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 to 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...

Peanuts

Trimbos instituut
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