

# WG1: Current status of work



Vera Gergov  
TREATme MC meeting  
Krakow 18.9.2019

# Building the search strings

- Focus on the work done by WG1: research of moderators and predictors of treatment outcome in various forms of psychotherapy for young people
- How to make the choices and build the searches?
  - Moderator/predictor vs. disorder groups
  - Systematic search for outcome studies by disorder groups + manual selection for predictors and moderators
- All disorder groups had equal general search string in each database + disorder specific search string
  - General choices made:
    - Databases: PubMed, PsycINFO
    - Study types: All clinical trials
    - Language: Title+abstract English
    - Age: Adolescents, Young adults - 13 to 29 ( $\pm 1$  year)
- Final searches were conducted by one researcher with the assistance of informatician from Medical Library in Helsinki
  - Two independent researchers reproduced the searches

# Results

	Pubmed	PsycInfo	Combined
ADHD	225	312	497
Anxiety	1581	1269	2628
Autism	91	266	332
Bipolar	150	139	263
Conduct	125	1294	1366
Depression	2325	2102	4114
Eating	437	547	919
Personality	230	379	593
Psychosis	530	686	1173
Substance	1616	1915	2136
		Total=	14021
	Total (duplicates removed)		9980

- Search results were imported to reference manager Mendeley for further processing
  - Free access for all researchers
  - Possibility to create groups

# Inclusion criteria

- Researchers were divided into pairs by different disorder groups
  - Disorder groups that have > 2000 search results were divided into group of 2-3 pairs
- 4 step process
  - Title → abstract → full-text: outcome → full-text: predictors/moderators
  - All researchers work in pairs (by disorder groups) and rate the papers independently
    - Consensus between the researches before proceeding to next step
- Criteria:
  1. Disorder: includes patients with the specified disorder for each search
  2. Intervention: presents a psychosocial intervention program for that disorder of any length & orientation
  3. Study type: outcome study published in peer-review journals
  4. Participants: age range: 13 – 29 years
  5. Language: at least title and abstract should be in English
  6. Participants' clinical status: Participants being diagnosed with a clinical disorder or at least having a high level of symptoms on at least one relevant self-report measure
  7. Assessment points: Pre-treatment (compulsory), Post-treatment (compulsory), and Follow-up (not compulsory)

→ All relevant outcome studies for the specific disorder are identified!

  8. Predictors and/or moderators: all relevant variables are assessed before the treatment and the paper explicitly displays at least one statistical analyses concerning predictors & moderators

**→ All relevant predictor/moderator studies for the specific disorder are identified!**

# Where are we now?

- STEPS 1-3 finalized in (almost) all groups
- Consensus on defining predictor and moderator studies have been reached
- Table for exporting important information from the predictor and moderator papers for the systematic review in process

# Where do we go next?

- Registering the study to PROSPERO
- Writing a protocol paper
- Systematic reviews on the outcome studies for different disorders to be written?
- **GOAL: Systematic review(s) on the predictors and moderators of youth psychotherapy to be written**
  - Combining the results from different disorders?

# Who are WG1?

Stig Poulsen, chair, University of Copenhagen, Denmark

Eleni Vousoura, vice chair, Athens University Medical School, Greece

Bogdan Tudor Tulbure, vice chair, West University of Timisoara, Romania

Vera Gergov, vice chair, University of Helsinki, Finland

Randi Ulberg, chair of TREATme, University of Oslo, Norway

Nigel Camilleri, University of Malta, Malta

Giuseppe Chiarenza, International Center for Learning, Attention and Hyperactivity Disorders (CIDAAl), Italy

