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Recent advances in CBT treatments (Chair)

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First Nordic Conference on Childhood Anxiety Disorders

Scientific program

Morning session (10:45-12:00)

Symposium: Effekten af manualiseret behandling af børn med angstlidelser, behandling af non-respondere, implementering af behandling i klinisk praksis, samt mediatorer for behandling. Convenor & chair : Einar Heiervang Kognitivt adfærdsterapeutiske programmer har i en række forskningsstudier vist sig at have effekt ved behandling og forebyggelse af angstlidelser hos børn og unge (for eksempel Cool Kids, Coping Cat, Friends for life). Der mangler imidlertid viden om, hvorvidt programmerne har effekt i andre kulturer og ved andre forskningsgrupper end hvor de oprindeligt er afprøvet, ligesom effekten af implementeringen af programmerne i almindelig klinisk praksis, samt hvordan spredning og implementering af programmerne bedst muligt finder sted, ikke er tilstrækkeligt undersøgt. Nogle børn har ikke tilstrækkelig effekt af manualiseret behandling. Der er brug for viden om, hvad der karakteriserer disse børn, samt hvordan de hjælpes bedst muligt. Endelig mangler der viden om, hvilke elementer af behandlingen, der har effekt. I dette symposium vil foreløbige resultater fra et randomiseret ventelistekontrolstudie af effekten af Cool Kids programmet; design, pre-post resultater og casestudier fra non-respondere fra Cool Kids behandlingen, samt resultater fra implementering af Cool Kids programmet i klinisk praksis i Danmark blive præsenteret. Desuden vil indholdet i en implementeringsplan for Friends for Life i Vestnorge og de faglige vurderinger den bygger på blive præsenteret i lys af relevant implementeringsforskning. Endelig vil foreløbige analyser af hjemmearbejde og self-efficacy som mulige mediatorer i Cool Kids behandlingprogrammet blive diskuteret.	Open papers: Recent advances in CBT treatments Chair: Sean Perrin “Convergent validity of K-SADS-PL by comparison with MASC and TRF in a Norwegian clinical sample” by M. Villabø and colleagues. “Exploring the effectiveness of working memory training in reducing anxiety and improving educational achievement in young people” by H. J. Richards and colleagues. “OCD in children and adolescents: Effect of treatment and predictors for the results” by E. de Haan and colleagues. “A Norwegian model for treatment of preschool children with selective mutism” by B. Oerbeck and colleagues. “Enhanced cognitive behavioural treatment for obsessive-compulsive disorder in children with autism spectrum disorders” by J. Ahlqvist and colleagues.
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