



Et økologisk og system teoretisk perspektiv på cannabis-brug og psykose

Psykologisk Institut, Aarhus Universitet

Kompetencecenter for Dobbeldiagnose,
Region Hovedstadens Psykiatri



Projektets formål

Teori

Kan et systemisk og økologisk perspektiv bruges på DD-området?

Empiri

Hvilke faktorer påvirker cannabis-brug i hverdagslivet?

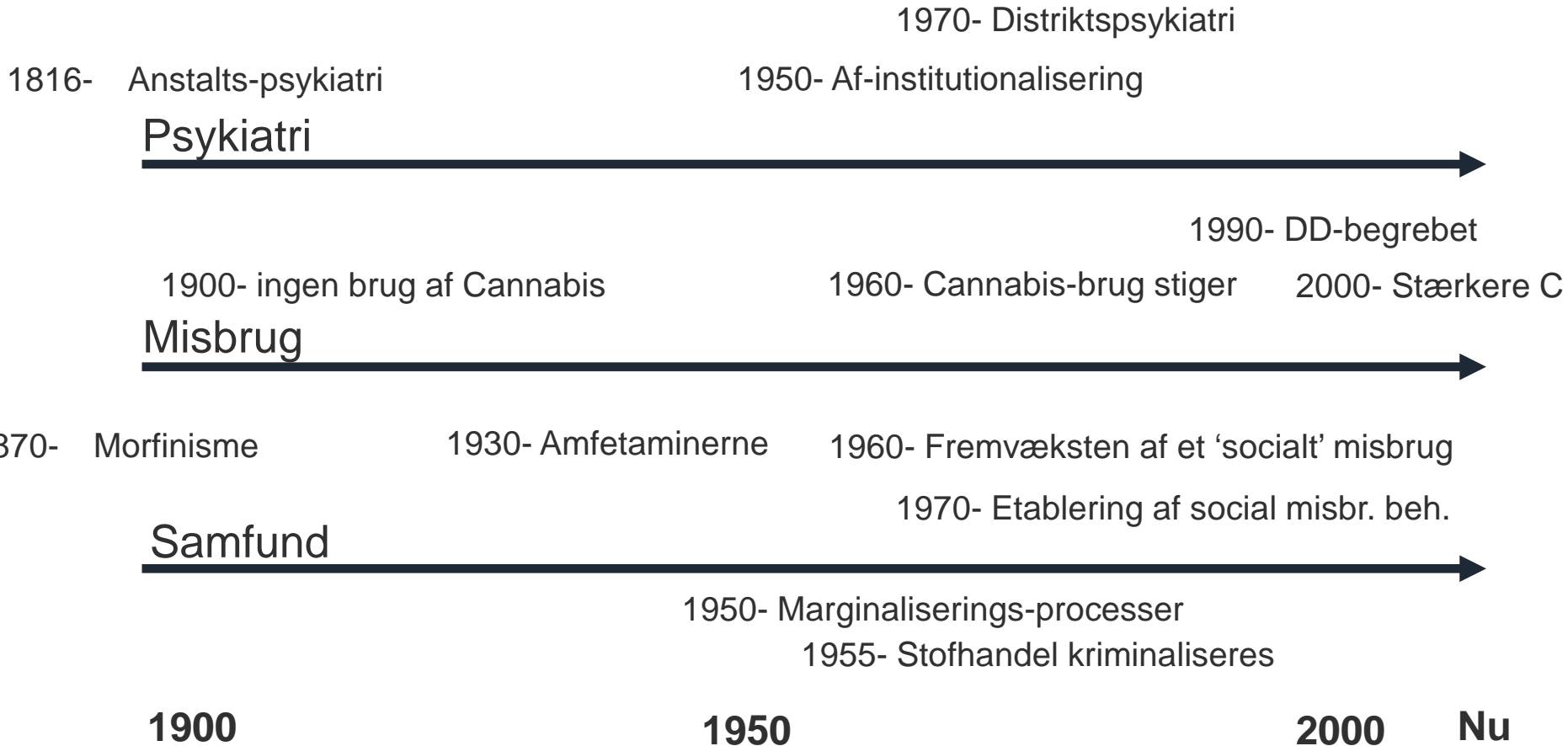


Dagsorden

- Om DD – hurtigt overblik
- Metode
- Case 1 – eksempler på tilgangen
- Perspektivering – sammenhæng i indsatsen
- Case 2 – fra brug til afholdende
- Afrunding