Martin Debbane, University of Geneva, Switzerland

Luis Joaquin Garcia-Lopez, University of Jaen, Spain

Henriette Löffler-Stastka, Medical University of Vienna, Austria

Silvana Markovska, Macedonian Academy of Sciences and Arts, North Macedonia

Branka Milic, Medical University of Vienna, Austria

Ioana Podina, University of Bucharest, Romania

Elena Poznyak, University of Geneva, Switzerland

Tamara Prevendar, Sigmund Freud University, Austria

Andrea Saliba, University of Malta, Malta

Emma Saliba, University of Malta, Malta

Sandra Torres, University of Porto, Portugal

Rosemarie Vella Baldacchino, University of Malta, Malta

Daniel Vella Fondacaro, University of Malta, Malta

# Mediators of outcome in youth psychotherapy: The work of TREATMe WG2

On behalf of TREATMe WG 2



# TREATMe WG2

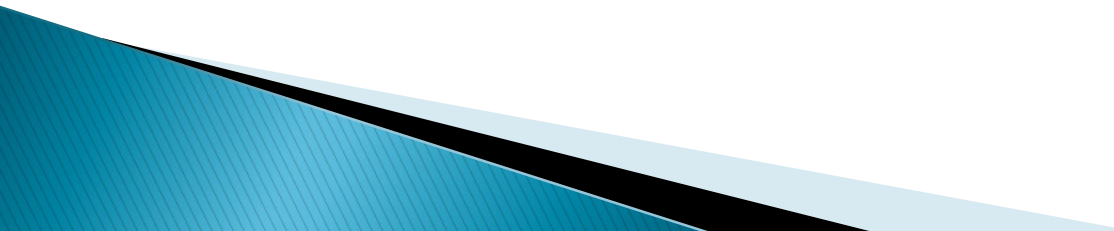
Svenja Taubner (Leader)	Erkki Heinonen (Vice-leader)
Sonja Protic (Vice-leader)	Andrea Saliba
Asta Adler	Célia Sales
Catarina Pinheiro Mota	Dina Di Giacomo
Elisabeth Ness	Filipa Mucha Vieira
Jan Ivar Røssberg	Jana Volkert
José Miguel	Margarida Rangel Henriques
Marija Raleva	Nick Midgley
Orya Tishby	Patricia Moreno-Peral
Peter Lilliengren	Rasa Barkauskiene
Sonia Conejo-Céron	Stefanie Schmidt
Tjasa Stepisnik	Yianna Ioannou

# WG2 Objectives

- ▶ To exchange knowledge and research experience, and collaborate with clinicians in order to identify putative mechanisms of change in youth psychotherapy
- ▶ To identify what is missing in the evidence base on mechanisms of change in youth psychotherapy
- ▶ To suggest what kind of research on mechanisms of change is needed in order to advance individualized treatment for youth

Source: <https://www.treat-me.eu/working-groups/working-group-2/>

# Mechanisms of change in youth psychotherapy

- ▶ How does therapy produce change?
  - ▶ There are multiple theories for multiple interventions.
  - ▶ Evidence for mechanisms of change can come from identifying mediators of outcome.
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# Mediators of outcome

- ▶ What is a mediator?

“A mediator is an intervening variable that may account (statistically) for the relationship between the independent and dependent variable. Change in the mediator must follow the onset of the independent variable and precede change in the dependent variable temporally.”

*Formulated based on:*

Kazdin, A. E. (2007). Mediators and mechanisms of change in psychotherapy research. *Annu. Rev. Clin. Psychol.*, 3, 1–27.

Kraemer, H. C., Stice, E., Kazdin, A., Offord, D., & Kupfer, D. (2001). How do risk factors work together? Mediators, moderators, and independent, overlapping, and proxy risk factors. *Am. J. Psychiatry*, 158, 848–856.

- ▶ Mediators can help identify causal relationships between variables that change as a result of an intervention.

# Systematic review

## ▶ Step 1:

- Search string: included search terms for mediators, age groups, psychotherapy, disorder-specific treatments, and study designs
- The search generated 3336 studies

## ▶ Step 2:

- Abstracts were reviewed by 10 pairs of researchers
- Exclusion criteria: (a) age range that does not include youth between 11.5–30.5 years of age); (b) no treatment/intervention was involved; no mediators were studied

### ► Step 3:

- Full text screening of all remaining studies
- Same exclusion criteria as step 2 were applied
- Eligible studies were coded for:
  1. Disorder type
  2. Age group
  3. Treatment type
  4. Treatment setting

