

DMPG perspektivering

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Indlysende Interventioner
og
Forjættende Fremtidsvisioner

Indlysende Interventioner

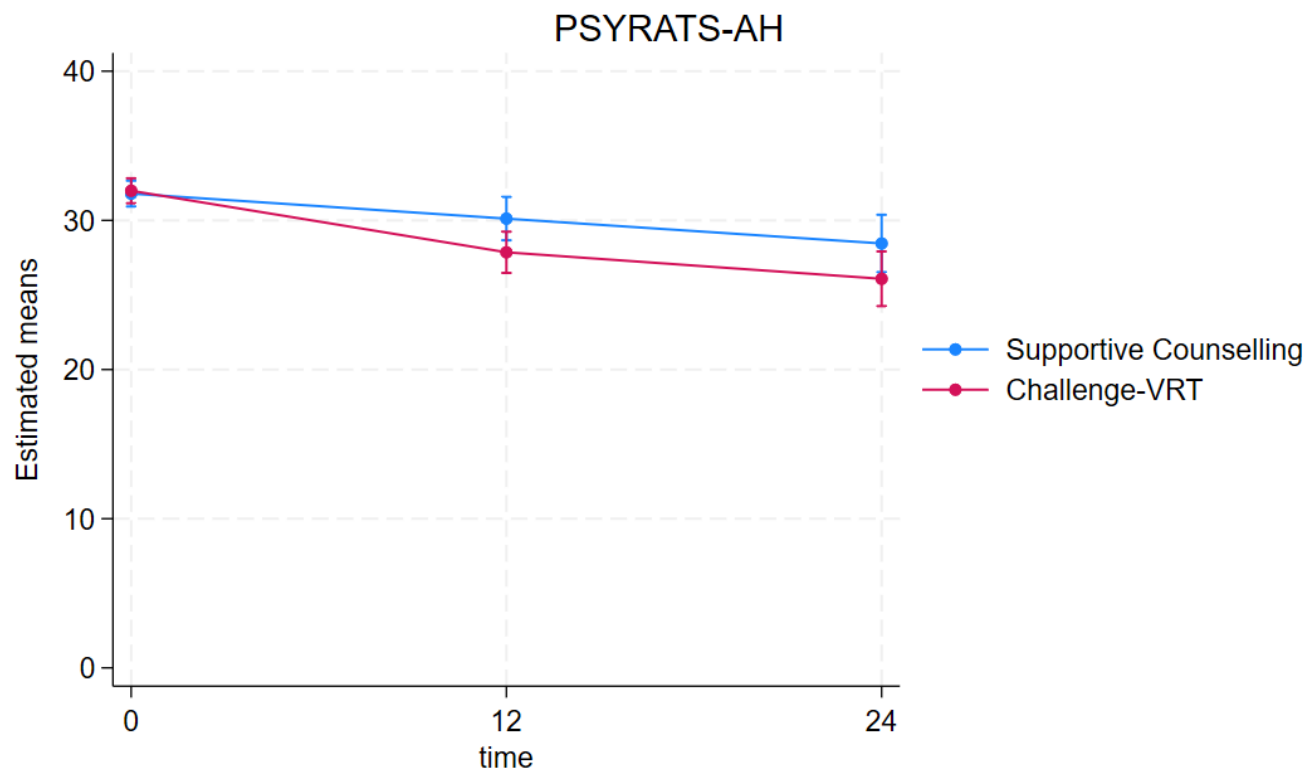
Brændende platform

- Behandling har utilstrækkelig effekt på symptomer og funktion
 - Behov for nyudvikling og RCT afprøvning
 - Biologisk – TMS, Lys
 - Farmakologisk, antiinflammatorisk medicin, Clozapin
 - Psykosocialt ACT, IPS, Housing First, SDM, Pårørende involvering
 - Psykoterapeutisk EMDR, CBT, VR, DAT
- Behandling er utilstrækkeligt implementeret
 - Identifikation af barrierer
 - Afprøvning af muligheder for bedre implementering
- Utilstrækkelig diagnostik og behandling af somatisk lidelse
 - Vaccinationer
 - Screening for cancer
 - Screening for risikofaktorer for diabetes og CVD
 - Implementeringsforskning

Indlysende interventioner



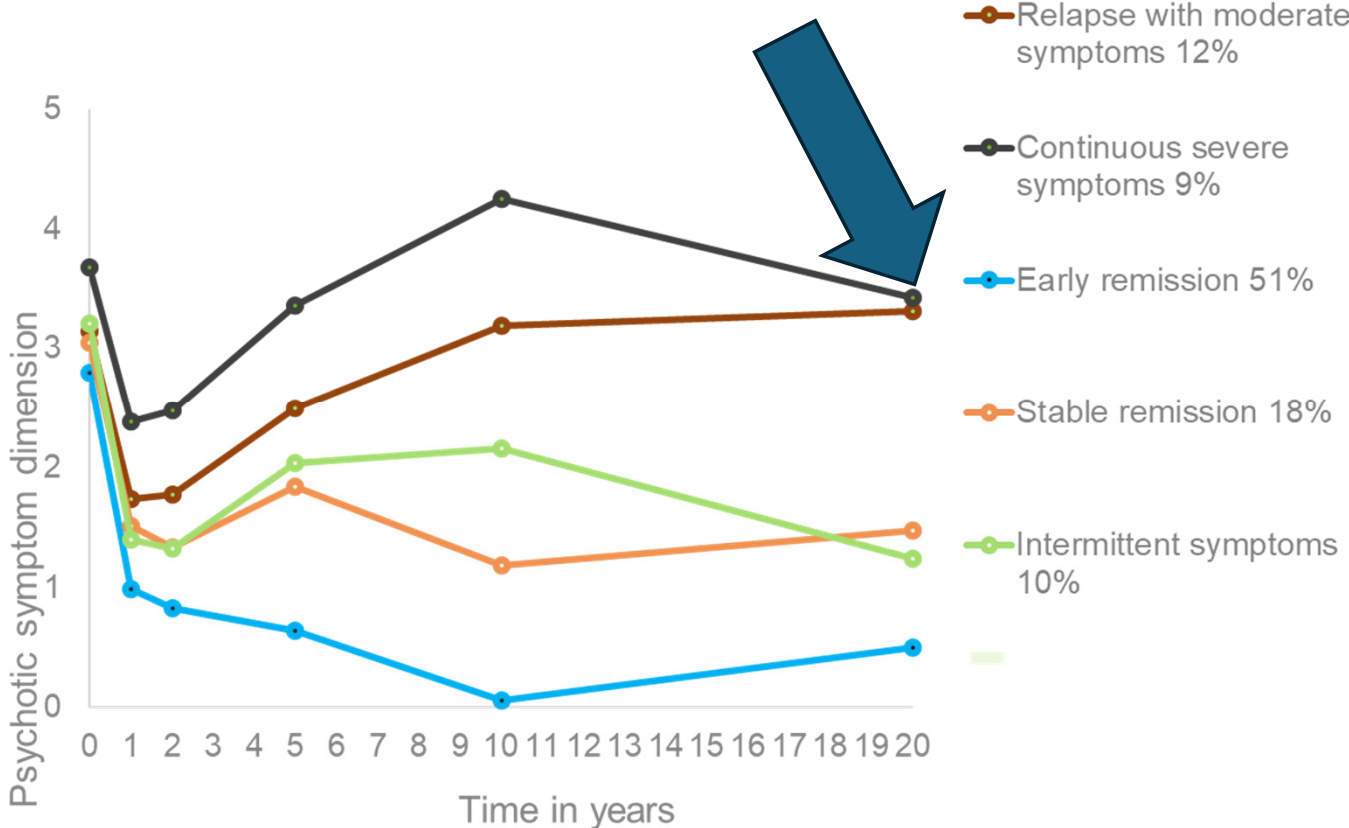
Positiv effekt af Virtual Reality assisteret behandling af hørehallucinationer- the CHALLENGE Trial



