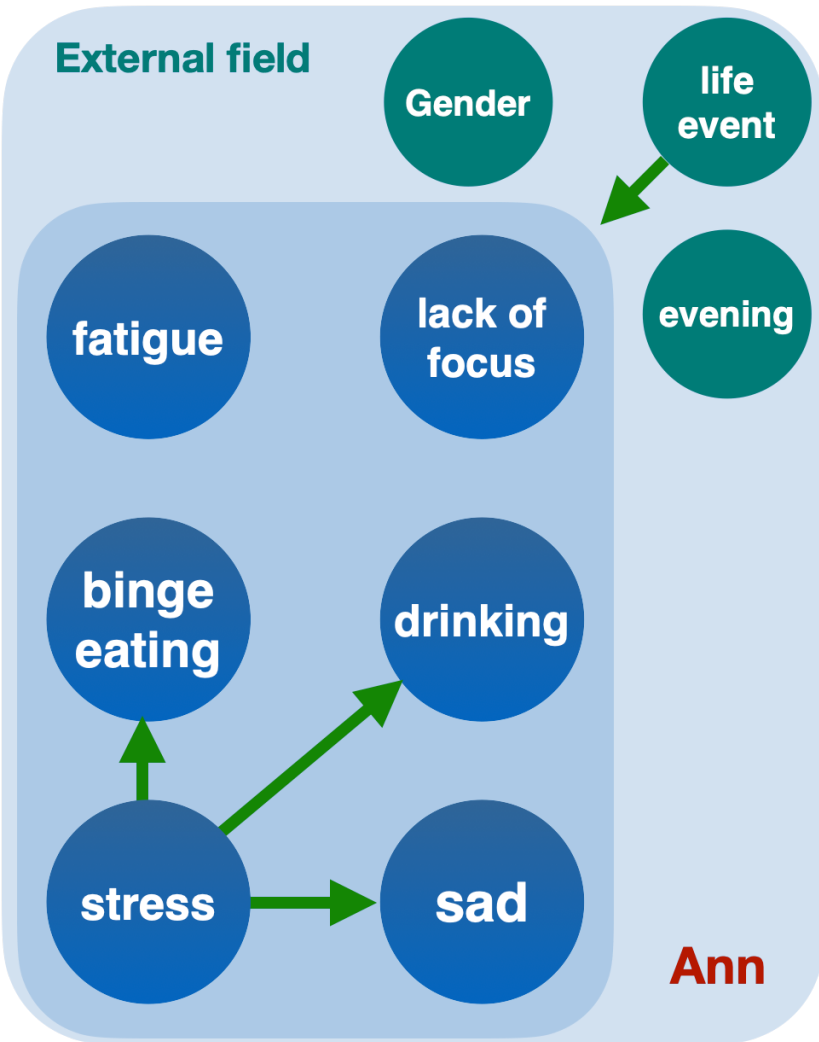
Restriction

Anxiety, OCD

Compulsive Exercise

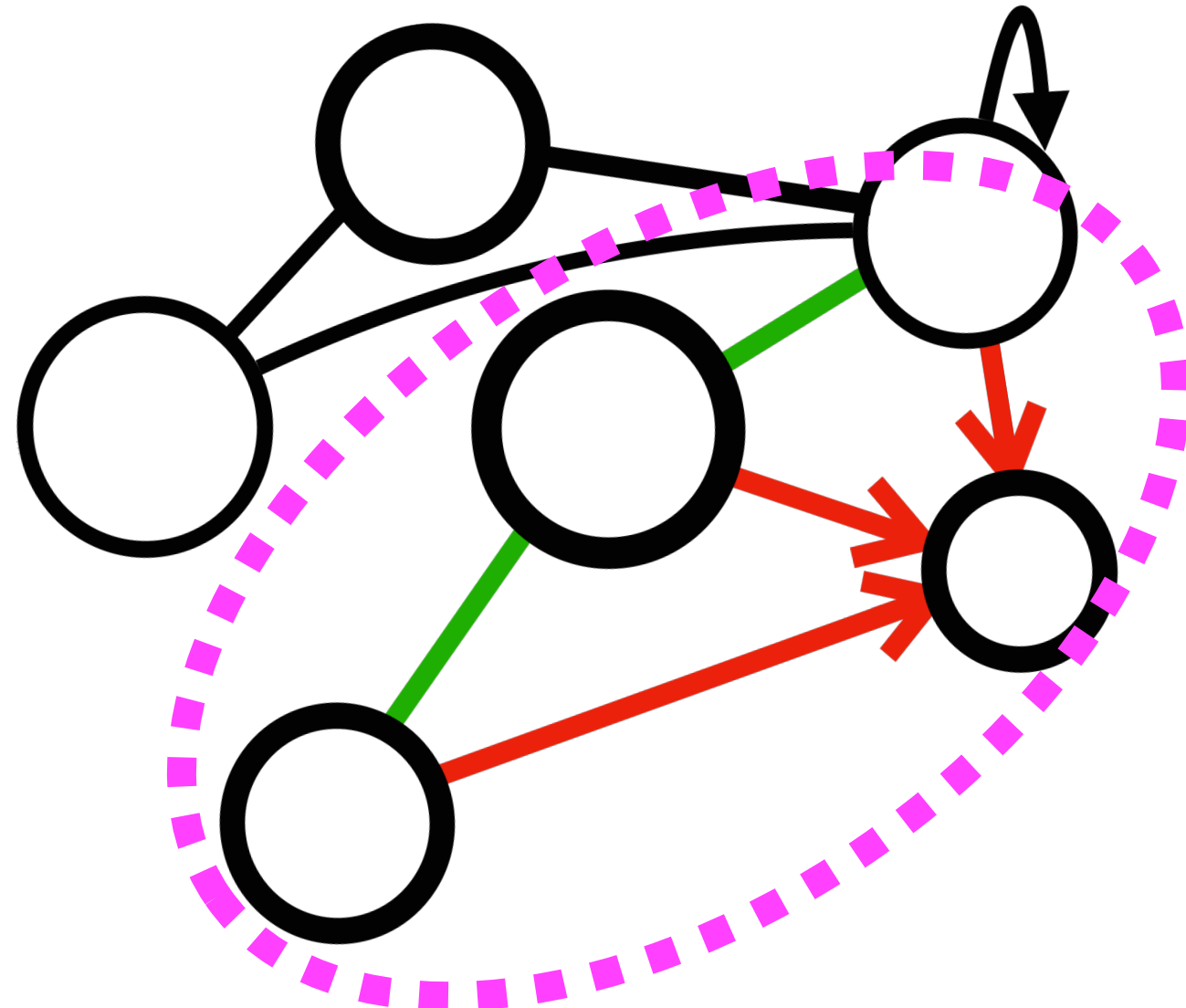
SAME DIAGNOSIS → DIFFERENT SYMPTOMS