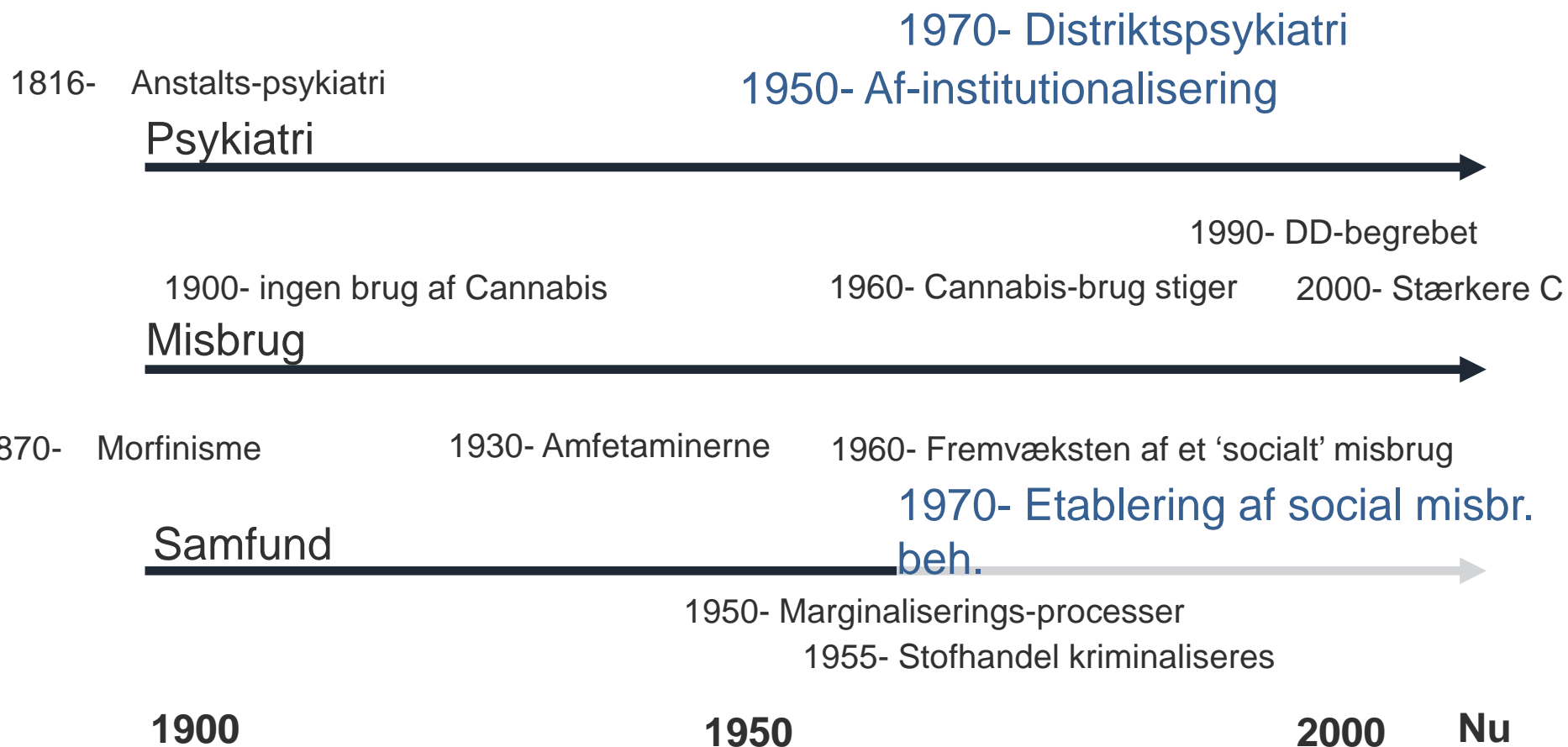


Tidslinje



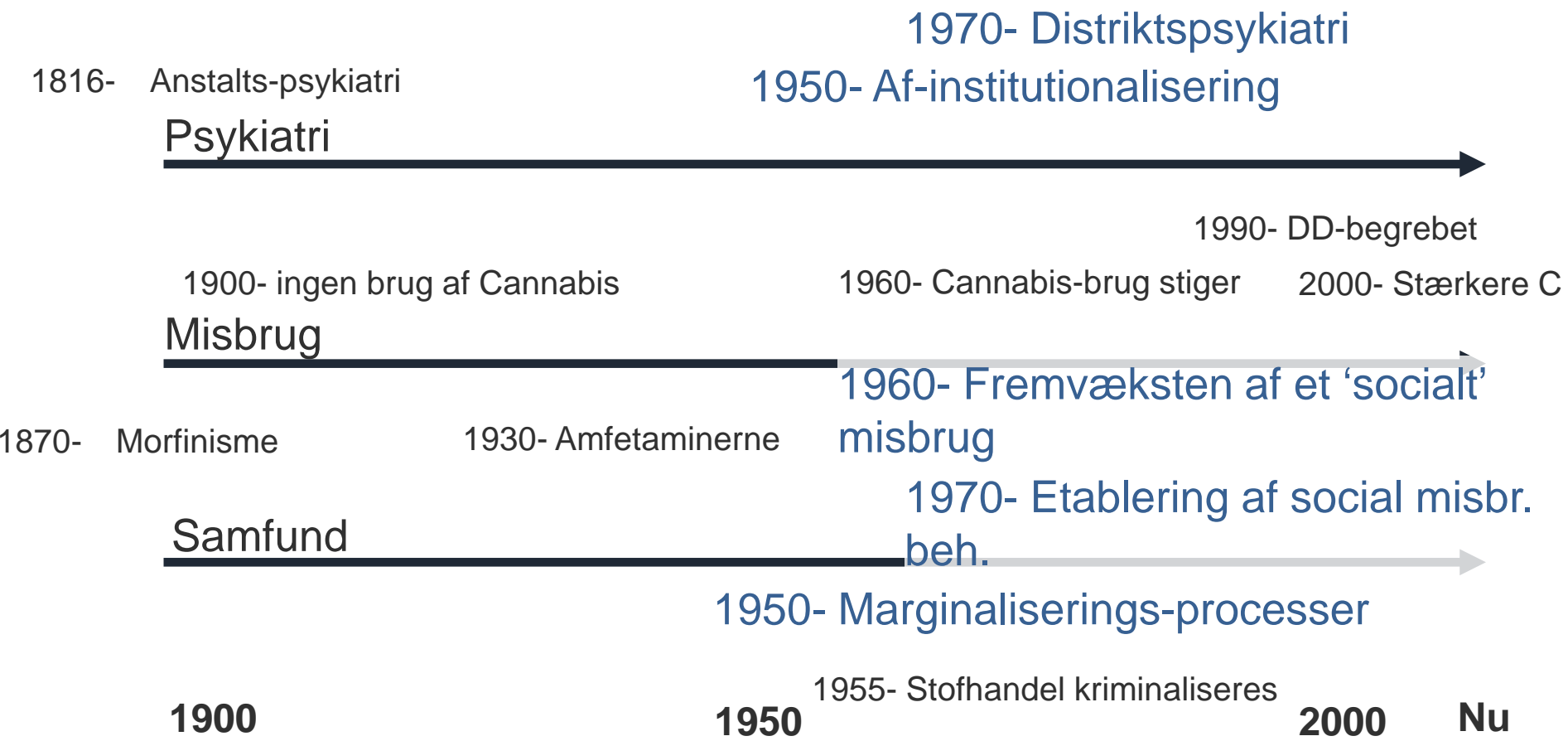


Tidslinje





Tidslinje





Tidslinje

1950- Af-institutionalisering

1950- Marginaliserings-processer

1960- Fremvæksten af et 'socialt' misbrug

1970- Etablering af social misbr. beh.

1970- Distriktskykiatri

1990- DD-
begrebet

Dobbelt eller multi-problematik?

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EDITORIAL

The Challenge of Heterogeneity and Complexity in Dual Diagnosis

Robert E. Drake, MD, PhD,^{1,2} and Alan I. Green, MD²

Several articles in this issue examine the complexity and heterogeneity of co-occurring mental illness and substance use disorders. One ubiquitous problem in the field is that these patients typically have many disorders and severe life problems in addition to mental illness and substance use disorder.

Sawh, Rodrigues, Fisher, Kane, Kuhn, Ellison, and Smelson consider unemployment among homeless veterans with co-occurring disorders. Nochajski, Stasiewicz, and Patterson examine depression among people referred for evaluation following court referrals for driving under the influence. All

Dobbelt eller multi-problematik?

Journal of Clinical Psychiatry
Volume 71, Number 12
December 2010

Review

Several articles in this issue examine the complexity and heterogeneity of co-occurring mental illness and substance use disorders. One ubiquitous problem in the field is that these patients typically have many disorders and severe life problems in addition to mental illness and substance use disorder.

People with dual disorders often experience other behavioral health disorders, physical health problems, traumatic brain injuries, trauma histories, developmental problems, educational problems, housing problems, family problems, employment problems, economic problems, legal problems, and so on. How can this complexity be reduced to some conceptual framework, treatment guidelines, or research strategies that make sense?

Modeller af DD

- Udfordrer begrebet 'dobbeldiagnose'.
 - Det antyder, at der er to adskilte problemer.
 - Men i praksis er der ofte mange problemer, de er ikke klart adskilte, og de indgår i et dynamisk samspil.

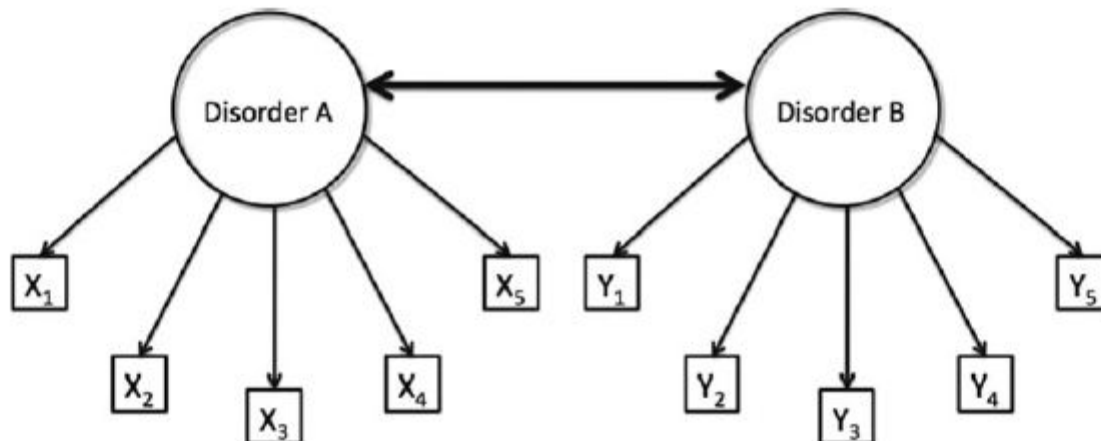


Figure 1. A model of comorbidity between disorders A and B, under the standard assumptions of latent variable modeling. The *circles* represent the disorders (i.e., latent variables) and the *rectangles* represent the observable core symptoms of those disorders (i.e., $X_1 - X_5$ for disorder A, and $Y_1 - Y_5$ for disorder B). In this model, comorbidity is viewed as a correlation between the latent variables, visualized by the *thick bidirectional edge* between disorders A and B.