# Results (3336 minus 330 studies)

Disorder type	No. of studies	Age groups	No. of studies
Depression	116	10–19y	35
Anxiety	105	19–30y	19
Substance abuse	65	0–19y	14
Severe disorders	32	19–100y	37
Externalizing disorders	30	10–30y	8
Other disorders	133	Other	11

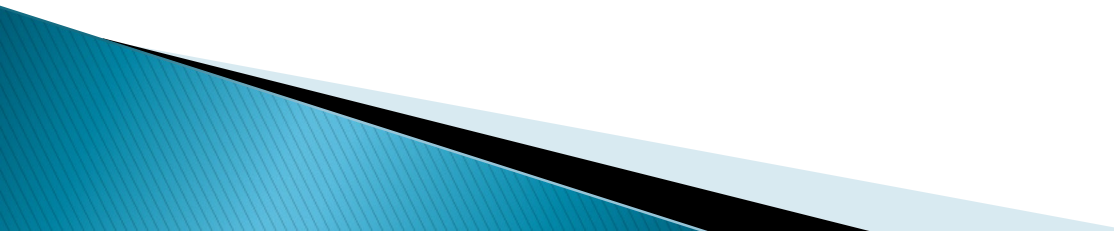
# Results (cont'd)

Treatment type	No. of studies	Treatment setting	No. of studies
Cognitive behavioral	187	Individual	211
Psychoeducation	48	Family	52
Third-wave TX	41	Group	88
Psychodynamic	39	Inpatient	9
Humanistic	39	E-Mental health	41
Systemic	23		
Integrative	22		
Interpersonal	15		
EMDR	3		

➤ **Next steps?**



# Systematic review for Mediators of outcome in youth psychotherapy

- ▶ All studies will be coded for:
    1. Behavioral mediators
    2. Cognitive mediators
    3. Emotional mediators
    4. Therapy-related mediators
    5. Relationship-oriented mediators
    6. Other?
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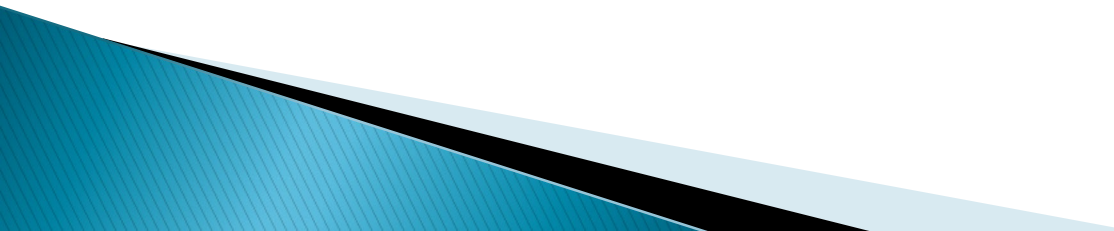
## Cognitive mediators

Self-esteem	Distancing
Self-efficacy	Motivation to change
Catastrophizing	Family positive reframing
Dysfunctional attitudes	Delayed learning
Meta-cognitive beliefs	Etc...
Cognitive dissonance	
Rumination	
Cognitive flexibility	
Situational confidence	


Behavioral mediators	Emotional mediators
Protective behavioral	Depression
Coping behavior	Expressed emotions
Behavioral strategies	
BMI	

Relationship-oriented mediators	Therapy-related mediators
Attachment	Patient-adherence
Reflective functioning	Therapeutic alliance
Parental solicitousness	
Parenting skills	
Family flexibility	
Interpersonal functioning	

# Preliminary observations...

- ▶ Cognitive mediators seem to be studied more than any other group of mediators of outcome
  - ▶ Even though attachment and relationship functioning are both developmentally crucial for young populations, they seem to receive very little attention in psychotherapy outcome studies
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# Future directions

- ▶ WG2 will conduct systematic reviews for:
    1. General paper
    2. Mediators of psychotherapy for Externalizing disorders
    3. Mediators of psychotherapy for Depression in youth
    4. Mediators of psychotherapy for Anxiety Disorders
    5. Mediators of outcome in Family therapy
    6. Mediators of psychotherapy for Substance use
    7. Mediators of psychotherapy for Trauma
    8. Other?
- 