DIFFERENT SYMPTOMS → DIFFERENT NETWORKS → DIFFERENT TREATMENTS



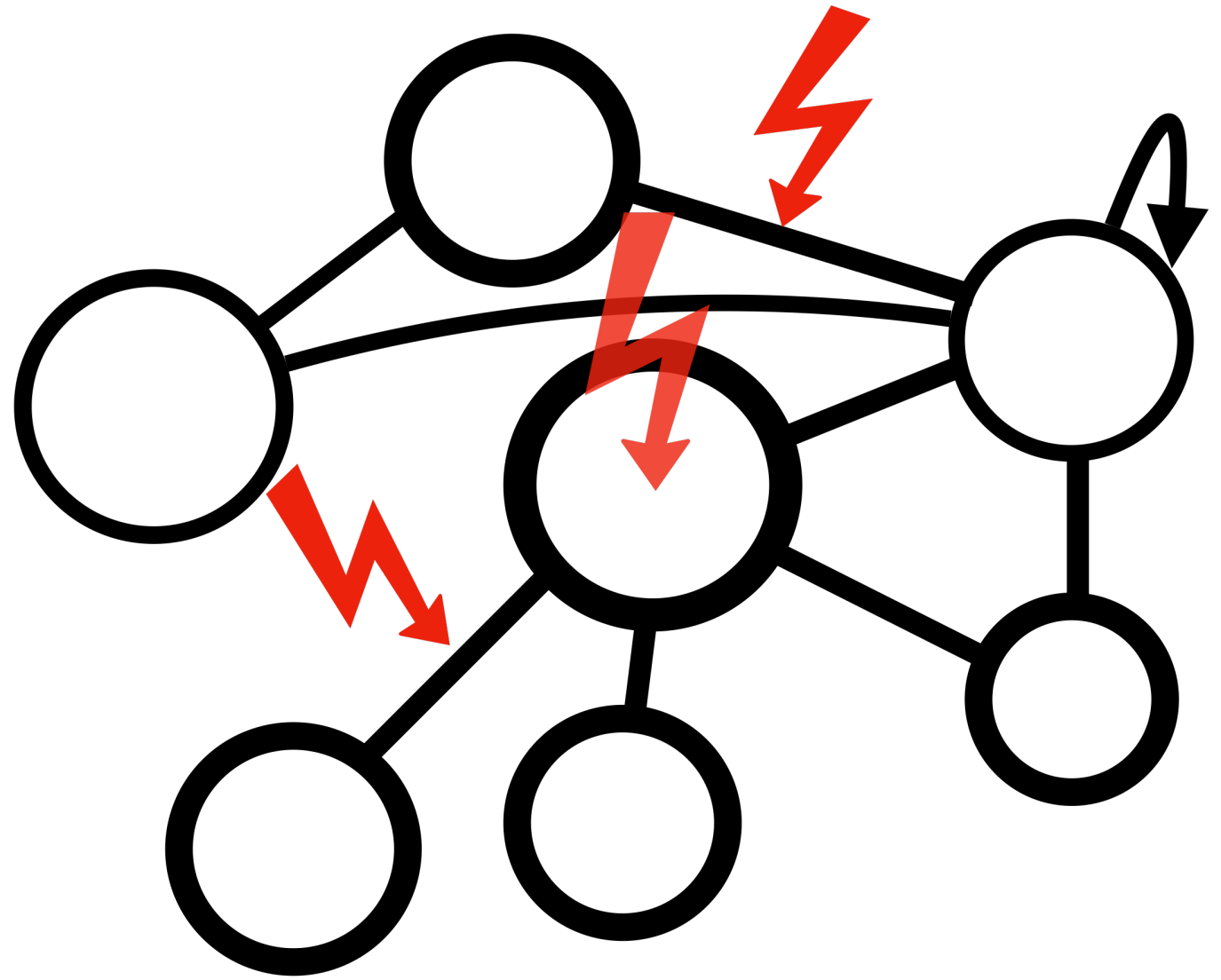
PROBLEEM 1: BESCHEIDEN BEHANDELRESULTATEN

- NETWERK IS INDIVIDUEEL
- BEHANDELING IS INDIVIDUEEL
- NETWORK-INFORMED MAATWERK
- ONAFHANKELIJK VAN DSM DIAGNOSE
- FOCUS OP NETWERK DYNAMICS
- FOCUS OP DE BELANGRIJKSTE (MEEST CENTRALE?) NODES (SYMPTOMEN) EN STERKSTE EDGES (CONNECTIES)