Modeller af DD

- Alternativ model:

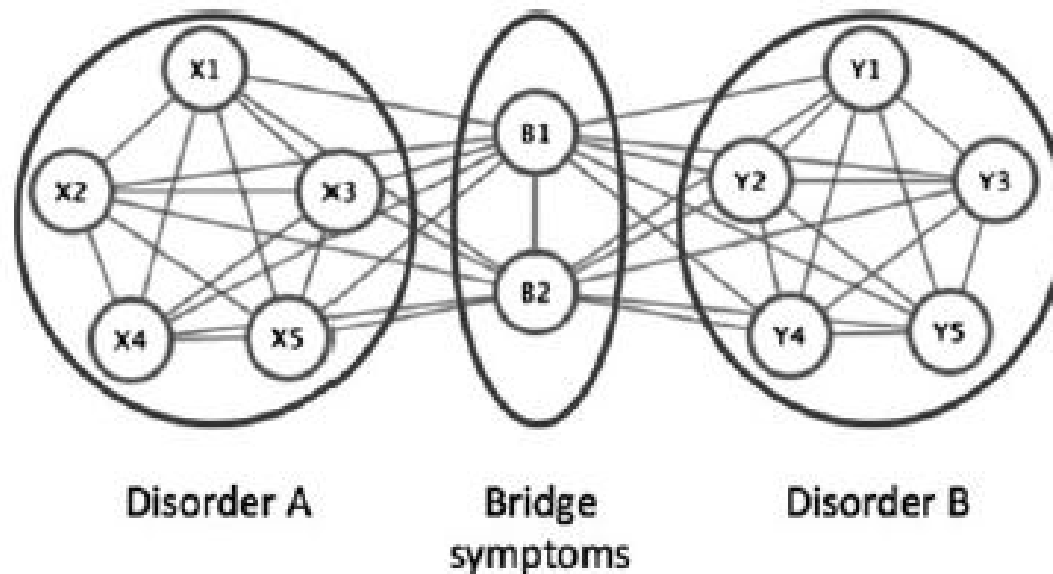


Figure 2. Comorbidity under a network approach. Disorder A consists of bidirectionally related symptoms $X_1 - X_5$, and disorder B consists of symptoms $Y_1 - Y_5$. Symptoms B_1 and B_2 are *bridge symptoms* that overlap between disorders A and B. In this model, comorbidity arises as a result of direct relations between the bridge symptoms of two disorders.



Metode

Kvalitative interviews

- 11 informanter med aktivt forbrug af cannabis.
 - Interviewes ved måneder 0, 2, 4, 6, 9 og 12.
 - Beskrivelser af hverdagsliv og forbrugsmønster.
- 12 informanter som er stoppet med cannabis.
 - Interviewes 1 gang.
 - Hvordan var det at stoppe, set i bakspejlet?



Metode

Kvalitative interviews

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 - Beskrivelser af hverdagsliv og forbrugsmønster.
- 12 informanter som er stoppet med cannabis.
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Interview-strategi

- Indledende historik omkring psykisk lidelse og brug af rusmidler.
- Dernæst afsæt i aktuel situation:
 - Konkrete episoder med brug af cannabis ('Kan du give nogle eksempler på, hvornår du har røget den sidste uge?')
 - Identificere mønstre ('Så de dage, hvor du vågner, hører mange stemmer og er i dårligt humør, så ryger du mere?')
 - Afsøge årsags-kæder, uddybe dem og validere.
 - Løbende vende tilbage til konkrete eksempler, konkrete livsforhold.



Vægttab/Overvægt

Maneridt
(voksne sønne usikker)

Kan godt lide sport/
at bruge kroppen

Medier/fjernsyn/
So Me

Sct. Hans
- "andede mig helt"
- taler mere

"Dårlig" døgnrytme
"jeg er dårlig til at
falde til ro"

Dårlige kro

Fortid
(baldstani, mon,
far-hvor-for-han
de sjovt, hvad de har)

Ulykke

higegyldighed

Daranoia
- forstærkes af
hash

Romantisering
af hash
→ Lærings

Uddannelse
flex-nettet
(mit C + mere senere)

Angst
(at være i det
offentlige rum)

ryg for at møde
g. behandle

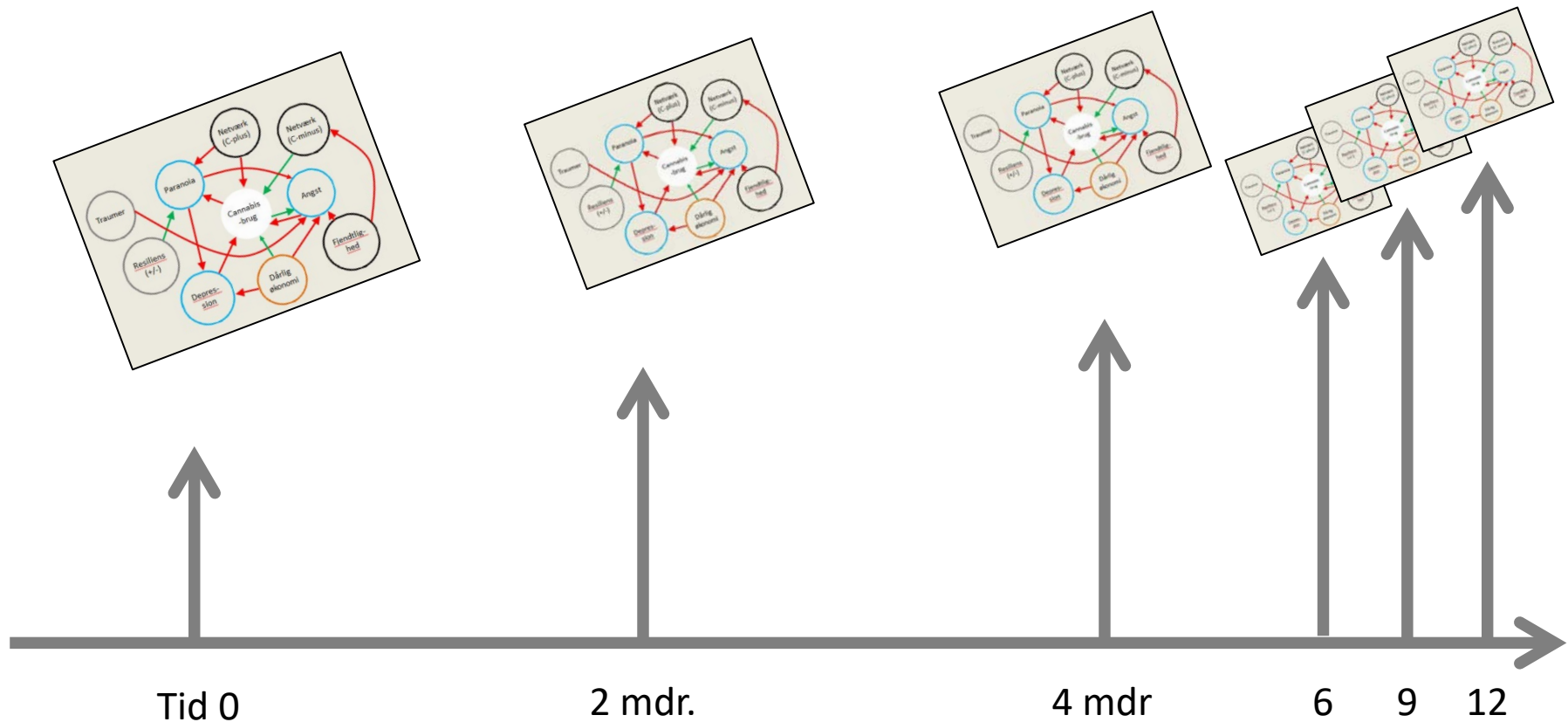
Målsætningen
(udd./vægttab)