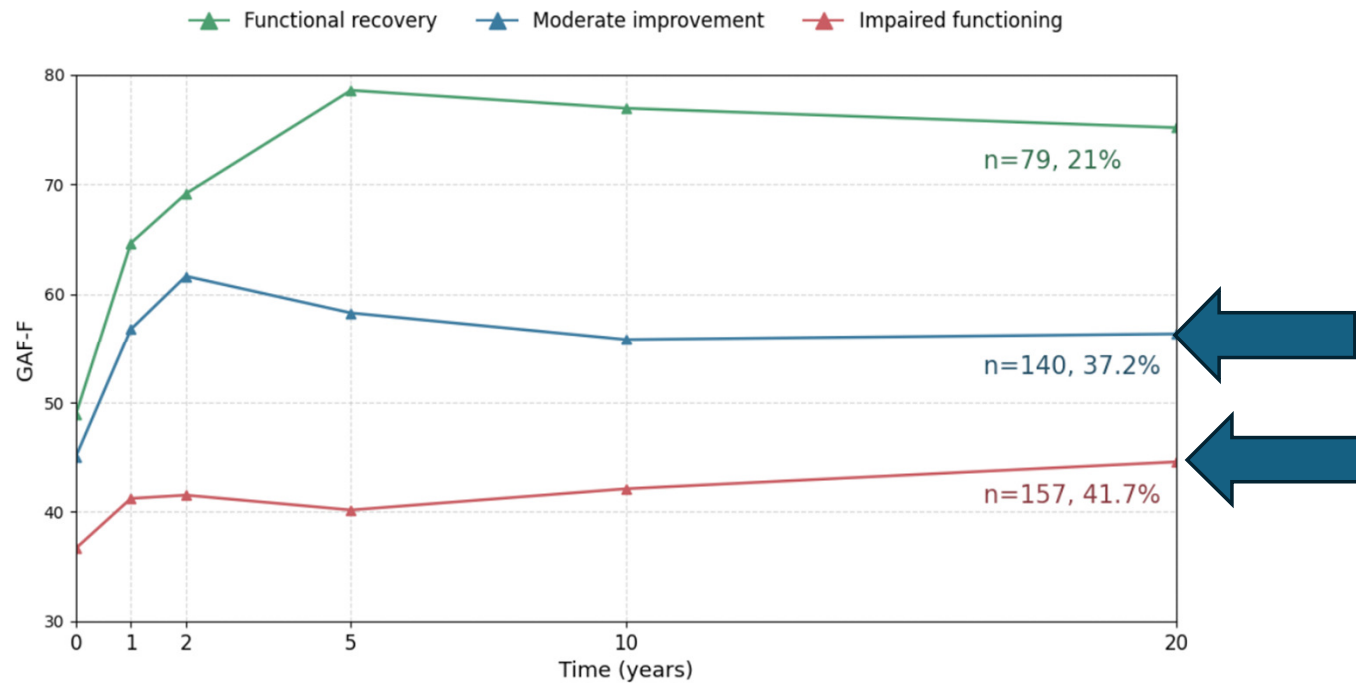
Ændringer i PSYRATS-AH total score i Challenge-VRT gruppe og Supportive Counselling gruppe, baseline, 2- og 24 ugers follow-up.

