



ISBD Conferentie 2024: Inzichten en Ervaringen

Presentatie door Else Treffers & Tatjana Gauwloos

Overzicht van de belangrijkste ontwikkelingen en leermomenten

Sfeerimpressie ISBD Conferentie



Internationale bijeenkomst
bijeenkomst
van experts

Uitwisseling van
kennis en ervaringen

Netwerkgelegenheid met
met collega's

Highlights van het Programma

This article has been accepted for publication in IEEE Transactions on Affective Computing. This is the author's version which has not been fully edited and content may change prior to final publication. Citation information: DOI 10.1109/TAFFC.2024.3407683

PROCEEDINGS OF THE IEEE

1

Emotion Recognition in the Real World: Passively Collecting and Estimating Emotions from Natural Speech Data of Individuals with Bipolar Disorder

Emily Mower Provost, *Senior Member, IEEE*, Sarah H Sperry, James Tavernor, Steve Anderau, Anastasia Yocum, Melvin G McInnis

Leah Charles King Bipolar UK



Workshop: Social Rhythm Therapy



Doel

Stabiliseren van biologische ritmes bij bipolaire patiënten

Methode

Dagelijkse routines en activiteiten structureren in 3 fases

Interesse

Bezoek ipsrt.org voor een 8 uurs-training voor clinici

Highlight

Daniel Smith, University of Edinburgh

Doet als onderdeel van het Circadian Mental Health Network onderzoek naar 'light sensitivity' bij de bipolaire stoornis.

Stelling: er is meer manie in de zomer, meer depressie in de winter

circadianmentalhealth.org




Innovatieve Behandel Behandel strategieën


Wright et al. *Int J Bipolar Disord* (2021) 9:20
<https://doi.org/10.1186/s40345-021-00226-4>

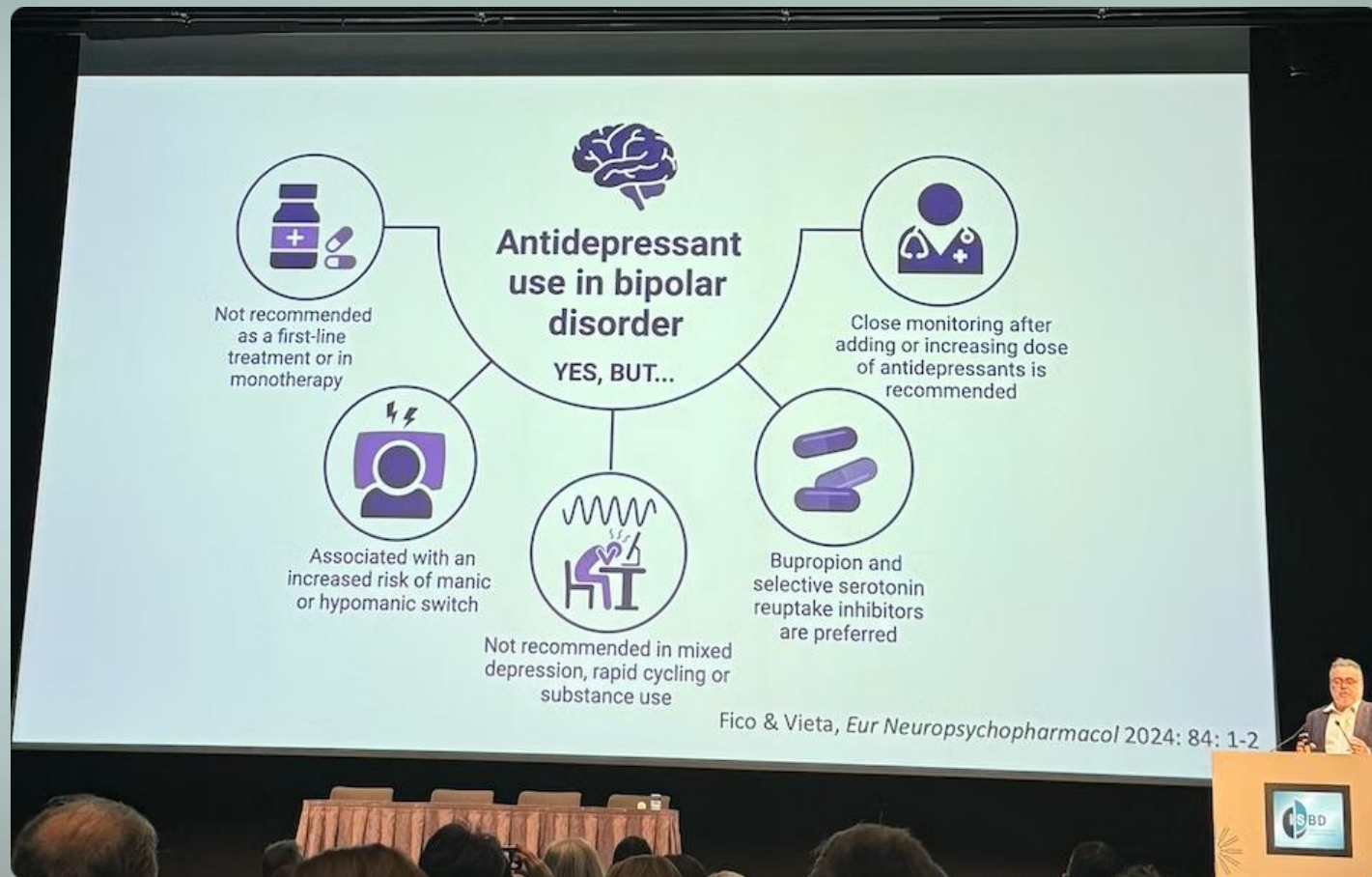
 International Journal of
Bipolar Disorders