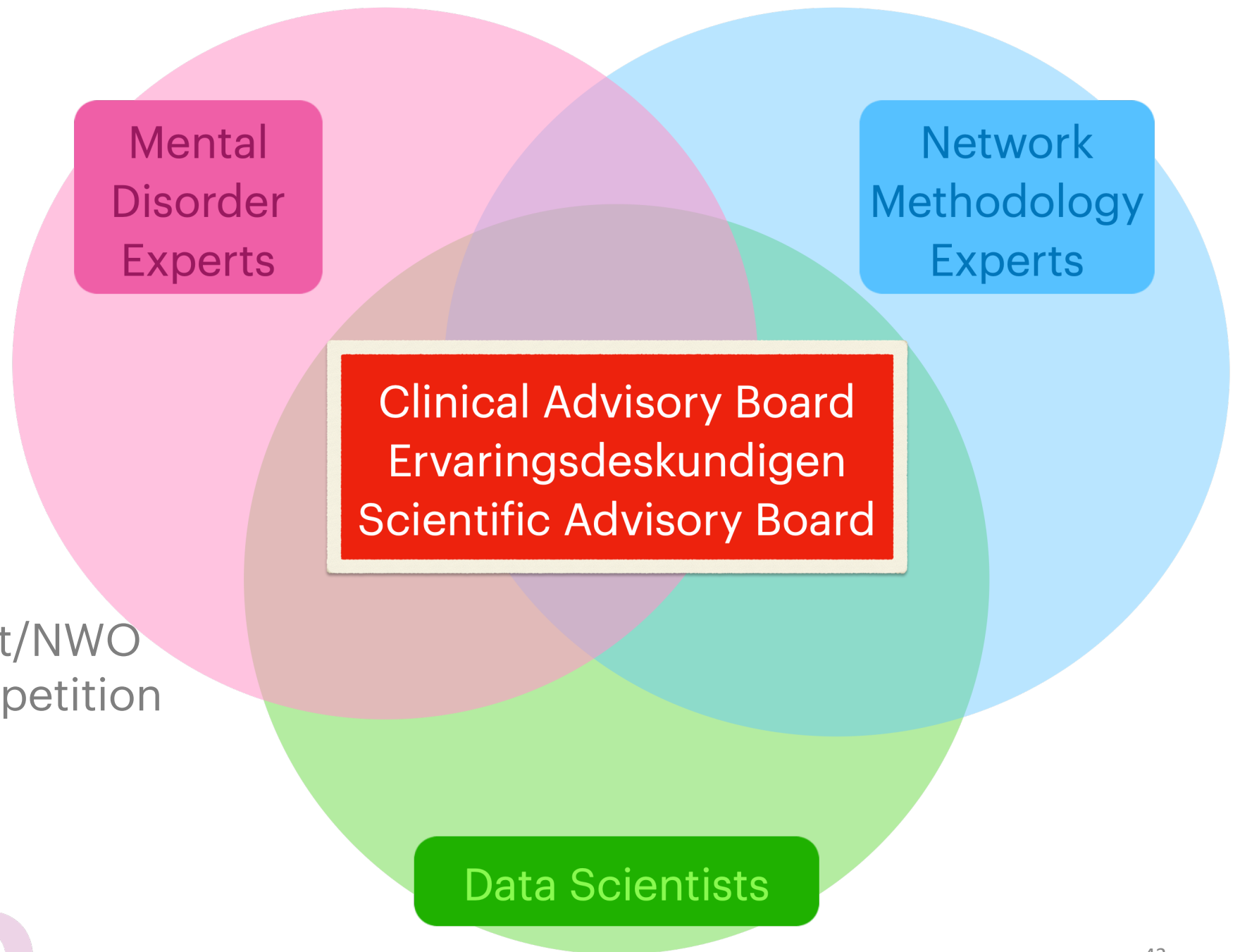
NETWORK-INFORMED BEHANDELING

- INTERVENTIEDOELEN: VERZWAKKEN NODES, VERBINDINGEN VERBREKEN
- EFFECTIEVE TECHNIKEN (BV CBT)
- VERSCHIL MET NU: FOCUS OP BELANGRIJKSTE NODES & EDGES – DATA DRIVEN / EMPIRISCH VASTGESTELD



New Science of Mental Disorders

M€20 grant
Dutch Government/NWO
Science-wide competition
10 year project
2020 – 2030