Smith et al,
Lancet Psych 2025

Psychotic Symptom Trajectories



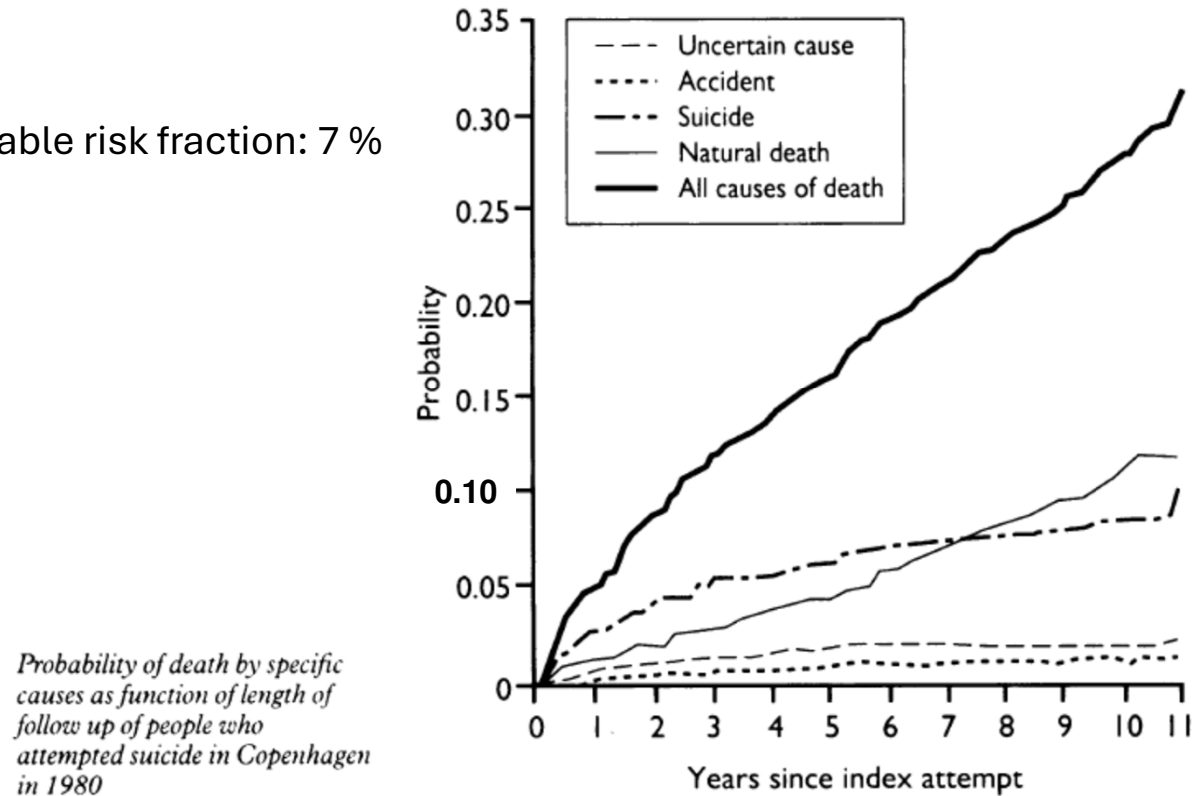
Long term functional outcome



Manuel Abella Villena et al, in preparation

Suicides following suicide attempt

Population attributable risk fraction: 7 %



High mortality by natural and unnatural causes: a 10 year follow up study of patients admitted to a poisoning treatment centre after suicide attempts

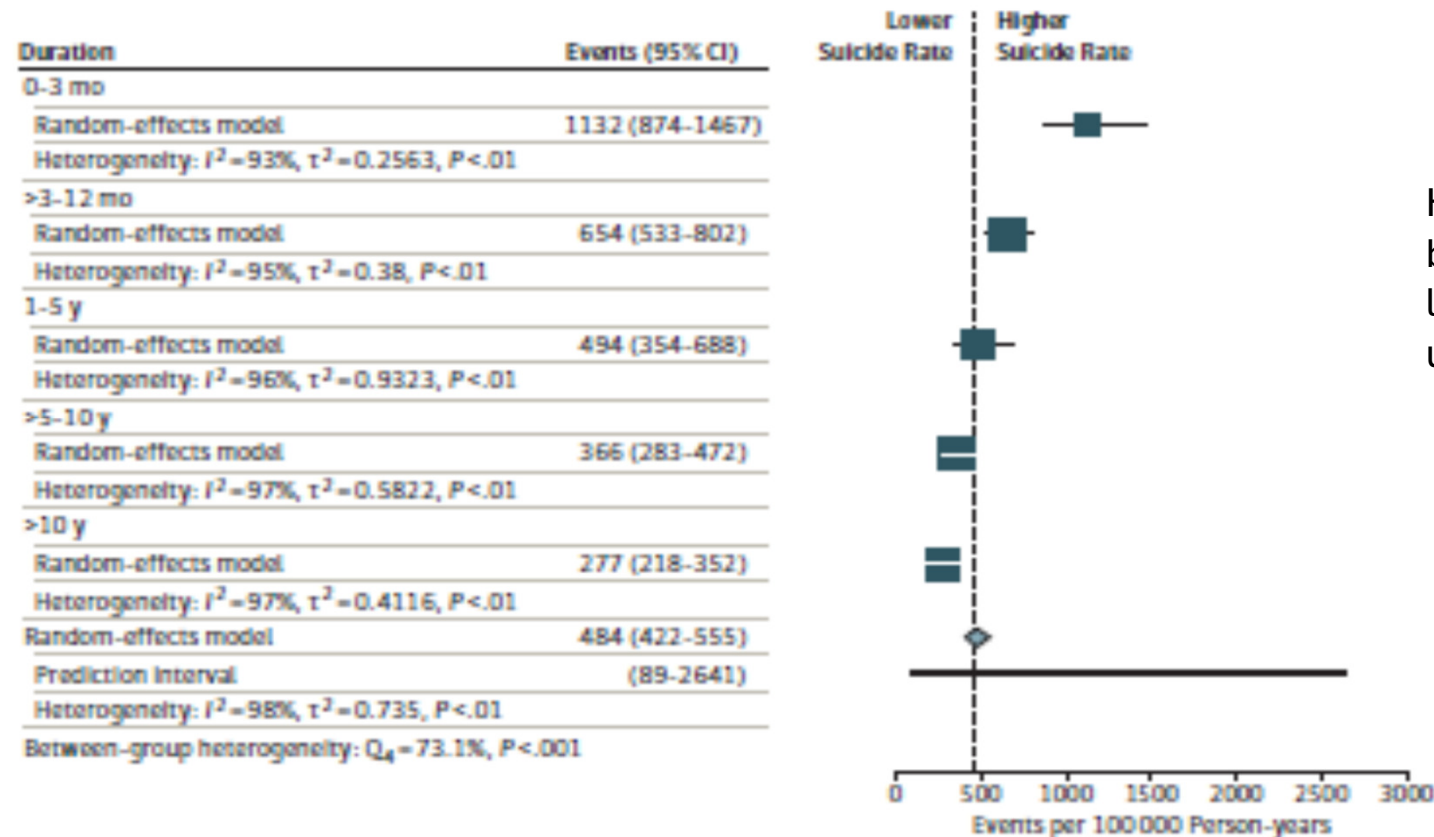
Merete Nordentoft, Leif Breum, Lars K Munck, Aksel G Nordestgaard, Alex Hunding, Peder A Laursen Bjældager

Nordentoft et al, BMJ 1993

Suicide Rates After Discharge From Psychiatric Facilities A Systematic Review and Meta-analysis

Daniel Thomas Chung; Christopher James Ryan, MBBS, MHL, FRANZCP; Dusan Hadzi-Pavlovic, BSc, MPsychol;
Swaran Preet Singh, MBBS, MD, FRCPsych, DM; Clive Stanton, MBBS, MRCPsych, FRANZCP; Matthew Michael Large, BSc, MBBS, FRANZCP, DMedSci

Figure 2. Suicide Rates According to Duration of Follow-up



Halvanden promille blandt udskrevne dør i løbet af de første to uger efter udskrivelse

Nyt psykiatriråd skal følge indikatorer

- Indikatorer

- Overdødelighed, specificeret ↓
- Somatisk underbehandling ↓
- Selvmordsdødelighed, specielt kort tid efter udskrivelse ↓
- Antal nye retspsykiatriske patienter ↓
- Bæltefiksering, Tvangsmedicinering, Tvangsindlæggelser ↓
- Pårørendeinddragelse ↑
- Evidensbaseret behandling (DMPG) ↑

Excess morbidity

Cox proportional hazards models.

