



Regional Centre for Child and Adolescent Mental Health

Eastern and Southern Norway

Comorbidity is the rule, not the exception: Transdiagnostic approaches to increase the effectiveness of intervention

John Kjøbli, PhD



Standard package approach

Behaviour Research and Therapy 51 (2013) 113–121

Contents lists available at SciVerse ScienceDirect

Behaviour Research and Therapy

journal homepage: www.elsevier.com/locate/brat

Adherence to brief parent training as a predictor of treatment outcomes in real-world settings

Research Article

A Randomized Effectiveness Trial of Brief Parent Training: Six-Month Follow-Up

John Kjøbli

John Kjøbli¹ and Gunnar Børnebekk¹

Research on Social
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sions: [sagepub.com/journalsPermissions.nav](http://www.sagepub.com/journalsPermissions.nav)
DOI: 10.1177/1049731513501133
rsrw.sagepub.com



A randomized trial of group parent training: Reducing child conduct problems in real-world settings

John Kjøbli*, Silje Hukkelberg, Terje Ogden

The Norwegian Center for Child Behavioral Development, University of Oslo, P.O. Box 7053, Majorstuen, 0306 Oslo, Norway

Prev Sci
DOI 10.1007/s11121-012-0289-y

A Randomized Effectiveness Trial of Brief Parent Training in Primary Care Settings

John Kjøbli · Terje Ogden

Kjøbli, J. & Sørli, M.-A. (2008). School outcomes of a community-wide intervention model aimed at reducing conduct problem behavior in children. *Scandinavian Journal of Psychology*, 49, 365–375.

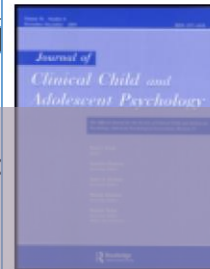
Journal of Consulting and Clinical Psychology
2008, Vol. 76, No. 4, 607–621

Prev Sci
DOI 10.1007/s11121-012-0334-x

Multisystemic Treatment of Serious Behaviour Problems in Youth: Sustained Impact of Effectiveness Two Years after Intake

Terje Ogden, Kristine Amlund Hagen

The Norwegian Center for Child Behavioral Development, University of Oslo, P.O. Box 7053, Majorstuen, 0306 Oslo, Norway



Journal of Clinical Child & Adolescent Psychology

Publication details, including instructions for authors and subscription information: <http://www.tandfonline.com/loi/hcap20>

Treatment Outcomes and Mediators of Parent Management Training: A One-Year Follow-Up

Implementing and Evaluating Evidence-Based Treatments of Conduct Problems in Children and Youth in Norway

The Evolution of Evidence-based Practices

Terje Ogden

Center on Early Adolescence, Oregon Research Institute

Terje Ogden

Norwegian Center of Child Behavioral Development, University of Oslo

RCTs

Effectiveness

Moderators and mediators

Introduction

- The problem: We're not helping as good as we should
- Why?
 - Treatment packages vs active ingredients (common elements)
 - Single-problem interventions when comorbidity is the rule

Two solutions:

- Common elements
- Develop transdiagnostic interventions



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Spoiler alert: My take-home message

Common elements

- + Transdiagnostic approaches
- + Alternative experimental designs
- = A really good idea!

Common elements

What is an element?

- Aspect/part of intervention that can be studied

- Can be on a detailed level:



- Or on a more overarching level:

– Intervention + supervision

**“Any aspect of an
intervention that can be**

The Programs The Detergents



The idea isn't that new

CHILD DEVELOPMENT



Special Section | Open Access

Are Relationship Enhancement and Behavior Management “The Golden Couple” for Disruptive Child Behavior? Two Meta-analyses

Patty Leijten , G.J. Melendez-Torres, Frances Gardner, Jolien van Aar, Susanne Schulz, Geertjan Overbeek

THE LANCET
Psychiatry



Volume 4, Issue 12, December 2017, Pages 953-962

Review

Common versus specific factors in psychotherapy: opening the black box

Prof Roger Mulder FRANZCP , Prof Greg Murray PhD , Prof Julia Rucklidge PhD

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[https://doi.org/10.1016/S2215-0366\(17\)30100-1](https://doi.org/10.1016/S2215-0366(17)30100-1)

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JOURNAL OF CHILD & ADOLESCENT SUBSTANCE ABUSE
2017, VOL. 26, NO. 6, 437-453
<https://doi.org/10.1080/1067828X.2017.1322020>

Distilling the Core Elements of Family Therapy for Adolescent Substance Use: Conceptual and Empirical Solutions

Aaron Hogue^a, Molly Bobek^a, Sarah Dauber^a, Craig E. Henderson^b, Bryce D. McLeod^c,

J Abnorm Child Psychol (2008) 36:567-589
DOI 10.1007/s10802-007-9201-9

A Meta-analytic Review of Components Associated with Parent Training Program Effectiveness