# Working Group 3: Age Customized Process and Treatment Measures

# Aims

- Review available measurement instruments for mediators and moderators in youth psychotherapy identified by WG1-2
- Assess quality of these instruments using the COSMIN system
- Suggest what instruments should be used, and in what areas instruments need to be developed



# 17 Members

Fredrik Falkenström  
Marcin Rzeszutek  
Camellia Hancheva  
Margarida Rangel  
Mariana Martins  
Nele De Witte  
Dubravka Kocijan  
Emma Motrico  
Zorana Jolic  
Sibel Halfon  
Inês Rothes

Jose Mestre  
Hamdi Tekin  
Nurka Pranjic  
Mari Janikian  
Marija Burgić  
Sidse Arnfred

## Measurement Matters



# Work so far

- "Evaluation of assessment instruments for working alliance in psychological interventions with young people: a systematic review"
- Search finished: 4117 abstracts to be reviewed
- Raters assigned
- Plan to finish assessment of abstracts in late November
- More reviews when we know results of WG 1 and 2

# Next meeting: Seville, Spain, November 28-29



[www.liu.se](http://www.liu.se)



# EBPU

## Evidence Based Practice Unit

A partnership of



**Anna Freud**  
National Centre for  
Children and Families

18<sup>th</sup> September 2019

# Cost Action TREATME MC Meeting

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[Julian.Edbrooke-Childs@annafreud.org](mailto:Julian.Edbrooke-Childs@annafreud.org)

Working Group 4



## Acknowledgments

1. Gestalt Institute
2. Organizers and Working Group 3
3. Randi
4. All of the hard work of the Working Group Members!
5. Collaborating networks
6. COST

## Working Group 4

A systematic review examining approaches for engaging young people in digital psychotherapy interventions

Consultations on how to involve young people in the co-design of psychotherapy research studies to develop guidelines

Training school: customizing psychotherapy research design for young people

How have existing studies on moderators and mediators of psychotherapy research customized research designs to make them appropriate for young people?

# Approaches used for engaging children and young people in digital mental health interventions: A systematic review

Given the scale of research on the development and evaluation of youth digital mental health interventions, we want to understand how best to customize digital mental health interventions for young people

1. What approaches are used for engaging youth with mental health problems in digital mental health interventions?
2. What are the barriers and facilitators to engaging youth with mental health problems in digital mental health interventions?
3. How do retention rates vary in youth digital mental health intervention research?