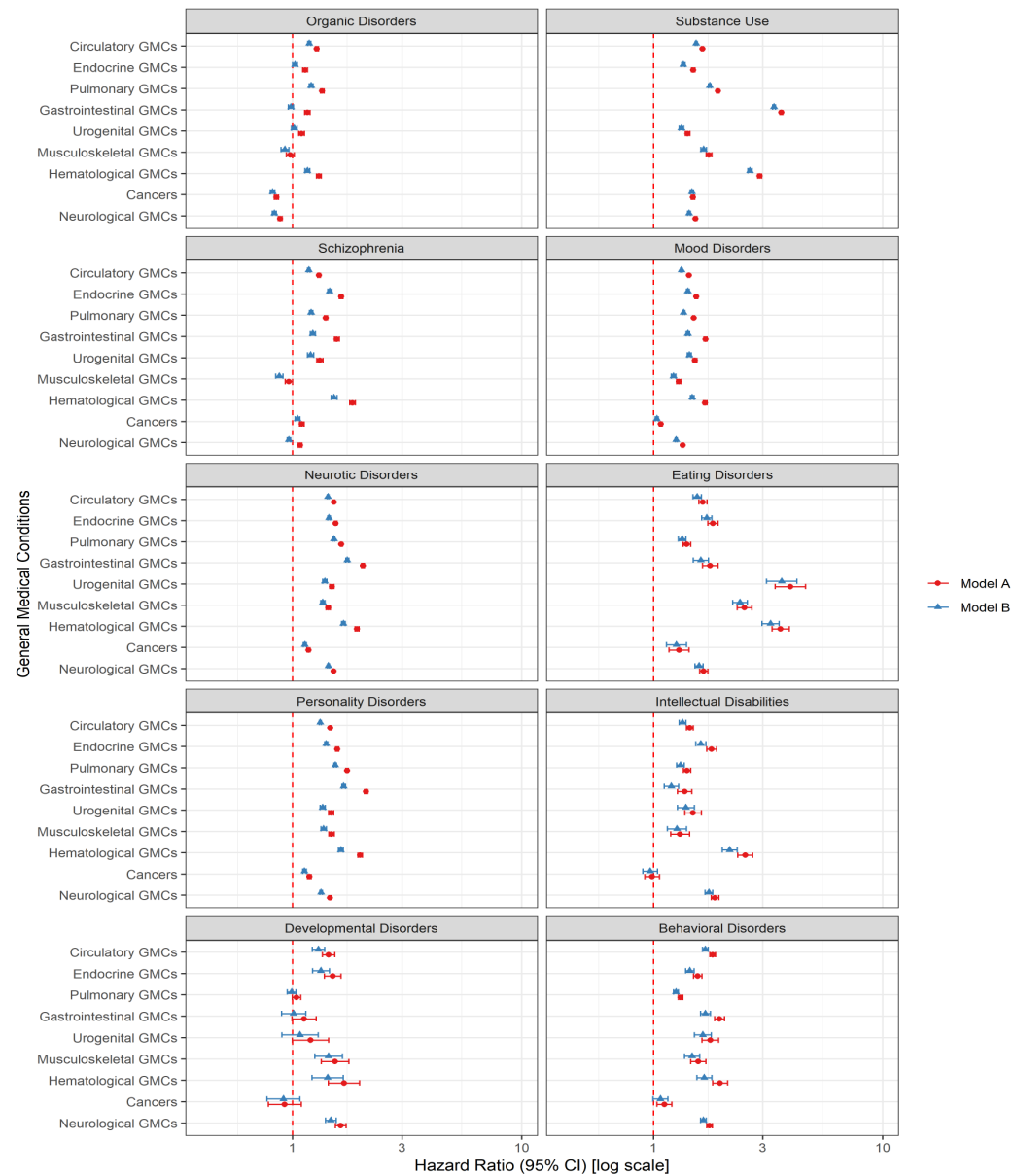
Model A –in red- adjusting for sex and calendar time

Model B –in blue -further adjustment for other mental disorder prior to the disorder.

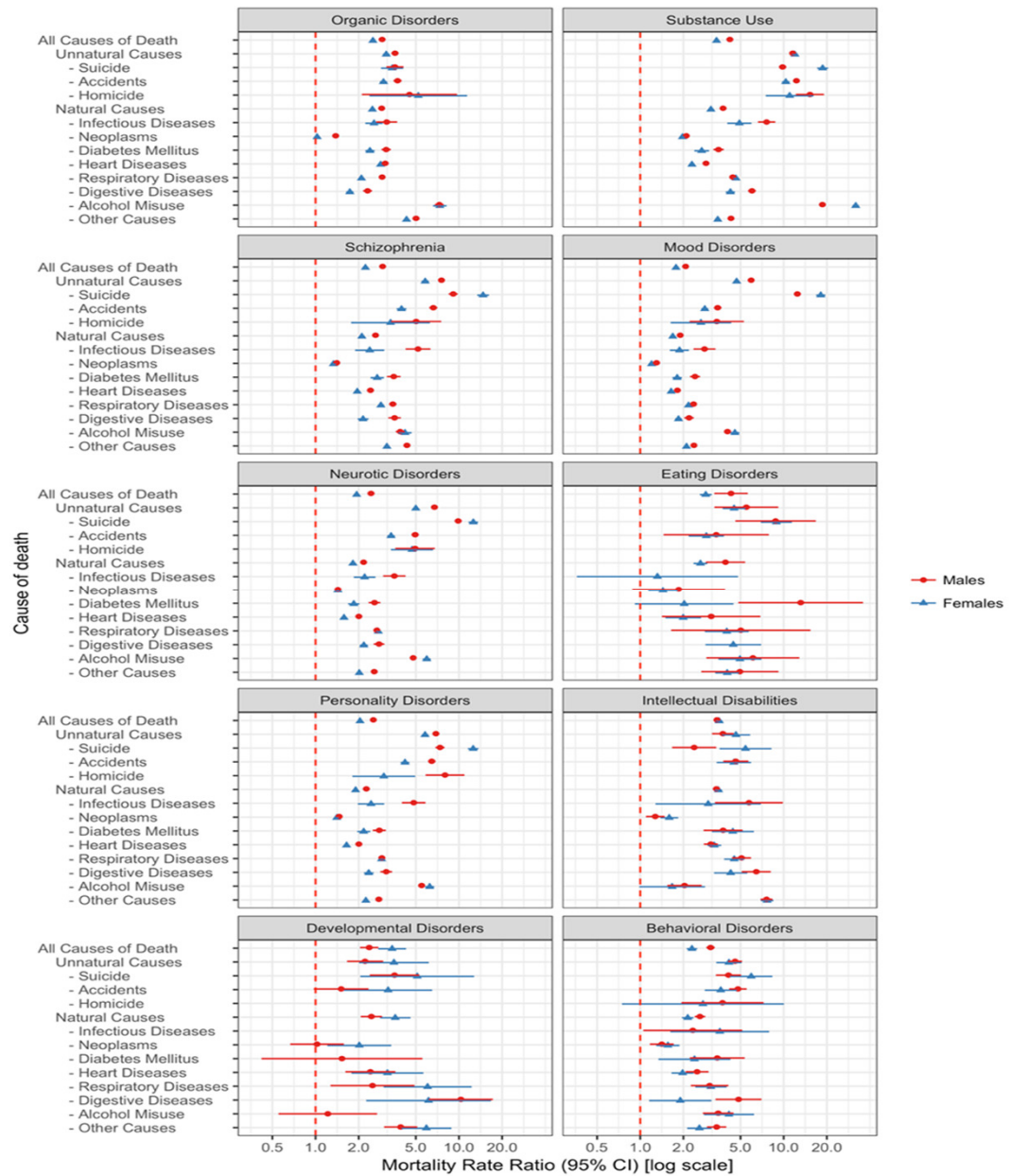
orders that had onset

The line of unity is shown as a red dashed line in each plot.