Jennifer Wyatt Kaminski • Linda Anne Valle •
Jill H. Filene • Cynthia L. Boyle

Prev Sci
DOI 10.1007/s11211-016-0703-y



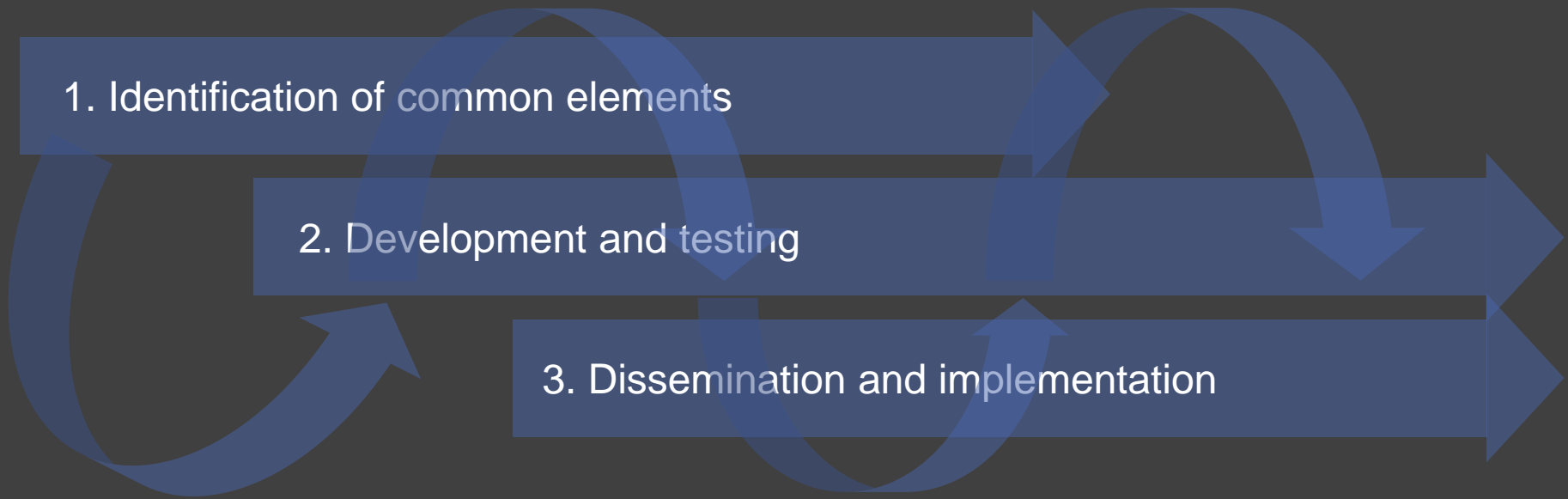
Identifying Common Practice Elements to Improve Social, Emotional, and Behavioral Outcomes of Young Children in Early Childhood Classrooms

Bryce D. McLeod¹ • Kevin S. Sutherland¹ • Ruben G. Martinez¹ • Maureen A. Conroy² •
Patricia A. Snyder² • Michael A. Southam-Gerow¹

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KBUP

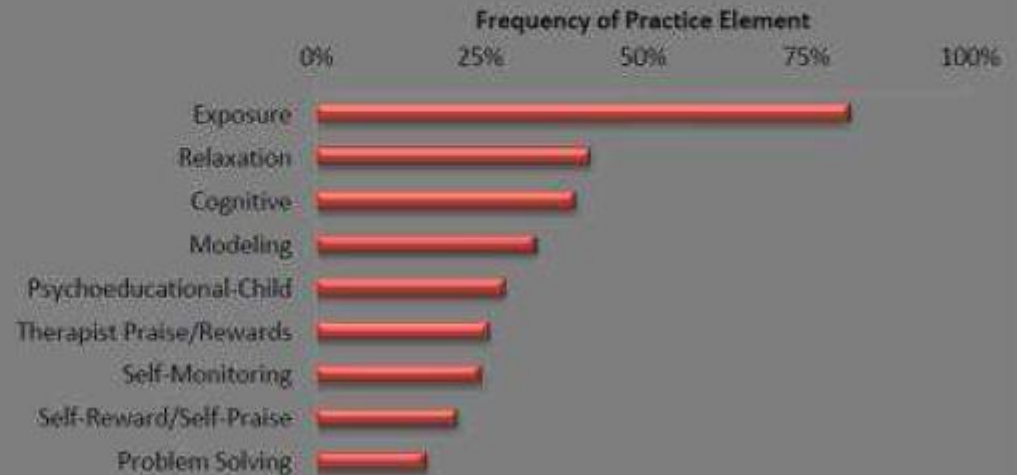
Our model



1. Identification

- Again: the idea is not new

Anxiety EBP Components (Chorpita & Daleiden, 2009)