RESEARCH

Open Access

Psychological therapy for mood instability within bipolar spectrum disorder: a randomised, controlled feasibility trial of a dialectical behaviour therapy-informed approach (the ThrIVE-B programme) 

Kim Wright ^{*}, Alyson L. Dodd, Fiona C. Warren, Antonieta Medina-Lara, Barnaby Dunn, Julie Harvey, Mahmood Javaid, Steven H. Jones, Christabel Owens, Rod S. Taylor, Deborah Duncan, Alexandra Newbold, Shelley Norman, Faith Warner and Thomas R. Lynch



Keynote Debate

Eduard Vieta vs. Lakshmi Yatham

Antidepressant medication during maintenance



Algemene Indrukken Conferentie



Ervaringsdeskundigen

Grote aanwezigheid en waardevolle bijdragen



Auteurs ontmoeten

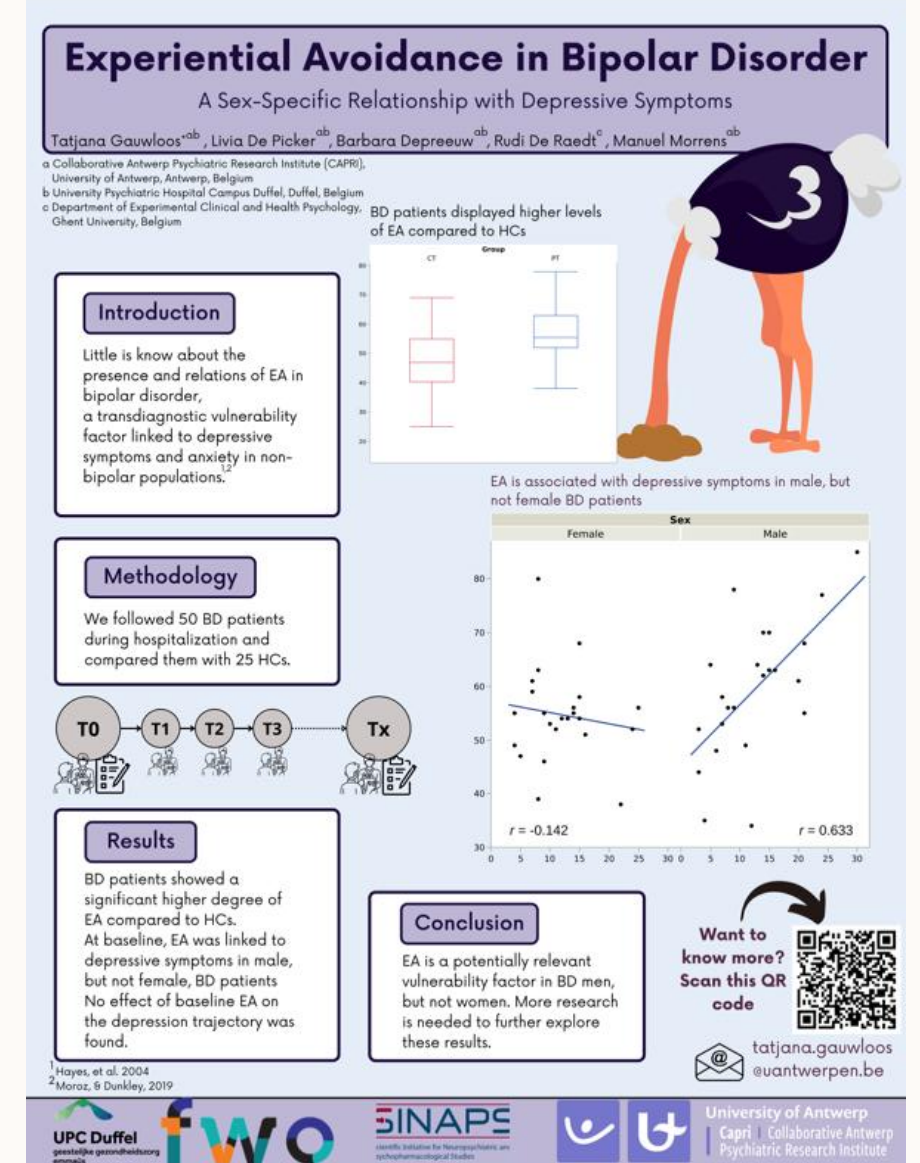
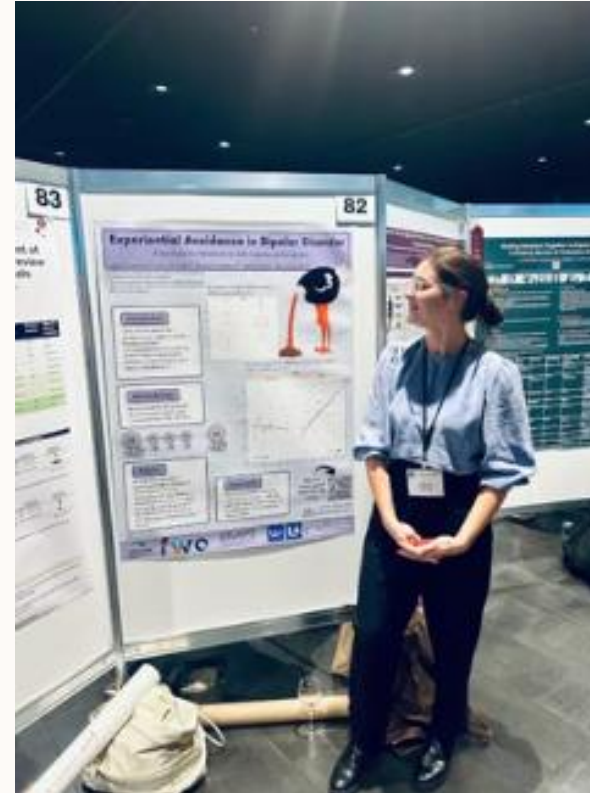
Geciteerde onderzoekers in levenden lijve