Momen et al, NEJM, 2020

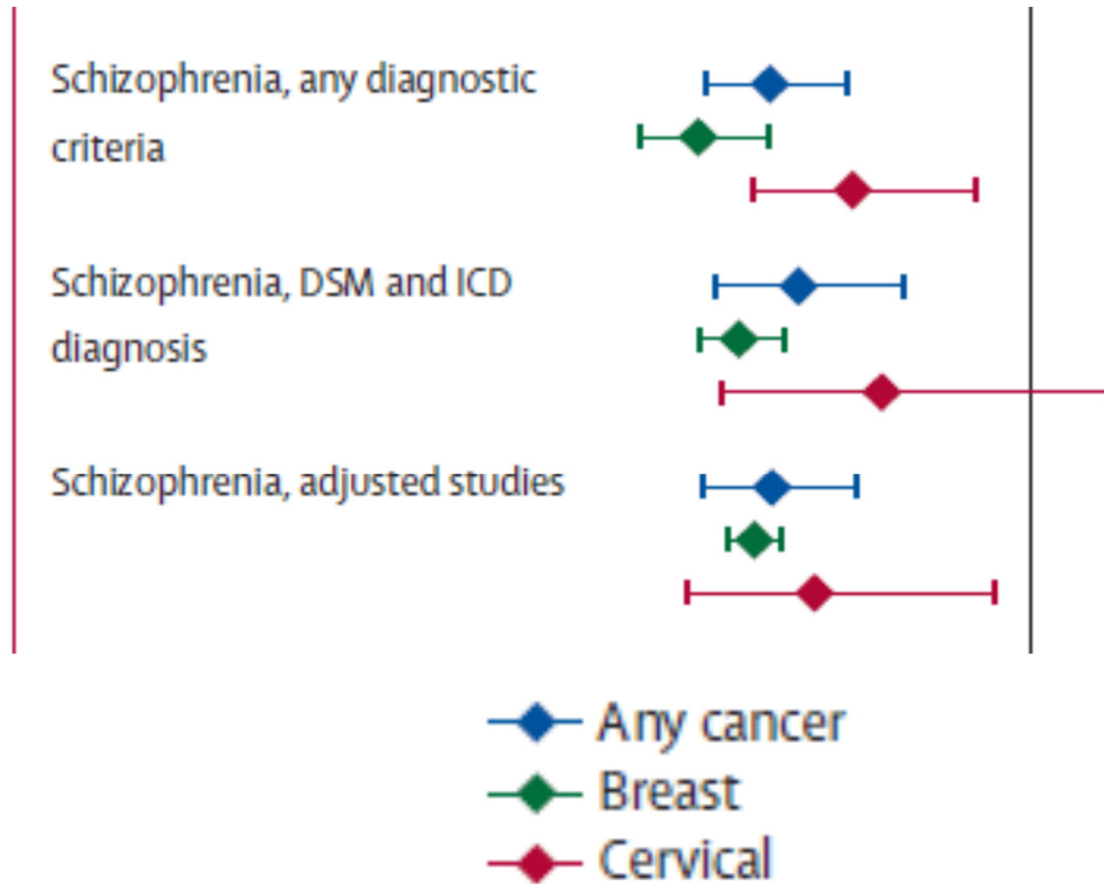


Excess mortality





Plana-Ripoll, Andersen, Mortensen, Nordentoft, Agerbo, Andersen, McGrath, Laursen. Lancet, 2019

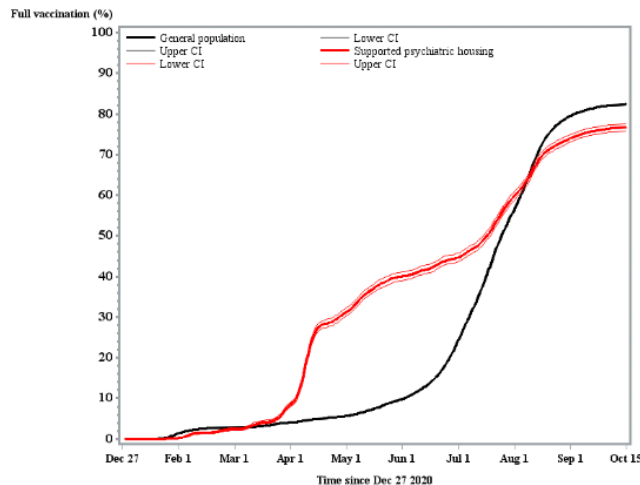
Underscreening for cancer



[Solmi et al. Disparities in cancer screening in people with mental illness](#)
Lancet Psychiatry, 2020

Vaccination mod Covid-19 i perioden december 2020 til oktober 2021 på psykiatriske bosteder blandt 15-64 årige