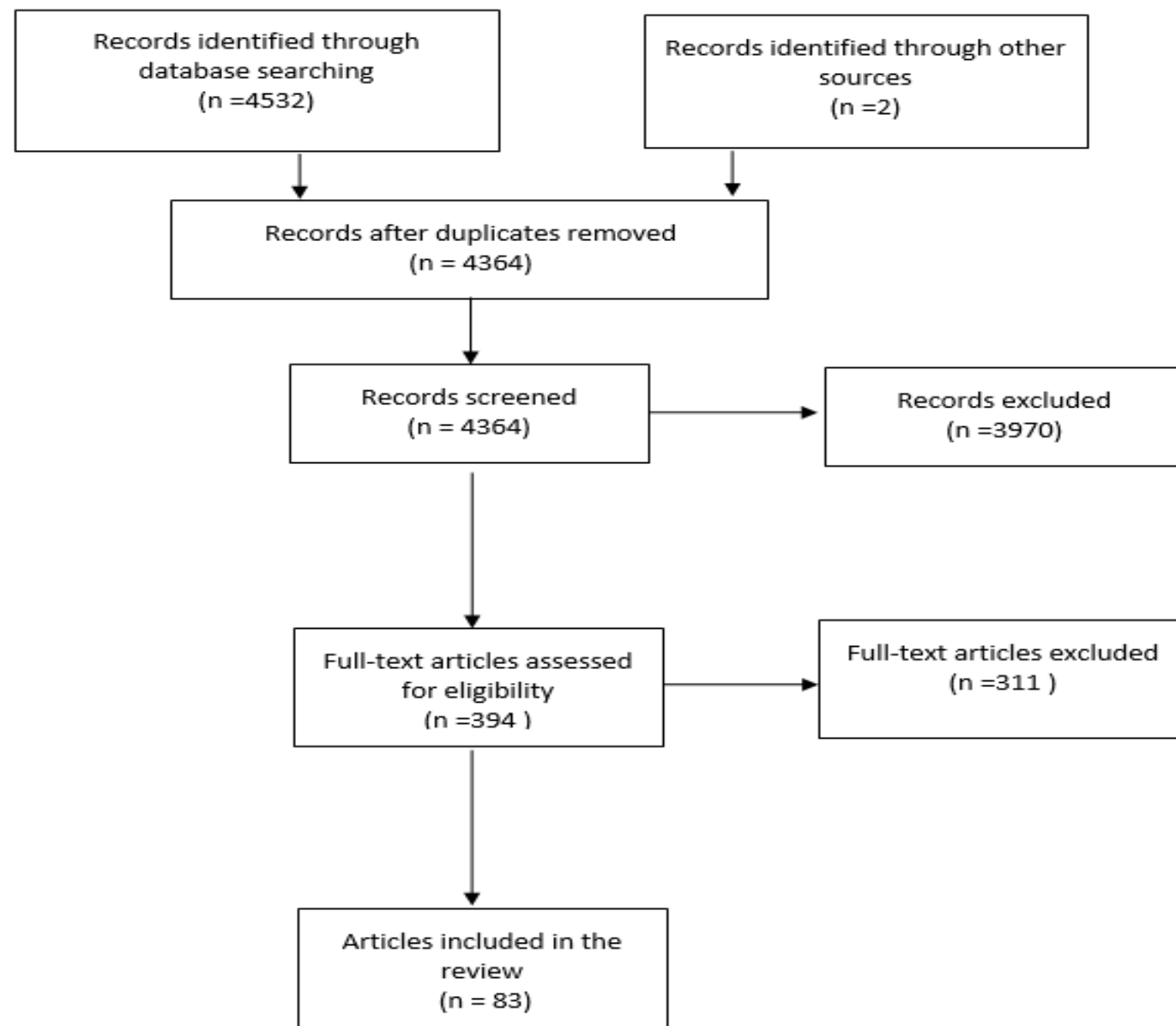


Identification

Screening

Eligibility

Included



## Approaches used for engaging children and young people in digital mental health interventions: A systematic review

- 6 approaches from 83 articles: websites, games and computer-assisted programs, apps, robots and digital devices, virtual reality, and mobile text messaging
- Two themes emerged highlighting “intervention-specific” and “person-specific” barriers and facilitators
- These themes encompass factors such as suitability, usability and acceptability and motivation, capability and opportunity for the CYP using the Dis
- The findings of this review suggest a high average retention rate of 79% across the various digital approaches