Erfaringer m/shole
(ingen hjælp til
lektion, prælektion)

Lektie-hjælp
(ASPA)

Minder jeg om
hvad mødet om
- hvad kommer det
til at betyde?

Longitudinelt kvalitativt design – ændringer over tid



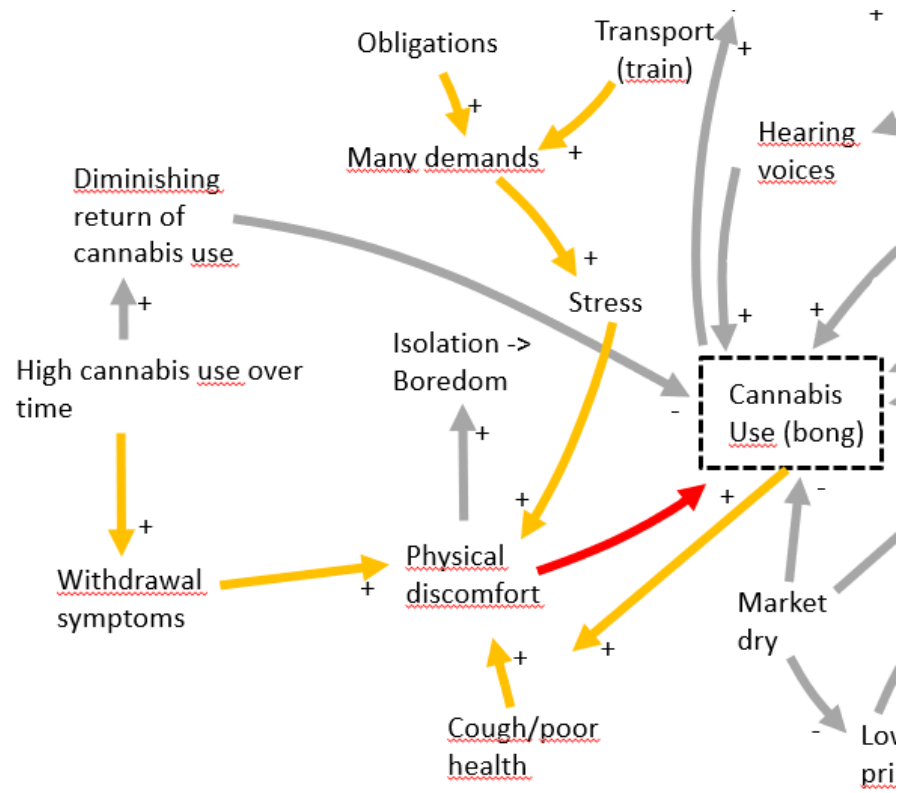


20-årig mand,
tidligt debut med
stoffer, F20.0.

Case 1 – eksempel 2

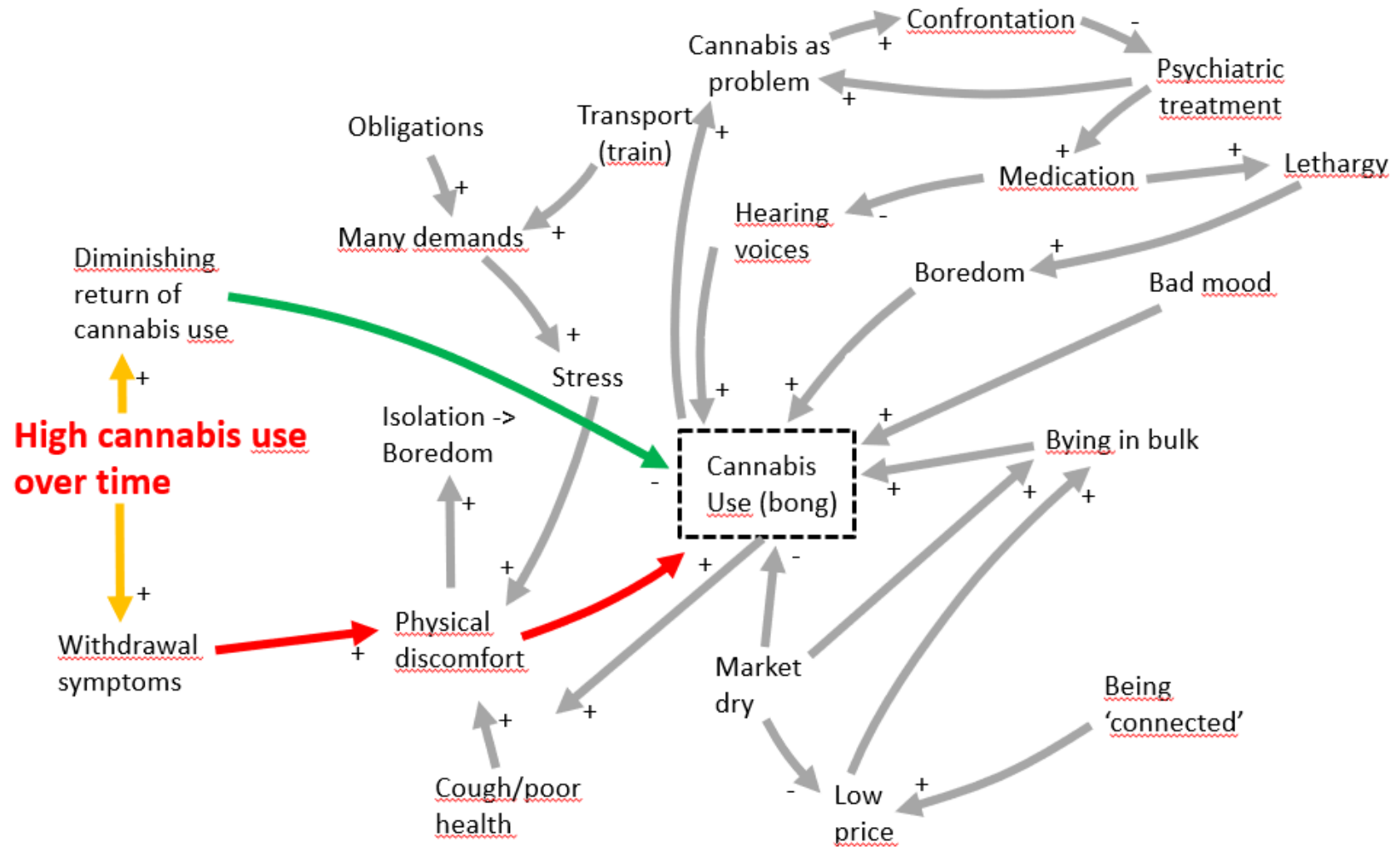
- Økologisk perspektiv

- Er sammensat af både interne og eksterne processer.
- Nogle faktorer optræder som knudepunkter.
- Knudepunkter er en slags bro mellem forskellige processer.