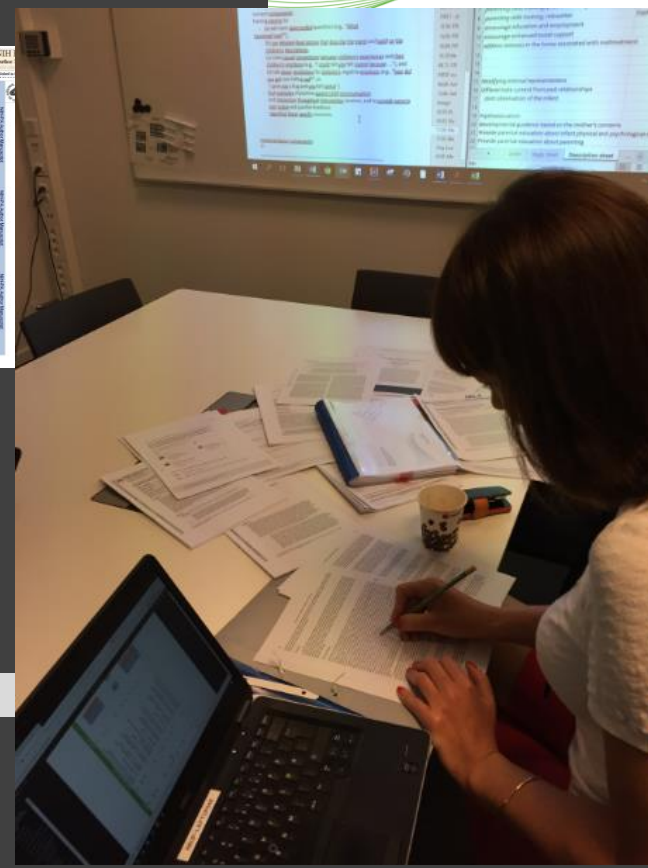
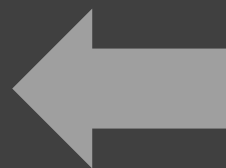
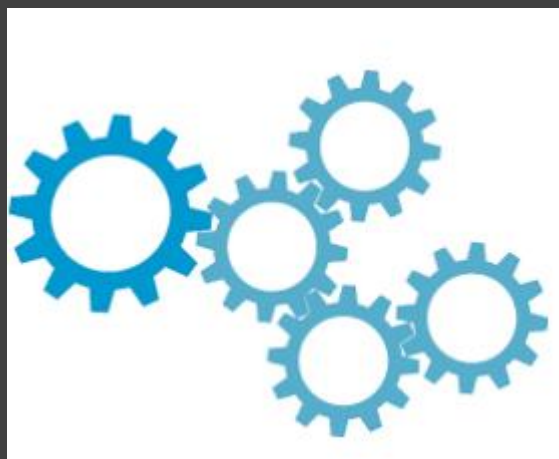


1. Identification

- Systematic review
- Extraction of elements
- Assessing the evidence of the elements

The effectiveness, acceptability and cost-effectiveness of psychosocial interventions for maltreated children and adolescents: an evidence synthesis

Geraldine Macdonald, Nuala Livingstone, Jennifer Hanratty, Claire McCartan, Richard Cotmore, Maria Cary, Danyia Glaser, Sarah Byford, Nicky J Welton, Tania Bosqui, Lucy Bowes, Suzanne Audrey, Gill Mezey, Helen L Fisher, Wendy Riches and Rachel Churchill



2. Development and testing

PENNSSTATE



The Methodology Center
advancing methods, improving health



RBUP

MOST

- Optimization
- Conceptual model (theory of change)

TBM

ORIGINAL RESEARCH

Moving beyond the treatment package approach to developing behavioral interventions: addressing questions that arose during an application of the Multiphase Optimization Strategy (MOST)

David L Wyrick, PhD,¹ Kelly L Rulison, PhD,¹ Melodie Fearnow-Kenney, PhD,²
Jeffrey J Milroy, DrPH,¹ Linda M Collins, PhD³

How to optimize: Factorial experiments

Table 1. Experimental conditions of Echo project

Experimental condition number	Factor		
	1. Ongoing measurement feedback	2. Evidence Based Intervention: EMOTION/SMART	3. Parents involved in treatment
1	Yes	Yes	Yes
2	Yes	Yes	No
3	Yes	No	Yes
4	Yes	No	No
5	No	Yes	Yes
6	No	Yes	No
7	No	No	Yes
8	No	No	No

How to optimize: Time series designs

- Use conceptual model to define proximal outcomes (mediators)
- Use mediators as outcomes
- Test whether components have intended effect



Acceptance and Commitment Therapy modules: Differential impact on treatment processes and outcomes



Jennifer L. Villatte ^{a, *}, Roger Vilardaga ^a, Matthieu Villatte ^b, Jennifer C. Plumb Vilardaga ^c, David C. Atkins ^a, Steven C. Hayes ^d