Generel befolkning 
Indskrevet på bosted 



Feodor Nilsson et al, Lancet Regional Health, 2022

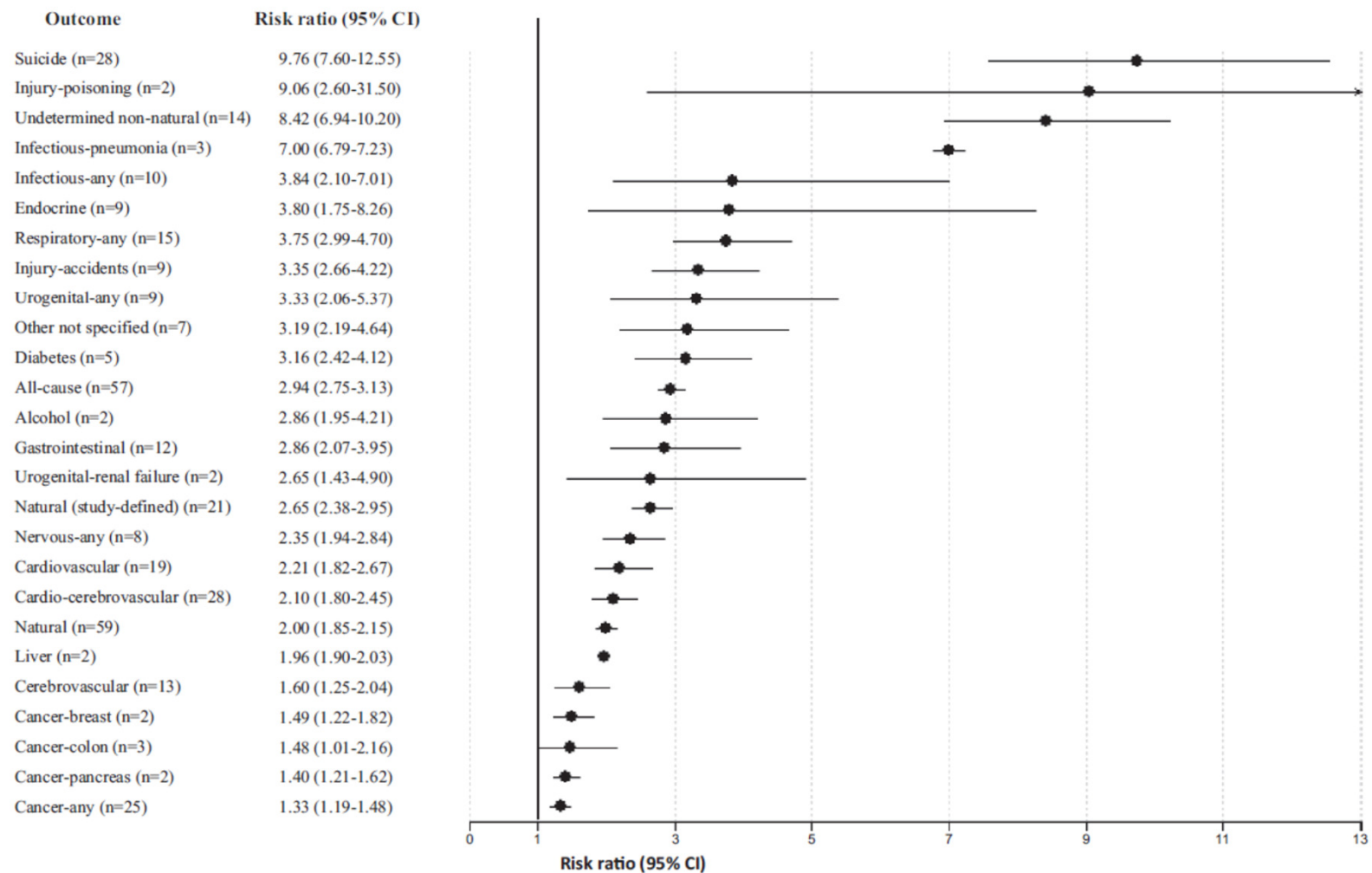


Figure 2 Significant findings for all-cause and cause-specific mortality risk in incident plus prevalent schizophrenia versus the general population

Correl et al,
World
Psychiatry
2023

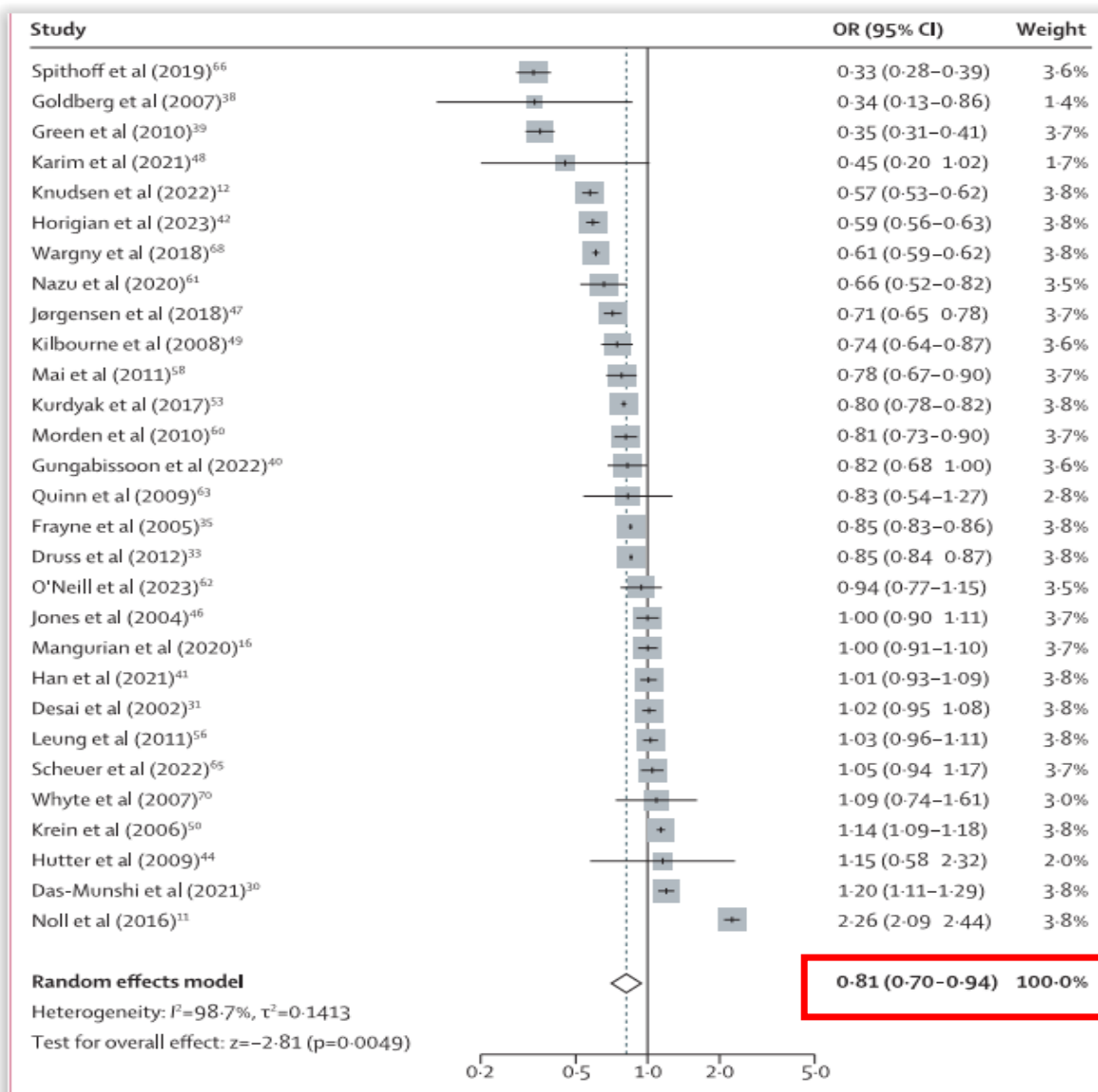


Figure 2: ORs for diabetes monitoring in people with diabetes and a mental disorder versus people with diabetes and no mental disorder
 OR=odds ratio. SE=standard error.

