Inpatient Treatment of Severe Somatoform Disorders in the Netherlands: Evaluation of Psychiatric Symptoms, Quality of Life and Health Care Consumption

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- Altrecht Psychosomatic Medicine (Eikenboom): short overview.
- Results of the 2-year Follow up study
What disorders do we treat?

- Somatisation disorder
- Undifferentiated somatoform disorder
- Conversion disorder
- Pain disorder
Patients Altrecht Psychosomatic Medicine

- Severe and chronic (>5 years) complaints
- High disability (70% of inpatients are wheelchair bound)
- High co-morbidity psychiatric and personality disorders
- Severe psychosocial impairments
- Low Quality of Life
- No or insufficient response earlier (CBT) treatment
- High medical costs (Hiller, 2003)

Inpatient Treatment for severe somatoform Disorders: an integrative (psycho soma) multidisciplinary approach

- Medical care
- Psychotherapy
- Physiotherapy
- Psycho Motor therapy
- Art Therapy
- Sociotherapeutic nursing

Duration treatment program: 6 months
The core topics of multidisciplinary therapy program: MAMS

- embodied Mentalisation
- Acceptation (mindfulness and ACT)
- Modulation (CBT)
- Systemic psychotherapy

**Embodied Mentalization**: the ability to reflect on bodily states and their translations into and impact on feelings, emotions, beliefs, values, and desires in self and others (Spaans 2009).
Evaluation of Psychiatric Symptoms, Quality of Life and Health Care Consumption
A 2-year Follow-up study

Research Questions

• Is there a decrease of psychopathology as measured with the SCL-90 after treatment?

• Is there an improvement of Quality of Life as measured with the EQ-5d after treatment? (index score -.33 <-> 1)

• Is there a decrease of medical costs (Euro’s) as measured with the Tic-P after treatment?

• If there is improvement after treatment, do these effects persist ½ year, 1 en 2 years after treatment?
**TIC-P direct costs**

- 29-item questionnaire to collect data on costs associated with psychiatric illness
- Number of visits general practitioner, medical specialist, hospital days, medication etc
- 4 weeks prior filling out Tic-P
- Multiplied by unit prices of corresponding health care services→ direct costs per 4 weeks

**Method**

- N=314, 77% female 23% male, mean age 38.3 (sd 10.9).

8 measurements:
1. Intake
2. Start observation (4 weeks)
3. End observation
4. Start treatment
5. End treatment
6. Follow-up ½ year
7. Follow-up 1 year
8. Follow-up 2 year.
Statistical Analyses difference pre and post treatment

Linear mixed model regression analysis (SCL-90 & EQ-5d):

- Large amount of missings
- Including variations in assessment intervals as covariate

Wilcoxon non-parametric pairwise t-test (Tic-P)

- Scores on medical costs were skewed

Results Psychopathology (SCL-90)

[Graph showing mean scores over time with statistical significance indicators]

* $p < .05$
** $p < .01$
*** $p < .001$
Linear mixed model regression analysis

SCL-90

Overall fixed effects Time: $F(7,716.7)=15.20$, $P<.001$

<table>
<thead>
<tr>
<th>Model with time and treatment as independent variables for SCL-90</th>
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<tr>
<td>Min2(log) likelihood</td>
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<td>Intercept</td>
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Results Quality of Life (EQ-5D)

![Graph showing mean score with range -.33 - 1.00](image)

**Intake & observation** 0, ½, 1, 2

Start

Follow-up (year)

Mean score (range -.33 - 1.00)

- **p < .05**
- **p < .01**
- ***p < .001**
Linear mixed model regression analyses

**EQ-5d**

Overall fixed effects Time: F(7,760.9)=6.42, P<.001

<table>
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<th>Model with time and treatment as independent variables for EQ-5d</th>
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**Results Medical costs (euro per 4 weeks)**

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<th>N</th>
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<td>Costs after</td>
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<td>523.63</td>
<td>659.50</td>
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Conclusion

Effect
• Decrease of psychopathology (treatment effect)
• Improvement of Quality of Life (treatment effect)
• Decrease of Medical Costs (treatment and/or time effect?)
• These results are sustainable over a period of 2 years.

Strengths of the research:
• Large sample
• Multiple measurements
• Relatively long follow-up

Weaknesses of the research:
• No control group
• Only self report
• Only direct costs

Future: Post hoc analyses in order examine if treatment has different effects on different individuals.
Collecting data from insurance company.

DISCUSSION

Thanks for your attention!