^a Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle, USA

^b Evidence Based Practice Institute, Seattle, WA, USA

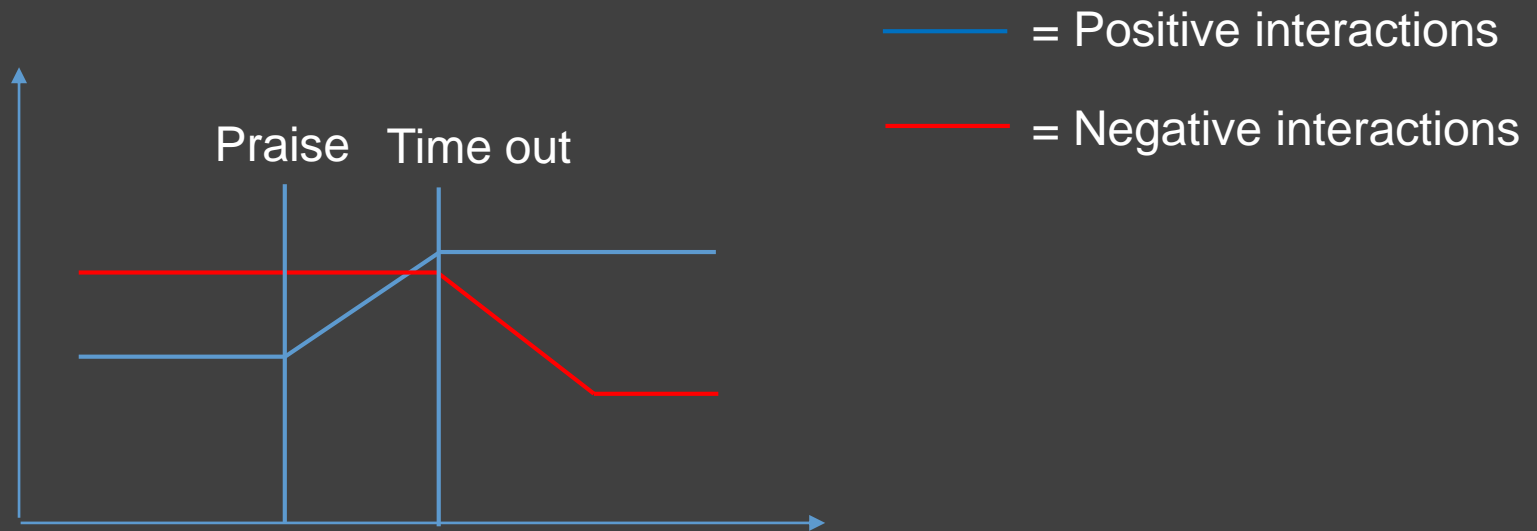
^c Veterans Affairs Puget Sound Health Care System, Seattle Division, Seattle, WA, USA

^d Department of Psychology, University of Nevada, Reno, USA

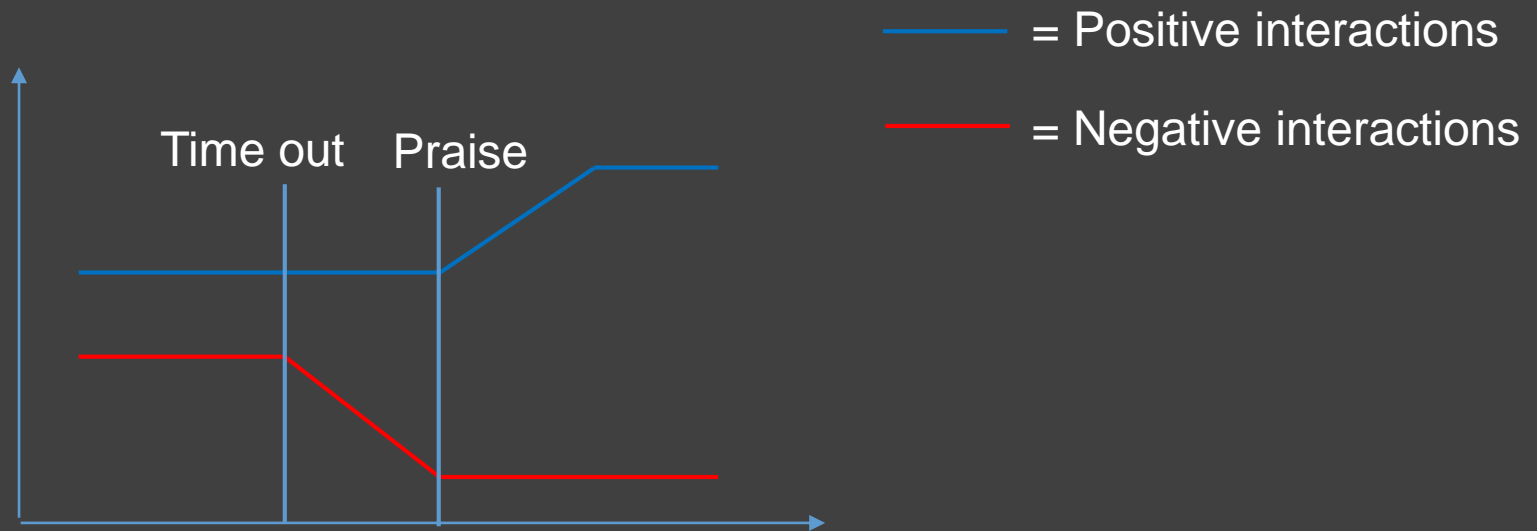
Conceptual model

- Distal outcome = Reduced aggression
- Elements are:
 - Praise
 - Time out
- The mediators are:
 - Positive interactions
 - Negative interactions
- The full model:
 - Praise → Positive interactions → Reduced aggression
 - Time out → Negative interactions → Reduced aggression

Time series design



Time series design




Microtrials

CLINICAL PSYCHOLOGY
SCIENCE AND PRACTICE

Review

Bringing Parenting Interventions Back to the Future: How Randomized Microtrials May Benefit Parenting Intervention Efficacy

Patty Leijten , Thomas J. Dishion, Sander Thomaes, Maartje A. J. Raaijmakers, Bram Orobio de Castro, Walter Matthys