Underbehandling

Diabetes monitorering hos mennesker med diabetes og psykisk lidelse

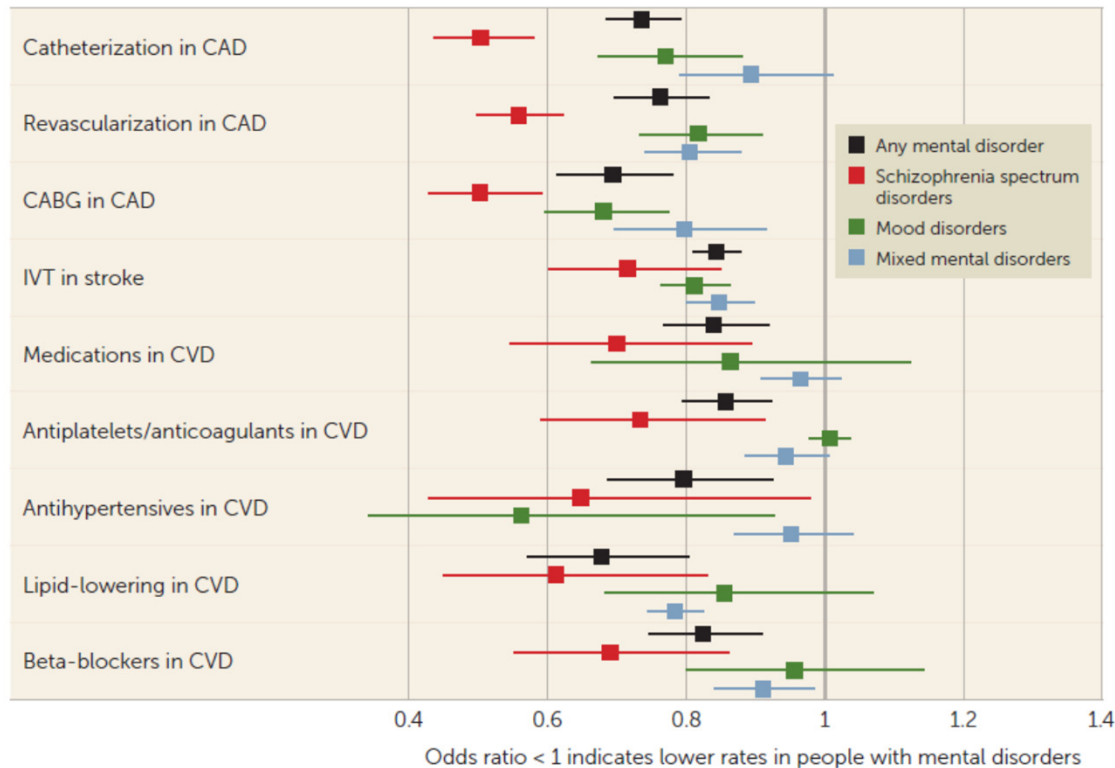
Specifikt undersøgt for:

- retinal screening (0.77, $p=0.013$)
- renal investigation (0.78, $p=0.022$)
- HbA_{1c} (0.81, $p=0.024$)
- lipids and cholesterol (0.83, $p=0.043$)
- foot exam (0.85, $p=0.0044$)

Wagner E et al. Disparities in diabetes treatment and monitoring for people with and without mental disorders: a systematic review and meta-analysis. Lancet Psychiatry 2026

Underbehandling af hjertesygdom hos mennesker med psykisk lidelse

FIGURE 2. Frequency of specific screening, treatment procedures, and medications for cardiovascular disease in patients with and without mental disorders^a



^a CABG=coronary artery bypass grafting; CAD=coronary artery disease; CVD=cardiovascular disease; IVT=intravenous thrombolysis.

Solmi et al.
 Disparities in Screening and Treatment of Cardiovascular Diseases in Patients With Mental Disorders Across the World: Systematic Review and Meta-Analysis of 47 Observational Studies. Am J Psych 2021

Forjættende Fremtidsvisioner

Store spørgsmål

- Hvorfor bliver man ramt af psykisk sygdom?
- Ætiologi
 - Genetisk
 - Miljømæssig (stressorer, belastning, mangeltilstand, toksicitet)
- Patogenese
 - Virkningsmekanismer
- Biomarkører
 - Forebyggelse
 - Tidlig intervention