20-årig mand,
tidligt debut med
stoffer, F20.0.

Case 1 – eksempel 3

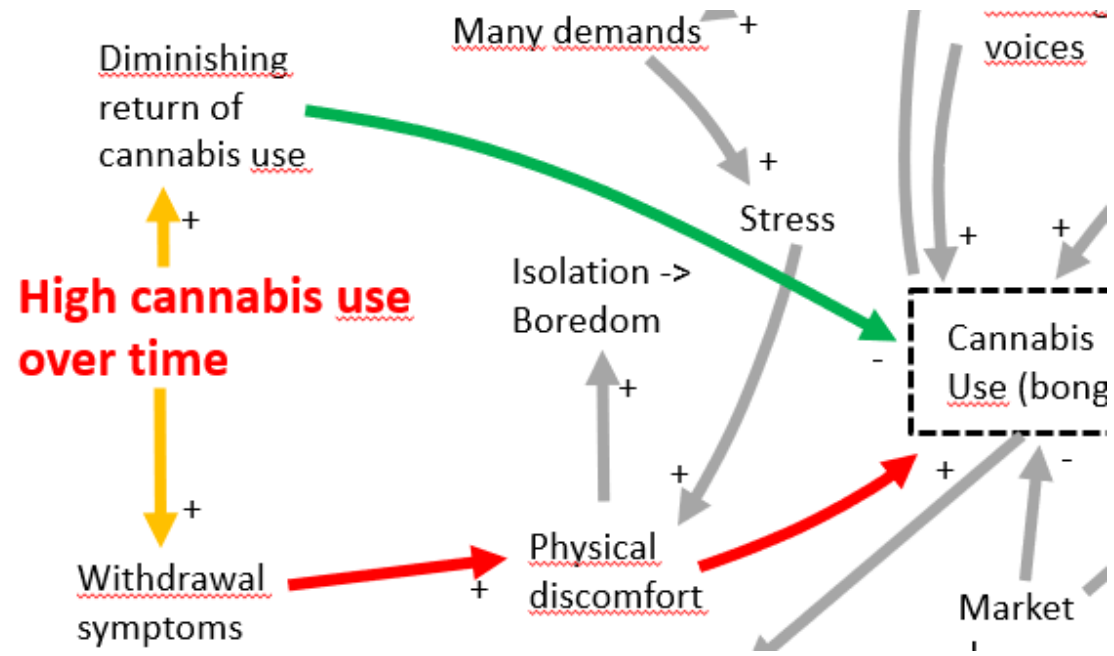




20-årig mand,
tidligt debut med
stoffer, F20.0.

Case 1 – eksempel 3

- Refleksivt niveau
 - Nogle typer af systemer indeholder regulerende mekanismer.
 - Disse kan sikre systemet stabilitet over tid.
 - Ex: Tilvænning fører til pause -> Øget effekt efter pausen.



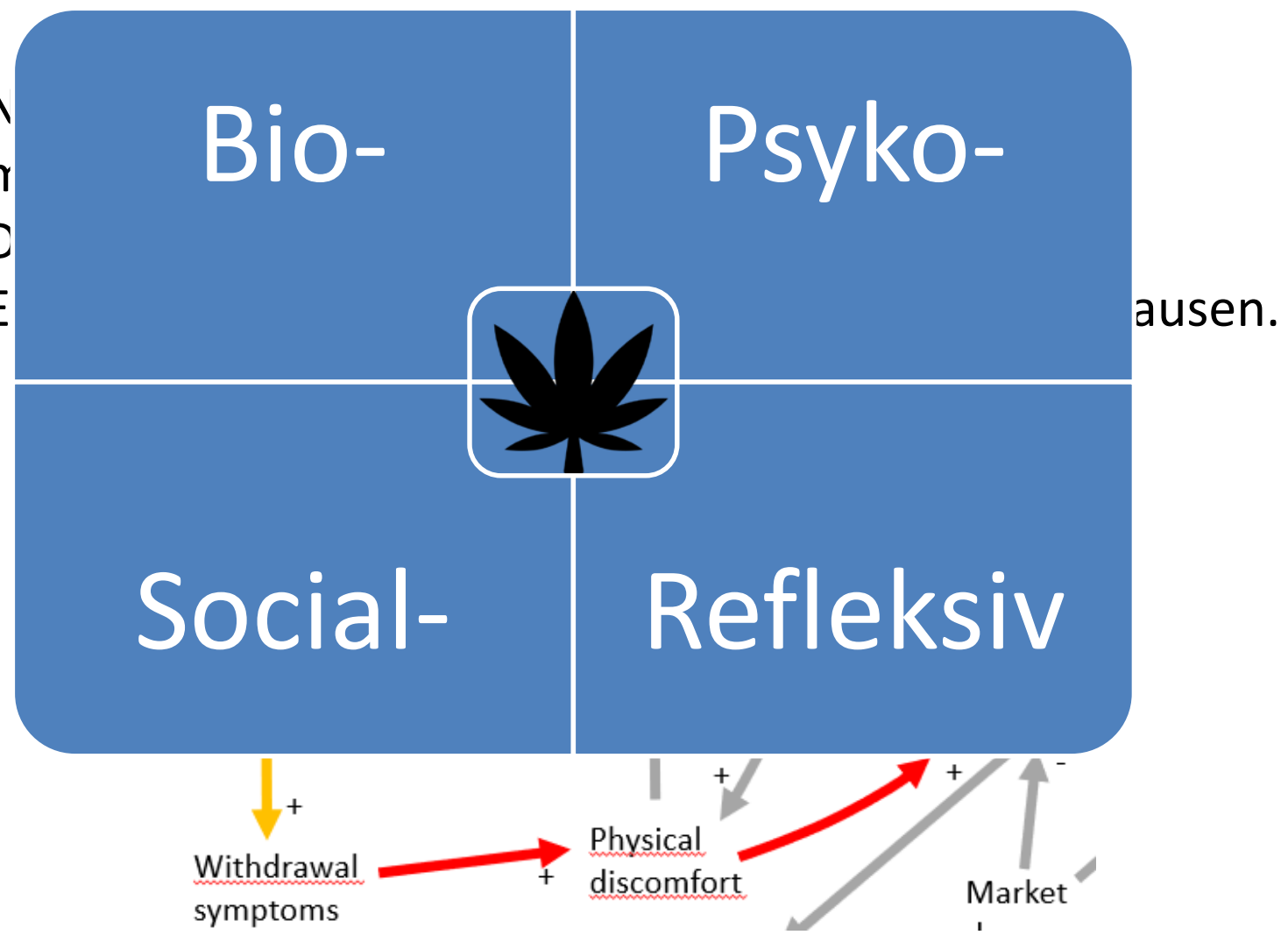


20-årig mand,
tidligt debut med
stoffer, F20.0.