First published: 14 March 2015 | <https://doi.org/10.1111/cpsp.12087> | Cited by: 18




Behaviour Research and Therapy

Volume 87, December 2016, Pages 134-141



What good is labeling what's good? A field experimental investigation of parental labeled praise and child compliance

Patty Leijten ^{a, b, c, d, e} , Sander Thomaes ^{a, c}, Bram Orobio de Castro ^a, Thomas J. Dishion ^d, Walter Matthys ^e

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<https://doi.org/10.1016/j.brat.2016.09.008>

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J Child Fam Stud (2016) 25:2223–2235
DOI 10.1007/s10826-016-0382-0



ORIGINAL PAPER

Do Children Behave Better When Parents' Emotion Coaching Practices are Stimulated? A Micro-Trial Study

Laurie Loop¹ · Isabelle Roskam¹



[Prevention Science](#)

December 2010, Volume 11, [Issue 4](#), pp 343–354 | [Cite as](#)

Microtrial Methods for Translating Gene-environment Dynamics into Preventive Interventions

[Authors](#) [Authors and affiliations](#)

George W. Howe , Steven R. H. Beach, Gene H. Brody

Article
First Online: 27 April 2010

351

50

Transdiagnostic approaches

Comorbidity

Key points

- There are only five previous studies of the prevalence of psychiatric disorders in preschoolers: all these were from the US, and none have studied a general population sample. These studies report an overall prevalence of disorder in the 16%–24% range.
- The present study reports from a large population based sample of Norwegian 4-year-olds. The prevalence of disorder was much lower (7%) than in the US studies. Comorbidity was the norm.
- Although parental divorce and low SES have been found to be associated with higher rates of disorders in school age children, this study demonstrates that these demographic differences are profound even at a younger age.
- Rates of disorders in preschoolers may vary considerably between countries, and this should be taken into account in the planning of services for young children. Clinicians should note that comorbidity is common and that single parenthood as well as low SES substantially increases the risk for disorders.

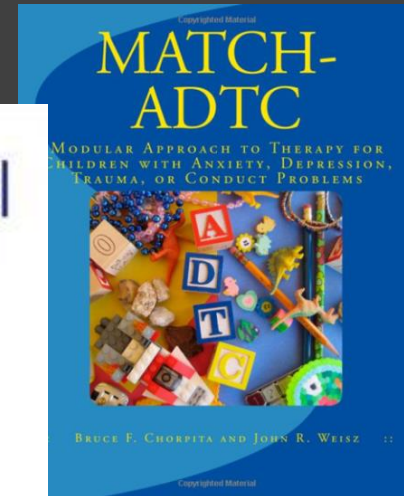
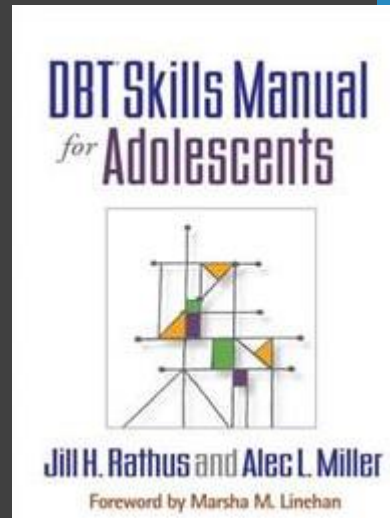
Prevalence of psychiatric disorders in preschoolers

Lars Wichstrøm,^{1,2,5} Turid Suzanne Berg-Nielsen,^{2,3} Adrian Angold,⁴
Helen Link Egger,⁴ Elisabet Solheim,^{1,2} and Trude Hamre Sveen^{1,2}