MAPPING

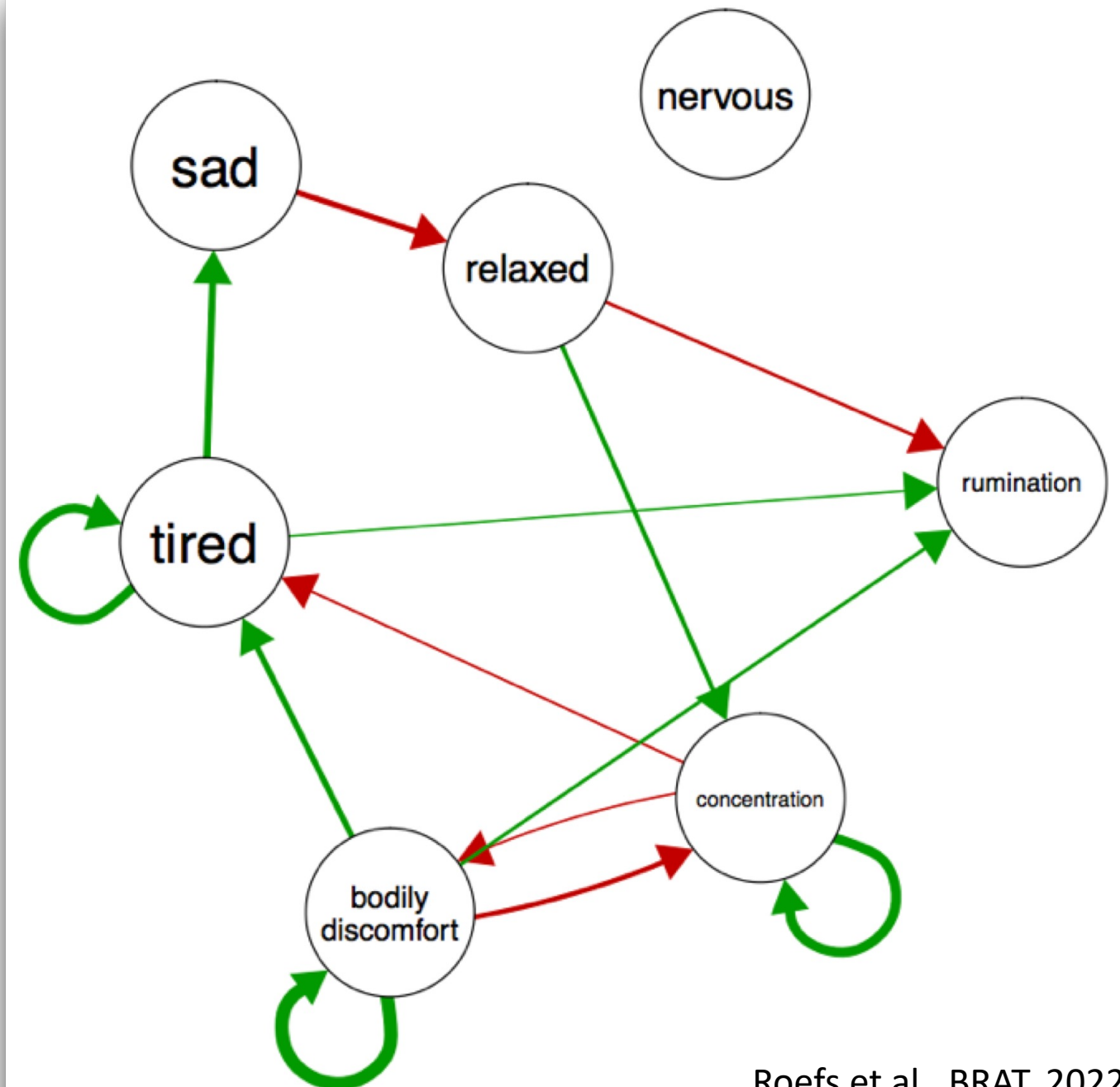
individual symptoms
network

ZOOMING

(transdiagnostic)
mechanisms

TARGETING

individual
network-informed
treatment



CONSORTIUM

September 2022

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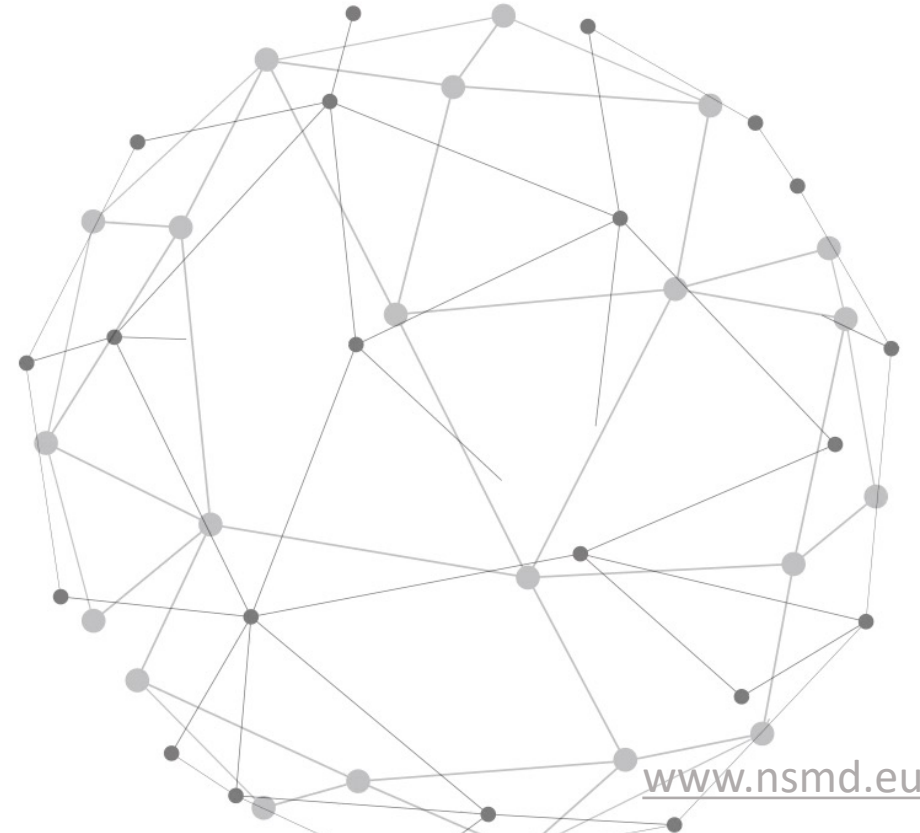
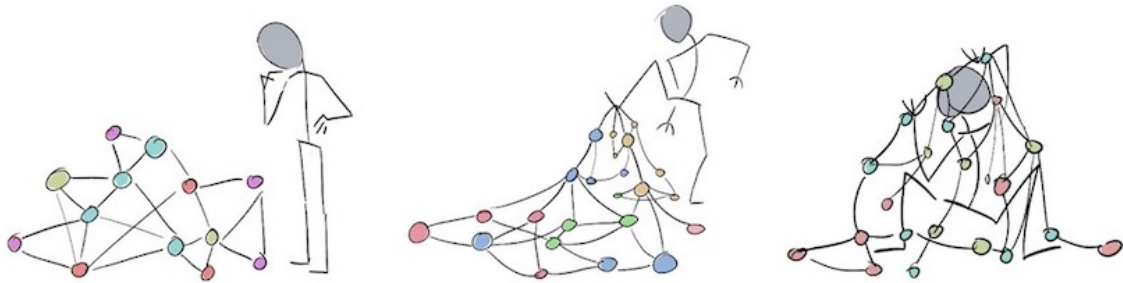
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INEZ GERMEYS
PHILIP SPINHOVEN

Cruiff: 'Ik heb een zak geld nog nooit een doelpunt zien maken'

Woensdag, 8 mei 2013 om 13:20

PROBLEEM 1: BESCHEIDEN BEHANDELRESULTATEN

- ZIJN NETWERK-INFORMED INTERVENTIES EFFECTIEVER?
- EMPIRISCHE VRAAG!
- NSMD RESEARCH WILL TELL...



Thank You