Case 1 – eksempel 3

- Refleksivt niveau

- N
- m
- D
- E

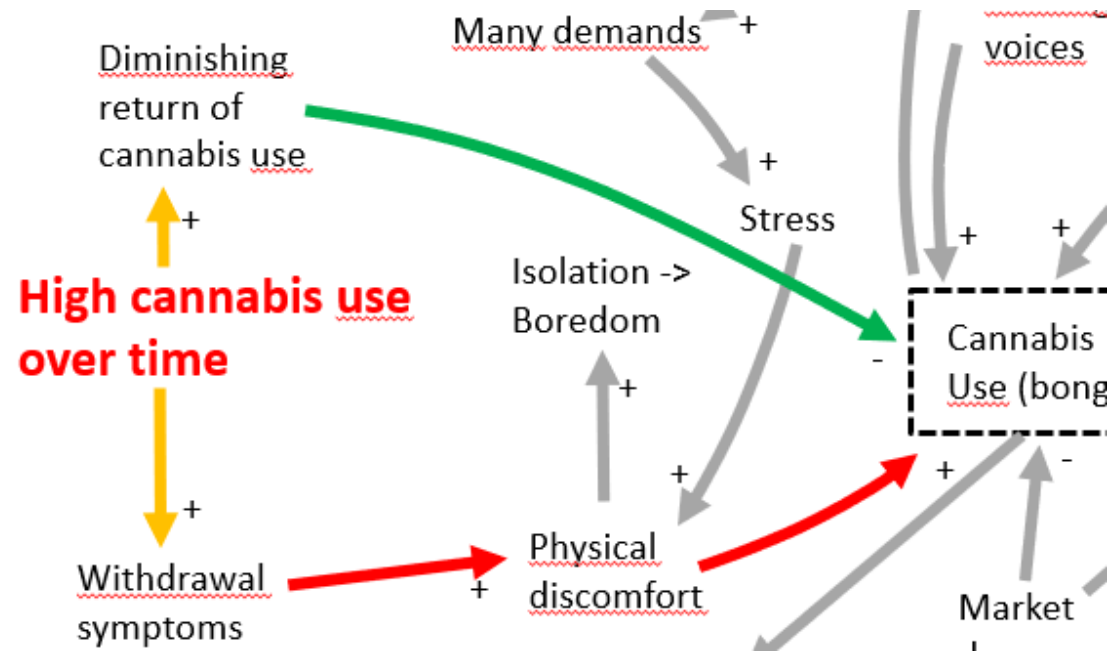




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tidligt debut med
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Case 1 – eksempel 3

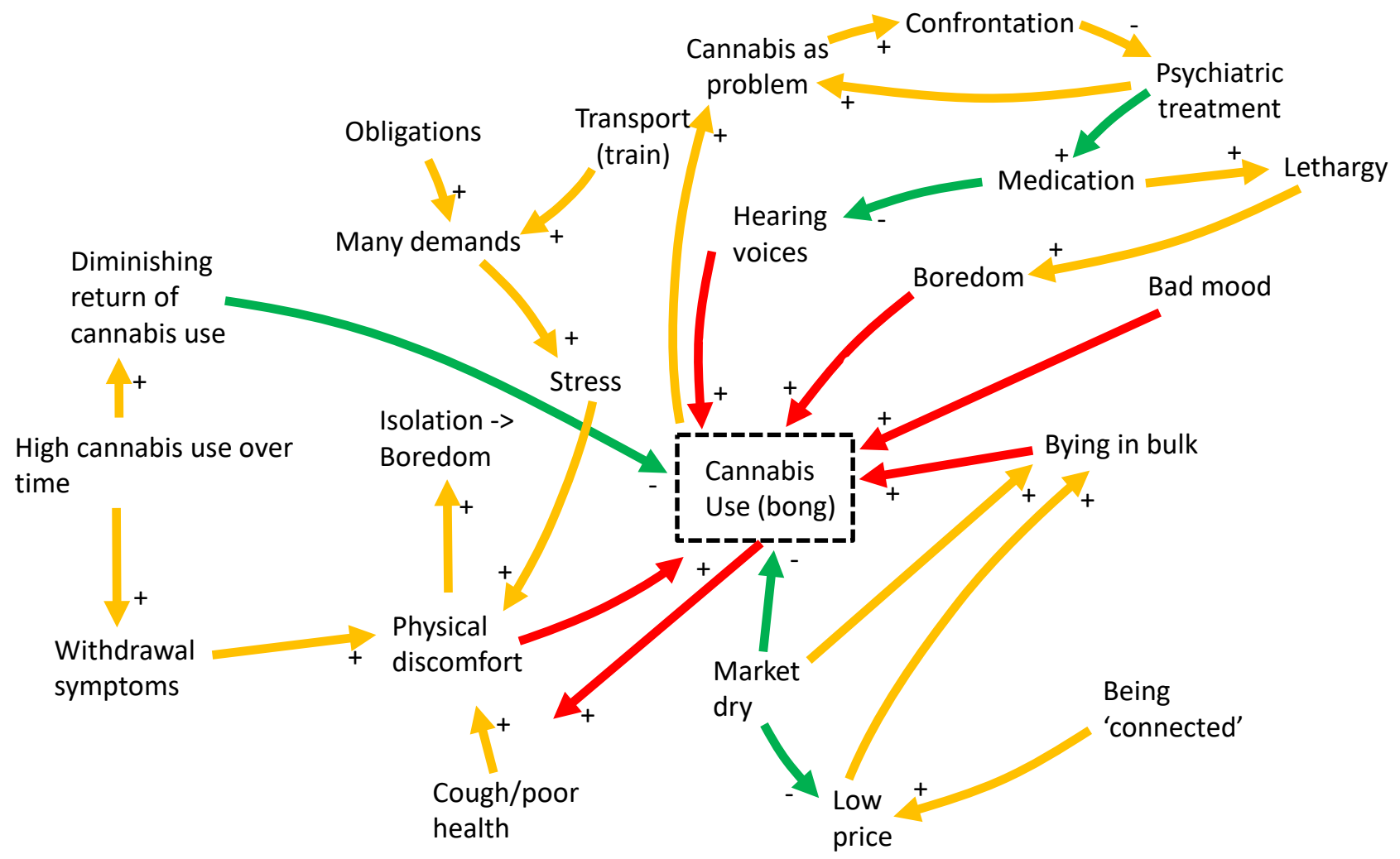
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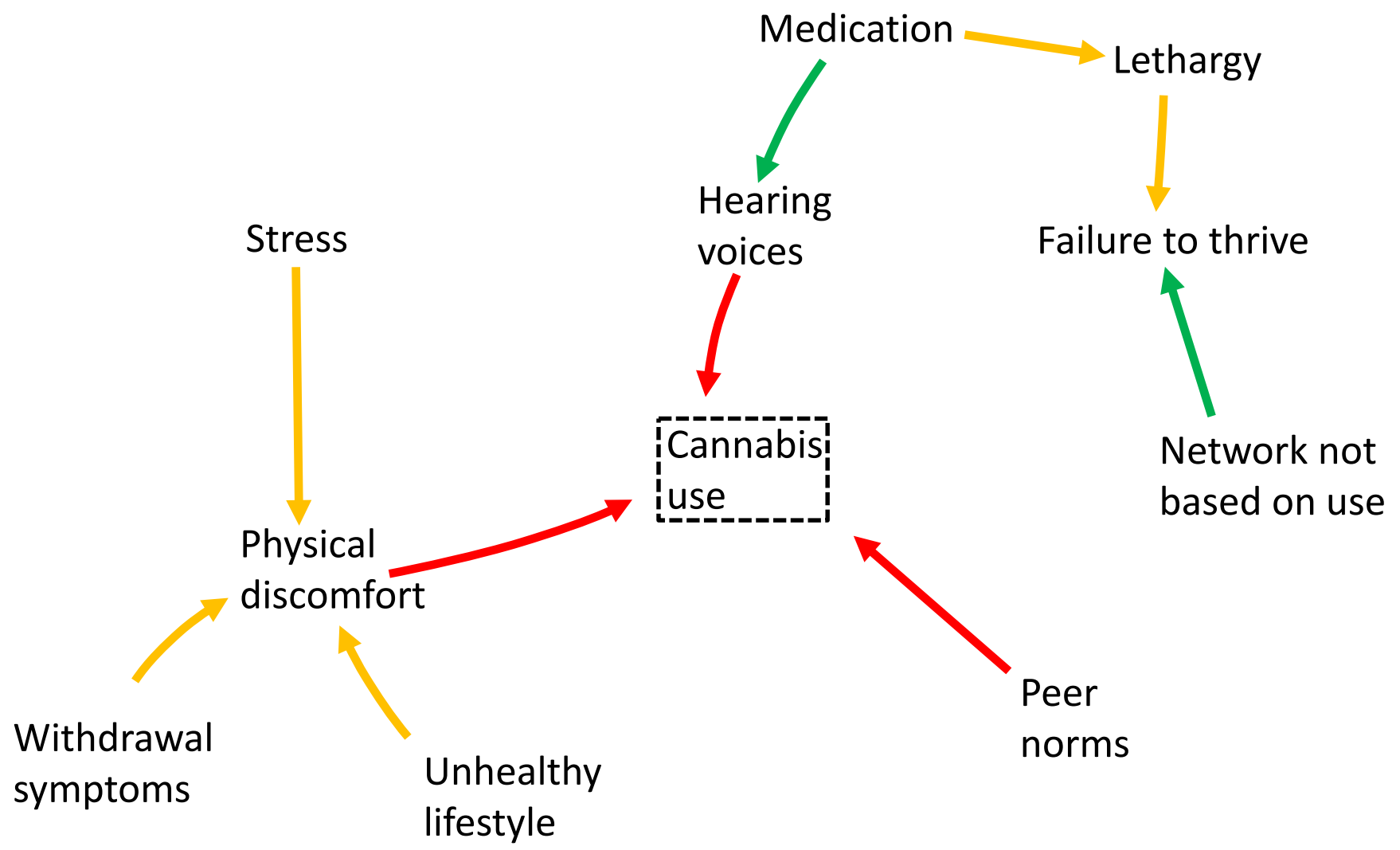
Case 1 – samlet





