

Press release

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Basic information

Name: Sanne Jensen Email: sanjesen@rm.dk Phone: 2059 8708

Department of: Clinical Medicine

Main supervisor: Per Hove Thomsen

Title of dissertation: "Children and adolescents with OCD: Follow-up studies on treatment efficacy, predictors, and quality of life"

Date for defence: 29.09.20 at (time of day): 13.00-15.00 Place: Auditorium B (G206-142), entrance G, Aarhus University Hospital and virtually via Zoom. Please send an e-mail to sanjesen@rm.dk to receive a link for the Zoom meeting.

Press release (Danish)

Børn og unge med OCD: Tre års opfølgning på behandlingseffekt, livskvalitet og kliniske karakteristika

Obsessiv-kompulsiv lidelse (OCD) er en tilstand præget af en række forskelligartede tvangstanker og tvangshandlinger, som kan ramme både børn og voksne. Tanker og handlinger om fx symmetri, forbudte tanker, renlighed eller magiske ritualer genkendes af de fleste mennesker i større eller mindre grad, men ca. 1-3 % af børn og unge er så hårdt ramt, at de får diagnosen OCD og har brug for behandling. Kognitiv adfærdsterapi har vist gode resultater i forhold til at behandle og nedbringe symptomer hos både børn og voksne med OCD og anvendes som førstevalgsbehandling. Man ved dog ikke meget om de længerevarende effekter af behandlingen. Da OCD traditionelt set er blevet anset som en kronisk lidelse, er det vigtigt at undersøge, hvordan patienterne klarer sig i årene efter behandling. Dette gælder bl.a. i forhold til symptomsværhedsgrad, livskvalitet og OCD-relaterede kliniske karakteristika. Som en del af det fællesnordiske behandlingsstudie NordLOTS (the Nordic Long-term OCD Treatment Study) er 269 børn og unge med OCD fra Danmark, Norge og Sverige undersøgt i forhold til langtidsudfald i et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af Sanne Jensen, der forsvare sin afhandling den 29. september 2020.

Resultaterne viser, at en stor gruppe af patienter udviser gode, vedvarende behandlingsresultater efter kognitiv adfærdsterapi, og at en mindre gruppe af mere belastede patienter, som ikke responderer lige så hurtigt på behandlingen, på længere sigt kan opnå næsten lige så gode resultater i form af symptomreduktion med yderligere kognitiv adfærdsterapi eller medicinsk behandling. Studiet identificerer dog også en gruppe af patienter, som på trods af, at de hurtigt responderer tilfredsstillende på behandlingen, vedbliver at have både symptomer af en vis sværhedsgrad samt nedsat livskvalitet de følgende år.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 29. september 2020 kl. 13 i auditorium B (G206-142), Indgang G, Aarhus Universitetshospital, Palle Juul-Jensens Boulevard 175, 8200 Aarhus N og virtuelt via Zoom. Link til Zoom-mødet fås ved at sende en e-mail til sanjesen@rm.dk. Titlen på projektet er "Children and adolescents with OCD: Follow-up studies on treatment efficacy, predictors, and quality of life". Yderligere oplysninger: Ph.d.-studerende Sanne Jensen, e-mail: sanjesen@rm.dk, tlf. 2059 8708.

Bedømmelsesudvalg:

Lektor Vibeke Bliksted (formand for bedømmelsesudvalget og moderator ved forsvaret)
Institut for Klinisk Medicin
Forskningsenheden for Psykoser, Aarhus Universitetshospital

Professor Evelyn Stewart
University of Brit Columbia- and Children's Hospital
British Columbia, Vancouver, Canada

Professor David Mataix-Cols
Centre for Psychiatry Research, Department of Clinical Neuroscience
Karolinska Institutet, Stockholm, Sweden

Press release (English)

“Children and adolescents with OCD: Follow-up studies on treatment efficacy, predictors, and quality of life”

Obsessive-compulsive disorder (OCD) is characterized by the presence of obsessions and compulsions which can affect children and adolescents as well as adults. Common content of obsessions and compulsions include symmetry, forbidden thoughts, cleanliness, and magical compulsions which are recognized by most people. Yet, 1-3% of children and adolescents are so invalidated by their obsessions and compulsions that they are diagnosed with OCD and require treatment. Cognitive-behavioral therapy has proven to be effective in reducing symptoms in OCD patients and is considered the first-line treatment for children and adolescents with OCD. However, little is known about the long-term effects of treatment, which is important since OCD was traditionally regarded a chronic disorder. Outcome variables of interest are e.g. symptom severity, quality of life, and OCD-related clinical characteristics. The Nordic Long-term OCD Treatment Study (NordLOTS) included 269 children and adolescents with OCD from Denmark, Norway, and Sweden who were investigated regarding long-term outcome in a new PhD project from Aarhus University, Health. The project was carried out by Sanne Jensen, who will be defending her dissertation on September 29, 2020.

Results showed a substantial group of patients displaying satisfying, long-term treatment outcomes up to three years after cognitive-behavioral treatment. Further, a small group of more constrained patients received additional cognitive-behavioral treatment or medical treatment due to initial insufficient treatment response and did also gain satisfactory long-term treatment outcomes. Yet another smaller group of patients displayed apparent satisfying treatment outcomes, but had persistent symptoms as well as reduced quality of life in the years after treatment.

The defence is public and takes place on September 29 at 1 AM in Auditorium B (G206-142), Aarhus University Hospital, Palle Juul-Jensens Boulevard 175, 8200 Aarhus N and virtually via Zoom. For access via Zoom, please send an e-mail to sanjesen@rm.dk. The title of the project is “Children and adolescents with OCD: Follow-up studies on treatment efficacy, predictors, and quality of life”. For more information, please contact PhD fellow Sanne Jensen, email: sanjesen@rm.dk, Phone +45 2059 8708.

Assessment committee:

Associate Professor Vibeke Bliksted (chairman and moderator of the defence)
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