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**Comorbidity is the rule, not the exception: Transdiagnostic approaches to increase the effectiveness and reach of evidence-based intervention.**

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**Objectives/aims**

The growth of evidence-based intervention (EBI) has resulted in effective interventions for child psychopathology. However, effect sizes are small to moderate and have not increased over the years. EBIs often address one problem, while comorbidity is the rule, not the exception. This shortcoming has been linked to a transdiagnostic factor (the p-factor) of psychopathology, suggesting that EBI can be strengthened by addressing the p-factor (e.g., emotion regulation). Our aims are: a) To apply a common elements-methodology to synthesize evidence about transdiagnostic core components. b) To develop and test parsimonious and implementable interventions.

**Methods**

First, the presentation will discuss strategies on how to systematically identify, map and assess potentially effective transdiagnostic core components. A systematic method of identifying core components based on a broad approach will be presented, where mapping of core components is conducted separately from an evidence assessment, and where the evidence for each component can be presented in an unbiased manner. Second, the presentation will offer some suggestions on how these components can be rigorously evaluated (e.g., time series designs, microtrials and factorial trials), and on how treatments can be optimized for widespread implementation.

**Main findings**

The project is in progress and preliminary findings of a systematic identification of core components will be provided. Second, examples will be given of how and when core components can be tested and optimized with different designs, before assembled as a treatment package. Transdiagnostic EBIs have the potential to improve outcomes for vulnerable children. The use of systematic methods and rigorous designs may increase the effectiveness and reach of intervention.