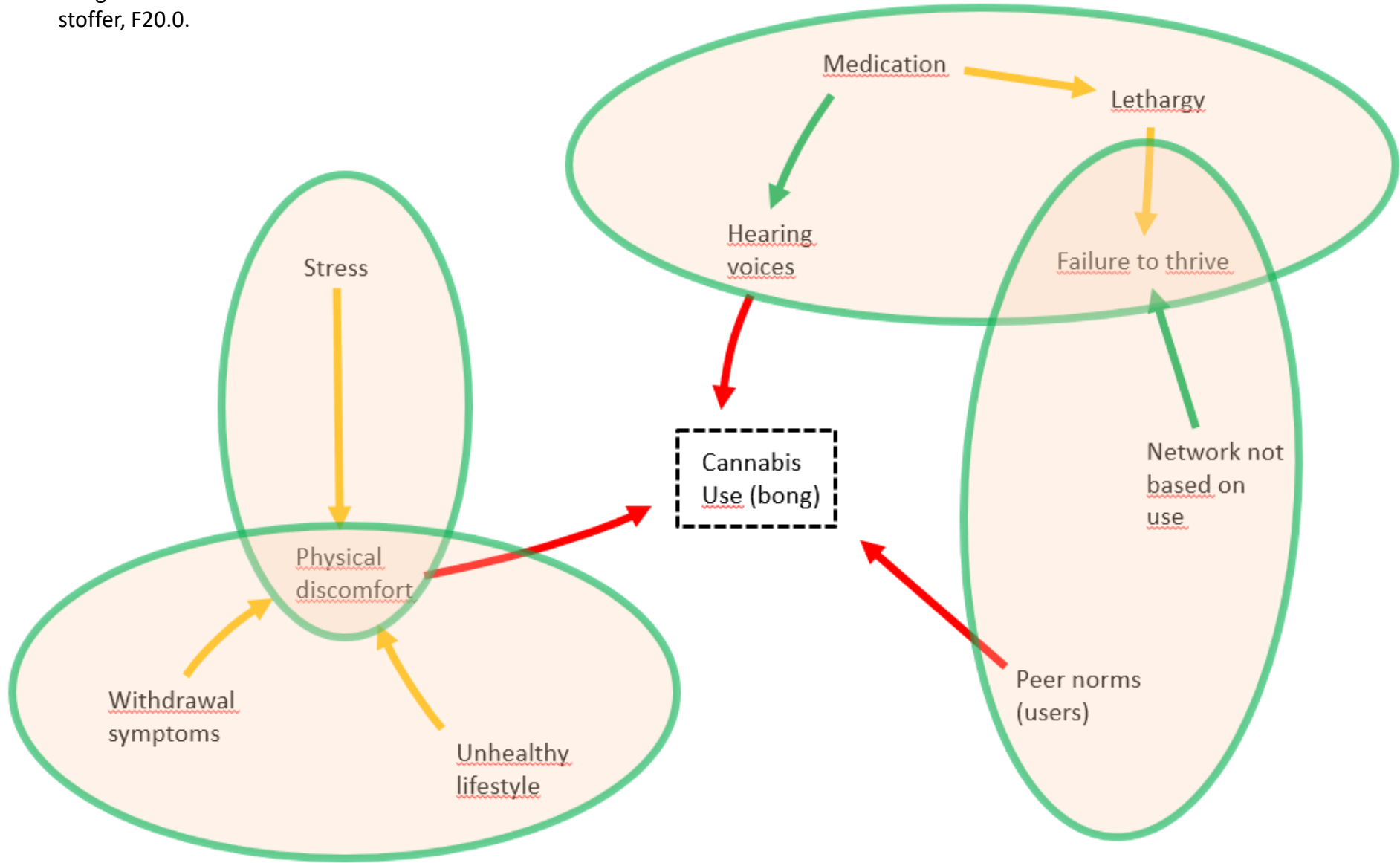
20-årig mand,
tidligt debut med
stoffer, F20.0.

Case 1 – simplificeret





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tidligt debut med
stoffer, F20.0.