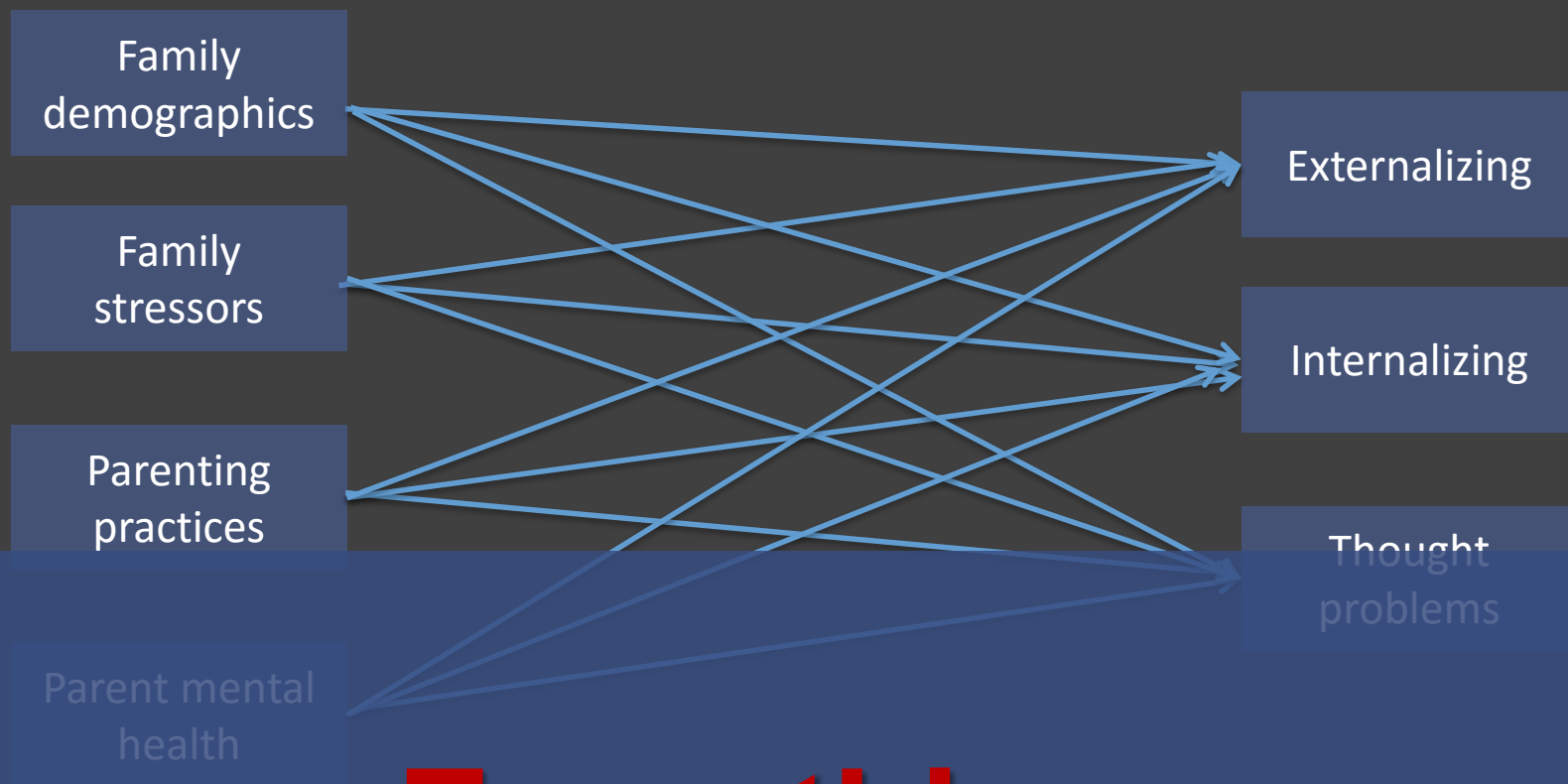
¹Department of Psychology, Norwegian University of Science and Technology, Trondheim, Norway; ²NTNU Social Science, Trondheim, Norway; ³Department of Neuroscience, Norwegian University of Science and Technology, Trondheim, Norway; ⁴Developmental Epidemiology Program, Duke University Medical Center, Durham, NC, USA; ⁵Department of Child and Adolescent Psychiatry, St. Olavs Hospital HF, Trondheim, Norway