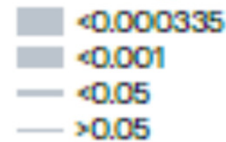


The hidden link between mental disorders, Marshall, Nature May 2020

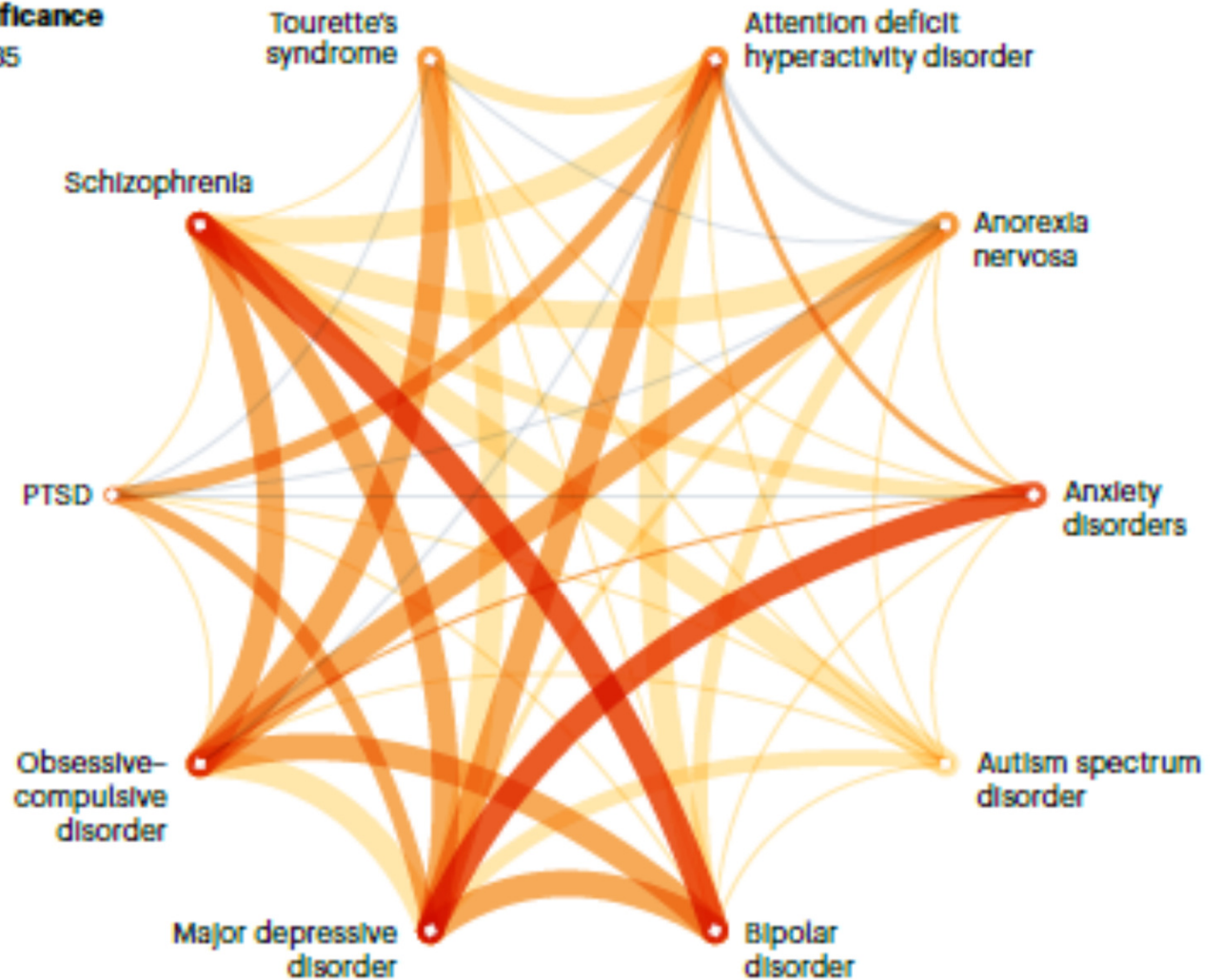
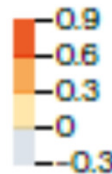
MENTAL MAP

Similar genetic variants seem to underlie a number of psychiatric disorders. In one study of 200,000 people⁹, schizophrenia was significantly correlated with most other disorders. By contrast, some disorders such as post-traumatic stress disorder (PTSD) showed only weak correlations to other conditions.

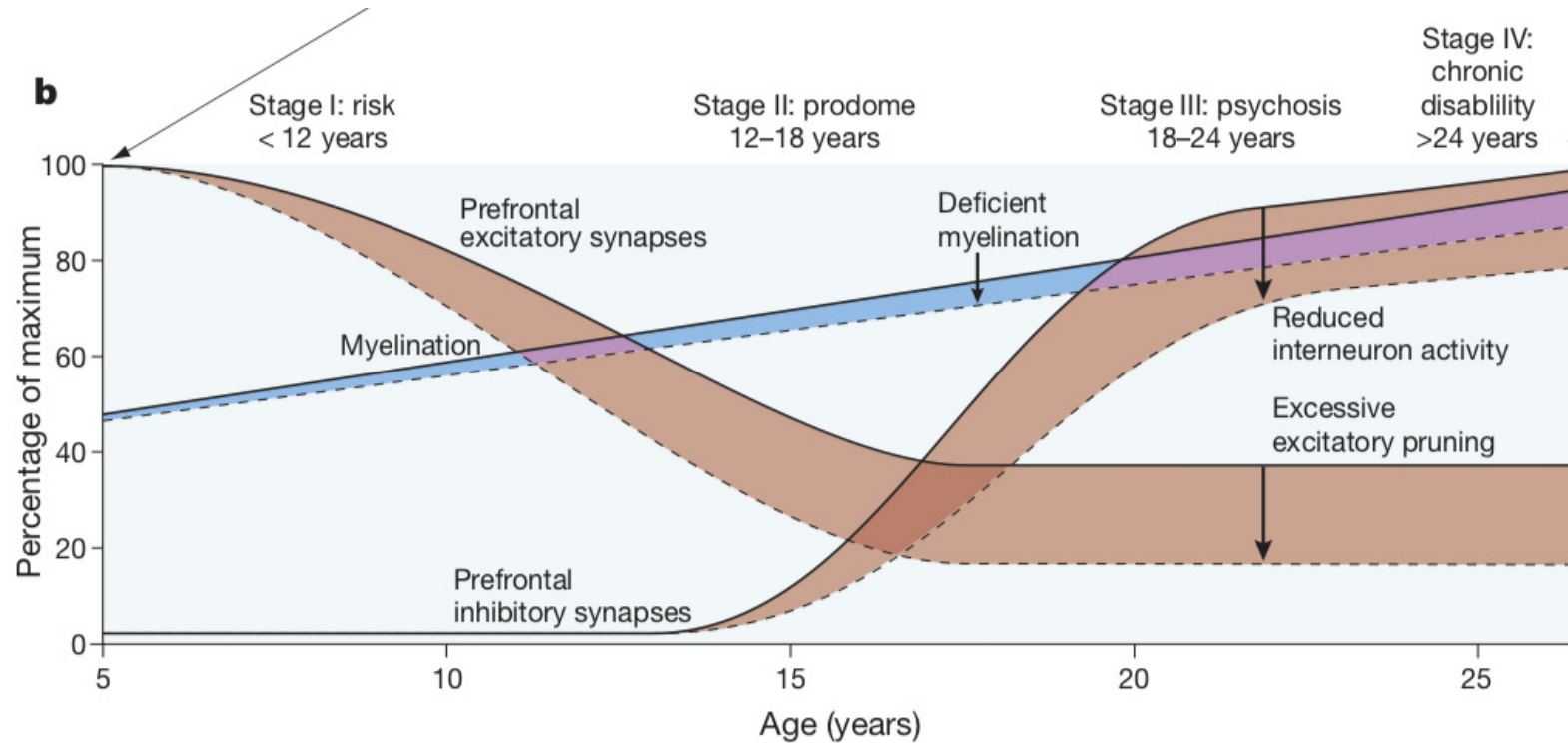
P-value significance



Genetic correlation



Teorier om hjerneprocesser bag udviklingen af skizofreni. Inseln, Nature 2010



Forskningen har enorme udfordringer og store muligheder

- Vi kender mange ret uspecifikke genetiske og miljømæssige risikofaktorer
- Vi ved noget om deres samspil, men ikke nok
- Vi har begrænset indsigt i sygdomsmekanismer
- Vi har evidens for mange psykoterapeutiske, psykosociale og farmakologiske behandlinger – men de er ikke tilstrækkeligt effektive og der er bivirkninger

Tak for opmærksomheden