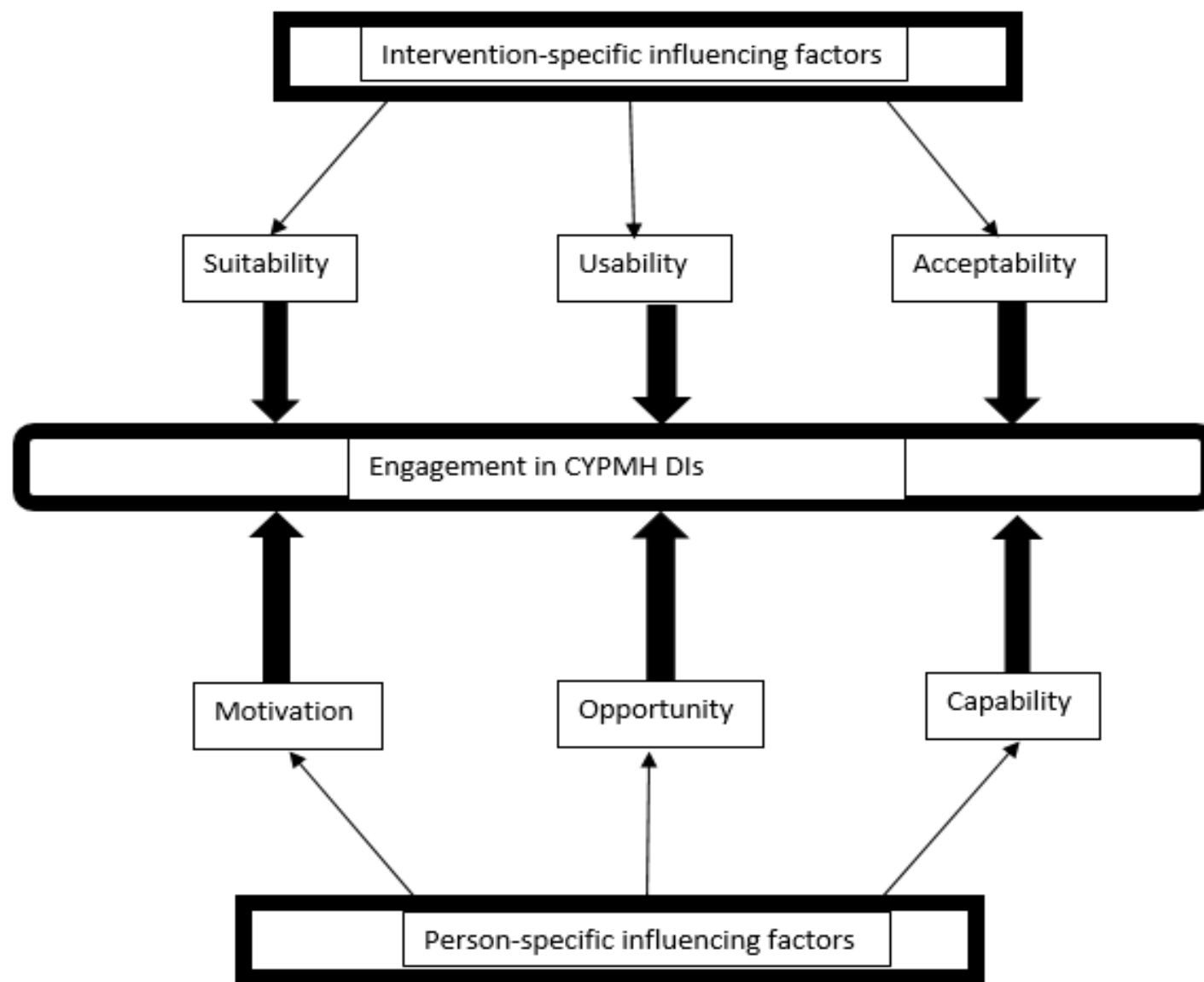


Figure 2. Framework of factors influencing engagement in CYPMH digital intervention

## Recruitment and pre-involvement considerations

- The recruitment method is described and where appropriate, young people with differing types and levels of experience and knowledge of the subject matter were invited to be involved.
- It is considered if young people had direct or indirect experience of the subject matter and the different perspective this may bring acknowledged. An example of indirect experience could be from family members, study or media.
- An individual needs assessment was carried out of the young people's background including competency, physical health status and mental health experience and potential impact these factors may have on taking part in the activity. For example, topics may be distressing; a "safe place" to be identified to refer to if needed is an example of measures put in place and regular breaks.

## Recruitment and pre-involvement considerations

- The role of family has been considered and if it is appropriate to include them, assessed for example if it would make the young person feel more comfortable and also if helpful to have them involved in co-design.
- Different needs and requirements of the young people's age has been considered.
- An informal talk has taken place with young people involved to get to know them and consider aspects such as cultural background and reasons for wanting to collaborate.
- Clear goals, guidelines and expectations were agreed through a mutual discussion between the young person involved and researchers/clinicians.