Two types of transdiagnostic approaches

- Empirically supported eclecticism
- Core dysfunction



The p-factor

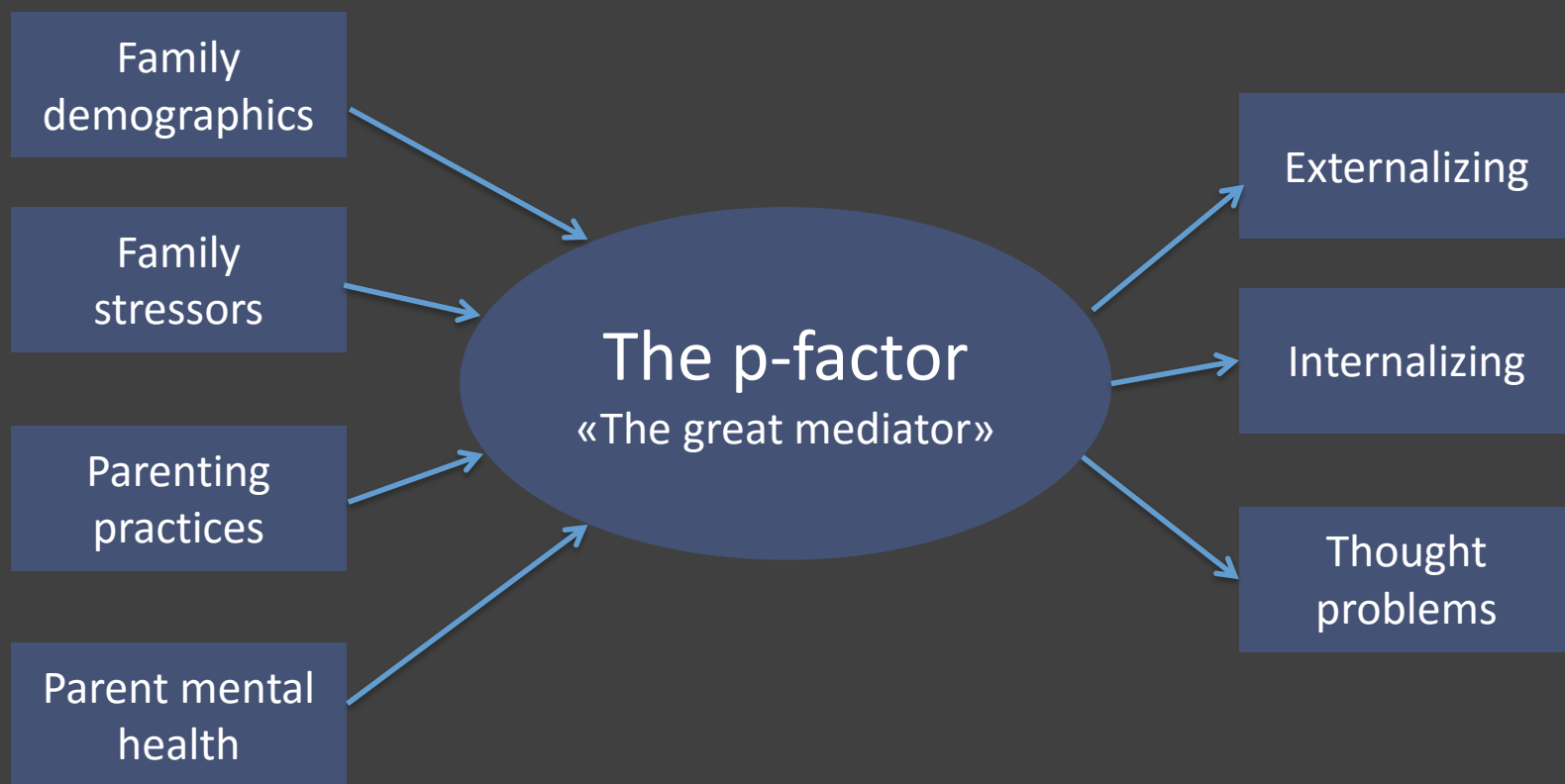


**Everything
predicts**

The p-factor: One General Psychopathology Factor in the Structure of Psychiatric Disorders?

A. Caspi^{1,2,3,4}, R. Harrington¹, H. Hoult¹, Daniel W. Belsky⁵, Sidra J. Goldman-Mellor⁶, Howard E. Livingston⁴, Sarah Meher Israel¹, Madeline H. Meier¹, Sandhya Ramrakha⁷, Idan Shalev¹, Richie Poulton⁷, and Terrie E. Moffitt^{1,2,3,4}

The p-factor



The p Factor: One General Psychopathology Factor in the Structure of Psychiatric Disorders?

Avshalom Caspi^{1,2,3,4}, Renate M. Houts¹, Daniel W. Belsky⁵, Sidra J. Goldman-Mellor⁶, HonaLee Harrington¹, Salomon Israel¹, Madeline H. Meier¹, Sandhya Ramrakha⁷, Idan Shalev¹, Richie Poulton⁷, and Terrie E. Moffitt^{1,2,3,4}

The p-factor

- What is it?
 - Experiential avoidance
 - Emotion dysregulation
 - Impulsive reactivity to emotion (the associative system)

Theoretical/Methodological/Review Article

aps
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Toward a Functional View of the p Factor in Psychopathology

Clinical Psychological Science
2017, Vol. 5(5) 880–889
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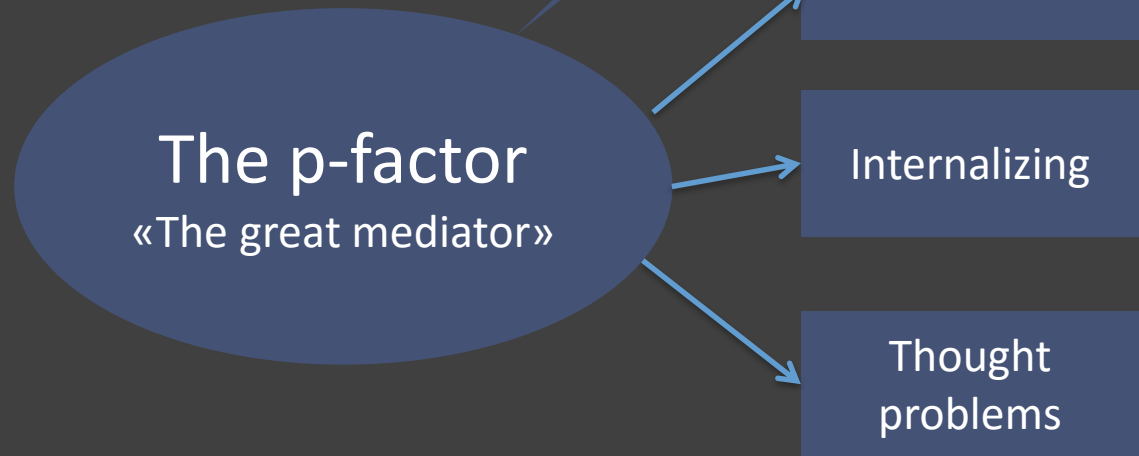