Evenwichtig programma

Goede balans psychofarmaca en psychotherapie

Onderzoekspresentatie: e: Experiential Avoidance



Titel onderzoek

Experiential Avoidance in Bipolar Disorder:
A Sex-Specific Relationship with
Depressive Symptoms

Onderzoekers

Gauwloos, Tatjana De Picker Livia,
Depreeuw Barbara De Raedt Rudi, &
Morrens Manuel

Belangrijkste bevinding

Geslachtsspecifieke relatie tussen
experientiële vermijding en depressieve
symptomen bij bipolaire stoornis

Vroegdetectie en interventie voor de at risk mental mental state



TOWARDS NEW EARLY INTERVENTIONS FOR BIPOLAR RISK

Treffers, E., Snaphaan, L., van den Berg, K., Bongers, I. M. (2024). Beyond known risks: A Scoping Review of the use of cognitive psychological therapy and bright light therapy for individuals presenting with risk factors of bipolar disorder. Submitted

1. Interventions for those at risk for BD are lacking
In contrast to successful early intervention programs for the at-risk state of psychosis

2. Scoping review: possible interventions for risk factors of BD
Potential interventions for important risk factors for BD [mood symptoms, depression and circadian rhythm disturbances] were reviewed

3. Light Therapy, cognitive therapy and lifestyle interventions should be studied in at-risk individuals
Focus on at-risk individuals both with and without familial risk, is important

4. Current pilot study: early detection and intervention with a new strategy in The Netherlands
Personalized early intervention with Light Therapy, psycho-education and imagery-focused Cognitive Therapy in at-risk individuals detected with the SIBARS interview. Currently collecting data

Other CBT ImCT Light Therapy Lifestyle

TILBURG UNIVERSITY
Else Treffers, MSc
e.treffers@tilburguniversity.edu
Mental Healthcare Institution
Eindhoven (GGZE), The Netherlands
QR code scan for clinical trial registration and more information
GGZE

Titel onderzoek

Beyond known risks: A Scoping Review of the use of psychological -, bright light - and lifestyle therapy for individuals with risk factors for bipolar disorder

Onderzoekers

Else Treffers, Liselore Snaphaan, Karin van den Berg, Inge Bongers

Belangrijkste bevinding

Lichttherapie, leefstijl-PE en ImCT zijn nog niet onderzocht in de at risk mental state groep



What's next?