

# YOUTH HEALTH CARE GUIDELINES FOR ANXIETY AND DEPRESSION

## EUSUHM CONGRESS 2017

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# Program of the workshop

- Introduction
- Organisation of guideline development for youth health care in the Netherlands
- The process of guideline development for anxiety and depression
  - Challenges
- Anxiety and depression guideline recommendations
  - Challenges
- Exchange experiences on guideline development
- Conclusion

# Guideline development for anxiety and depression in Youth Health Care in the Netherlands

- **Organisation of guideline development/implementation**
  - ✓ ZonMw program 'Youth Health Care Guidelines 2013-2018'. The aim of the program is further professionalisation and uniformisation in the YHC.
  - ✓ ZonMw program 'Implementation guidelines in the YHC 2016-2019' carried out by the Dutch Center for YHC.
  - Both funded by the Ministry of Health, Welfare and Sport.

# Guideline development for anxiety and depression in Youth Health Care in the Netherlands

- **The process of guideline development 1**
  - ✓ Convening a guideline development group, an information and research specialist and projectleader (march 2014)
  - ✓ Topic and key questions were already established
  - ✓ Identifying evidence (e.g. existing guidelines, literature search, organisation consultation, patient consultation, focus group interviews) for answering the questions
  - ✓ Agreeing the best evidence to answer the questions
  - ✓ Discussing and summarizing evidence

# Guideline development for anxiety and depression in Youth Health Care in the Netherlands

- **The process of guideline development 2**
  - ✓ Formulating recommendations
  - ✓ Writing the guideline
  - ✓ Consulting stakeholders and process comments
  - ✓ Final version and authorization by the RAC (Nov. 2016)
  - Disseminating the guideline by the Dutch Center for YHC:
    - <https://www.ncj.nl/richtlijnen/alle-richtlijnen/>
    - <https://www.ncj.nl/richtlijnen/alle-richtlijnen/richtlijn/?richtlijn=34>
    - <https://www.ncj.nl/richtlijnen/alle-richtlijnen/richtlijn/?richtlijn=37>
  - Implementation

# Challenges

- **Organisation of guideline development/implementation**
  - No structural funding for development, implementation and update
- **The process of guideline development**
  - ✓ Finding workgroup members in collaboration with the professional association
  - ✓ Client participation
  - ✓ Limited available high level evidence
  - ✓ Writing the guideline

# Recommendations for the management of anxiety

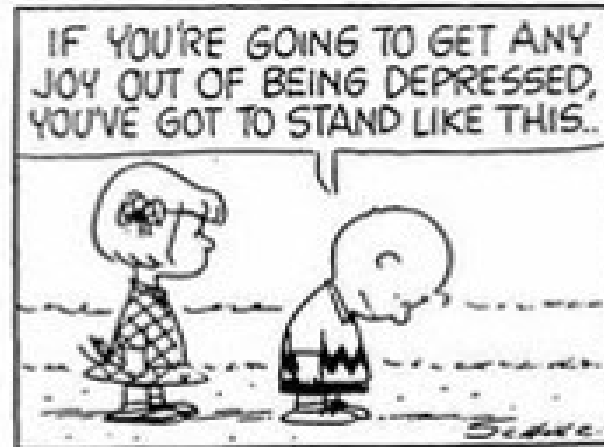
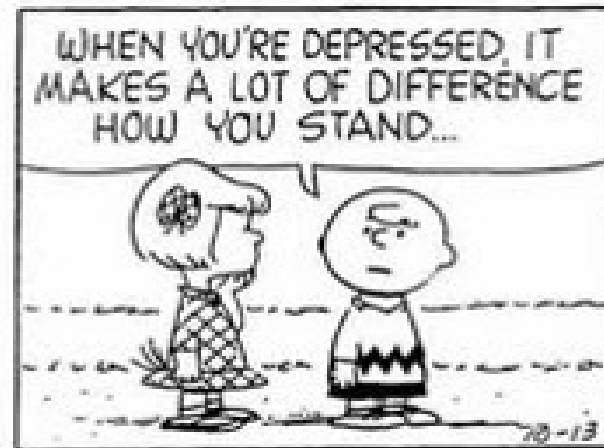
- Fear ranges from basic emotion tot disorder
- Prevalence from 2,5% to 12%
- Warning signs include shyness, chronic physical problems, addiction and school failure
- Risk factors and protective factors
  - Parenting style
  - Underlying problems
- The use of specific questionnaires is advised
- Youth health interventions focus on empowerment
- Collaborate with mental health professionals

# Recommendations for the management of depression

- Prevalence range from 0,9% to 5,6%, in case of self report even 10-20%
- Be aware of other signs and symptoms than the “classical” presentation of depression\*
- Use of questionnaires will help in signaling and to determine severity
- Risk of relapse and problems in later life
- Be aware of comorbidity (anxiety, ADHD, autism)
- Risk factors and protective factors
- Interventions focus on providing information
- Make sure there is proper follow-up in the process



# The proper way to stand...



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# Challenges in giving guideline recommendations

- Differences between regions in organisation of mental health
- Collaboration among professionals
- Available means
- Depression and anxiety disorders contain many different factors
- Depression and anxiety are sensitive subjects?

# Exchange experiences

- Do you have guidelines for youth health care (for anxiety and depression)?
- How did you develop these guidelines?
- What are your challenges in guideline development?
- What is the experience with involvement of representatives from youth and parents in the working group?
- How do you finance guideline development and implementation?
- How can we join forces in guideline development and implementation