Charles S. Carver¹, Sheri L. Johnson², and Kiara R. Timpano¹

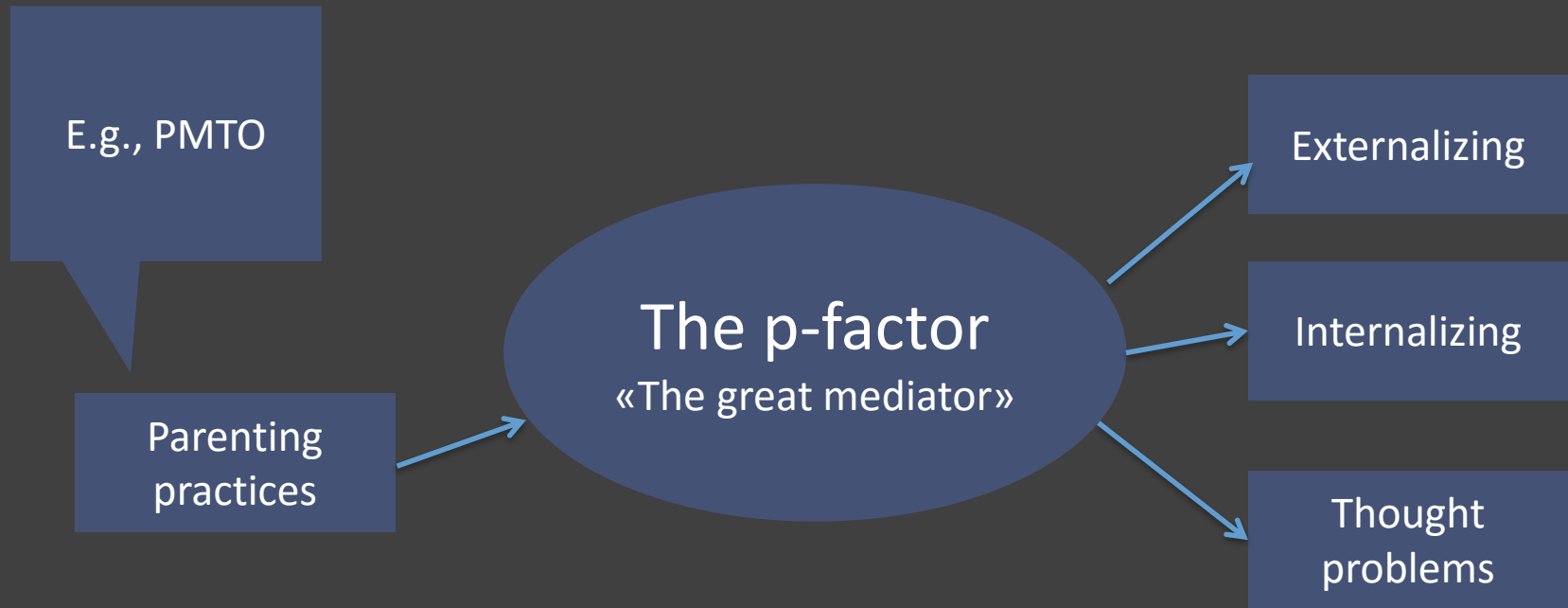
¹University of Miami and ²University of California, Berkeley

Transdiagnostic interventions

Multifinality



Transdiagnostic interventions



Conclusion

- Identification and testing of common elements
 - An empirically driven strategy
 - Optimization
- Identification of transdiagnostic components
 - Simpler and more robust interventions
 - That fit the rule, not the exception
- The best of two worlds

In other words

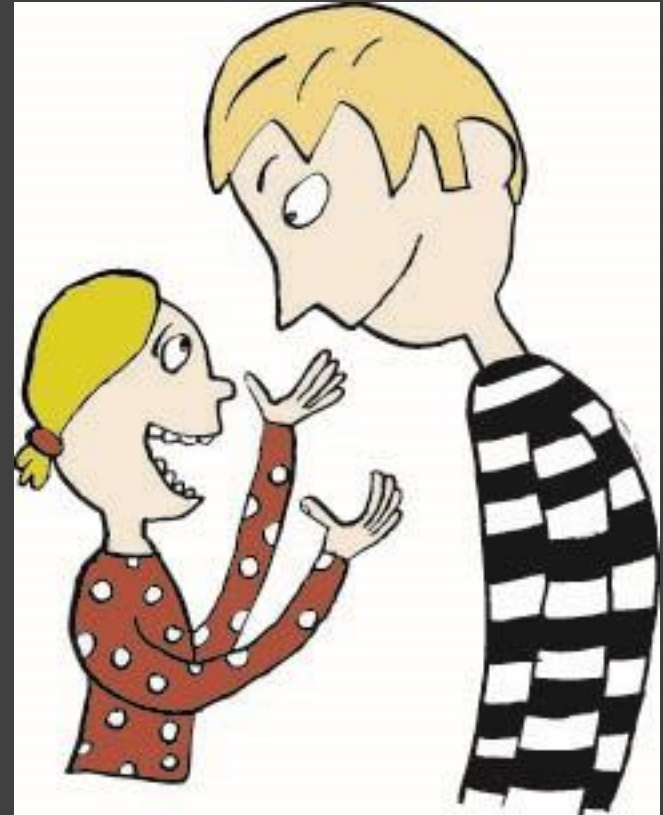
Common elements

- + Transdiagnostic approaches
 - + Alternative experimental designs
- = A really good idea!



Thank you for your attention!

John Kjøbli
john.kjobli@r-bup.no



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