## Active involvement stage

- Use of inaugural and inclusive language was considered, for example using the terms “we”, “our” rather than “you”, “my”
- An attempt to remove psychological and research “jargon” where appropriate, to allow increased accessibility for young people involved.
- Report the steps that were taken to ensure that the young people’s physical and mental safety was considered at the forefront of the activity.
- Consideration to the setting and overall atmosphere was given to reflect a balance in power between the young people and researchers. An example of this is a non-clinical format or seating arrangements.
- Measures are put in place to ensure a young person’s voice is heard amongst others involved, for example proactively and consistently asking the young person questions or delegating input for particular areas.
- A method for actioning criticism and feedback from both parties involved is considered. This could be through open dialogue or pre-agreed feedback sessions and feedback for both the young person and researcher.

## Post involvement

- The young people involved are thanked for their input and their contribution to the research design is clearly acknowledged.
- Young people have been reimbursed for their time and travel.
- Plans have been made to keep young people updated with the outcome and impact of their involvement.

# Training school: customizing psychotherapy research design for young people

## Participants:

1. Go to [www.menti.com](https://www.menti.com)
2. Enter 40 96 34

## Presenter link:

<https://www.mentimeter.com/s/f18c3679e58ed26a140bbe1ae41c6780/3bde6abc34a6>





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# Cost Action TREATME MC Meeting

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[Julian.Edbrooke-Childs@annafreud.org](mailto:Julian.Edbrooke-Childs@annafreud.org)

Working Group 4

# TREATme

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WG 5 report

# Dissemination plan

The screenshot shows a web browser window with the URL <https://www.treat-me.eu/working-groups/working-group-5/>. The browser tabs include 'Home | MedUni Wien', 'Webmail MitarbeiterInnen :: Wi...', 'Computer-assisted cognitive...', and 'Working Group 5 - Treat me'. The website header features the 'TREATme' logo and the text 'European Network on Individualized Psychotherapy Treatment of Young People with Mental Disorders'. A search bar is located in the top right corner. The navigation menu includes 'Home', 'About us', 'Working Groups', 'Events', 'Scholarships', 'Dissemination', 'Stakeholders', and 'Contact us'. The 'Working Groups' section on the left lists 'Working group 1' through 'Working group 5', with 'Working group 5' highlighted. The main content area is titled 'Working Group 5' and contains the following text: 'The goal of WG5 is to showcase the work of the action over the next four years and start building a European network of researchers on individualized youth psychotherapy. See our [Dissemination Plan](#).' Below this, the section 'Dissemination of Results and Communication with Stakeholders' states: 'This includes, recruiting MC members from the remaining EU countries with relevant interest and experience, creating and maintaining an Action's online presence (website, social media, etc), and in general, promoting the network and propagating the knowledge on youth psychotherapy to all interested parties (youth, mental health providers, caregivers, policy makers, etc.). WG5 is responsible for establishing regular communication structures with relevant groups.' The 'Status report' section mentions: 'WG5 has been working on dissemination of knowledge generated in the other WGs on psychotherapy for adolescents and young people. In the last meetings of WG5 in 2018 and 2019 in Athens, Cyprus, and Bern, future dissemination contents and new methods to generate and...'. The 'Contact' section lists: 'Leader: Stefanie Schmidt', 'Vice leader: Hanne-Sofie Johnsen Dahl', and 'Members: Célia Sales, Eleni Kanellopoulou, Gary Donohoe, Giada Pietrabissa, Henriette Löffler-Stastka, Michael Kaess, Pedro Filipe Gomes, Tamara Prevendar, Vanessa Bertuzzi'. The browser's taskbar at the bottom shows various application icons and the system clock indicating 19:31 on 13.09.2019.

Home | MedUni Wien Webmail MitarbeiterInnen :: Wi Computer-assisted cognitive Working Group 5 - Treat me

https://www.treat-me.eu/working-groups/working-group-5/ Suchen

**TREATme**  
European Network on Individualized Psychotherapy  
Treatment of Young People with Mental Disorders

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Working Groups

- Working group 1
- Working group 2
- Working group 3
- Working group 4
- Working group 5**

## Working Group 5

The goal of WG5 is to showcase the work of the action over the next four years and start building a European network of researchers on individualized youth psychotherapy. See our [Dissemination Plan](#).

### Dissemination of Results and Communication with Stakeholders

This includes, recruiting MC members from the remaining EU countries with relevant interest and experience, creating and maintaining an Action's online presence (website, social media, etc), and in general, promoting the network and propagating the knowledge on youth psychotherapy to all interested parties (youth, mental health providers, caregivers, policy makers, etc.).

WG5 is responsible for establishing regular communication structures with relevant groups.

### Status report

WG5 has been working on dissemination of knowledge generated in the other WGs on psychotherapy for adolescents and young people.

In the last meetings of WG5 in 2018 and 2019 in Athens, Cyprus, and Bern, future dissemination contents and new methods to generate and...

### Contact

Leader

- Stefanie Schmidt

Vice leader

- Hanne-Sofie Johnsen Dahl

Members

- Célia Sales
- Eleni Kanellopoulou
- Gary Donohoe
- Giada Pietrabissa
- Henriette Löffler-Stastka
- Michael Kaess
- Pedro Filipe Gomes
- Tamara Prevendar
- Vanessa Bertuzzi

# Timelines and responsibilities

Action	Responsible person (WG5)	Starting point	Iteration
inform via press release;	Pedro	May   2019	
COST Action partners - telling we exist - newsletter;	Célia, Pedro		
inform and connect partners in COST Action on evidence base research in clinical health research;	Tamara		
inform and connect partners from COST Action on problematic use of internet;	Célia		
Collection of dissemination of output from the WG leaders and ITC/STSM coordinator and dissemination of TRAINING OPPORTUNITIES ONLINE (fb, twitter) - newsletter, social media, homepage;	Steffi, Gary, Pedro, Hanne	January   2019	every 3 month
Collection of dissemination of output from the WG leaders and ITC/STSM coordinator and dissemination of OUTPUTS OF TREATme (WG meetings, etc.) - website, and newsletter;	Célia, Randi, Hanne	January   2019	
involve youth associations discussing findings, disseminate Action plan (MEP);	Henriette, Hanne	January   May   2019 reinforcement	
involve youth associations discussing findings, disseminate Action plan (EU youth mental health);	Célia	January   2019	
contact policies, decision makers on EU level (white paper);	Randi, Alexandrovic	December   2018	March
contact scientific boards on EU level (European Psychiatric Association - EPA, Training Institutes Chamber - EFTA, European Psychoanalytic Federation - EPF);	Henriette		every 3 month
interview with a politician or decision maker;	Célia, Hanne, Henriette, all		
contact scientific boards on national level (Austrian Society of Psychiatry, Psychotherapy, psychosomatics - ÖGPP, training institutes...);	Henriette, all	throughout 2018	every 3 month
contact Federation of European Psychodrama Training Institutes (FEPTO, GSE, Society for Psychotherapy research - SPR);	Célia, Hanne, Henriette, all	February   2019	
contact and inform ministry of health/accreditation institution, training institutes, official bodies;	all	throughout 2018	February
contact PhD-Program directors;	all	February   2019 update Mailing list	
Mailing list update.	Tamara	February   2019	

# WG 5 report

- Facebook: Steffi, Elina, Tamara, Eleni
- Twitter: Gary, Elina
- Instagram: Giada, Vanessa
- YouTube Chanel: Pedro
- Publications: Ela
- Involvement of adolescents (MEP, YAP):  
Henriette, Gary
- Collection of reports from all other WGs:  
Tamara, Celia
- HP: Hanne, Marie

# WG 5 dissemination- sustainability

- ITN/EID/collaborative PhD – application – Personalized Treatment approaches for youth mental health: Henriette
- H2020: “Towards the new generation of clinical trials” (→7<sup>th</sup> April 20)
- SC1-DTH12-202: “Real world data...complex chronic conditions”
- SC1-DTH13-2020: “Digital tools for patient-centred care”

# WG 5 dissemination outreach

## Publications – options:

- Frontiers in psychology – Research topic, IGI Global : Giada
- Int. J Envir. Research in Public Health – section Mental Health: Henriette guest editor special issue / deadline for manuscript submissions: 31.March 2020 IF 2.468
- Journal of Clinical Psychology - special issue (Idiographic measurement of outcomes in routine clinical settings) Celia – editor