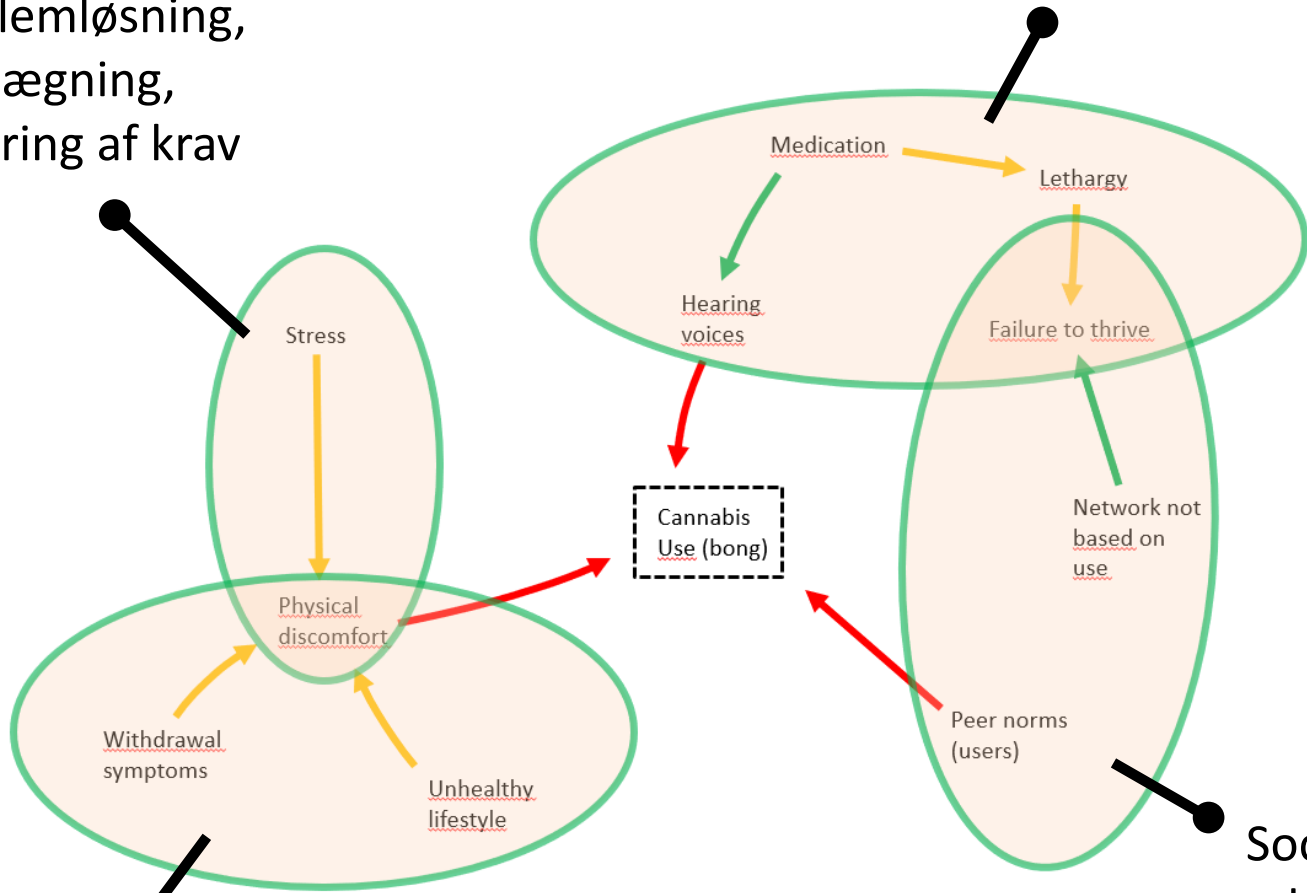




20-årig mand,
tidligt debut med
stoffer, F20.0.

Medicin-justering, mentale
strategier, adgang til støtte i
krisiske perioder

Problemløsning,
planlægning,
justering af krav



Livsstil, harm
reduction,
erkendelse af
skadevirkninger

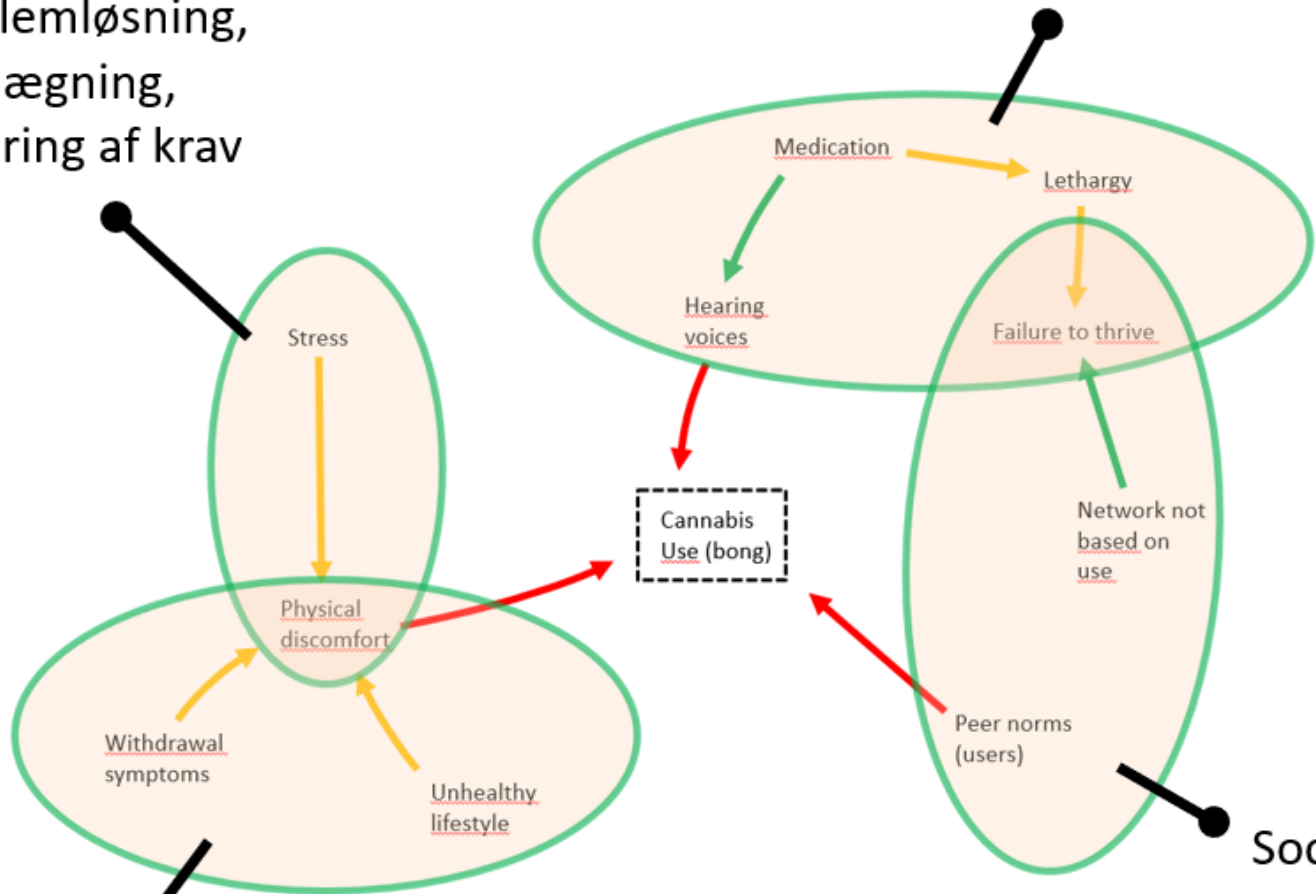
Social træning,
adgang til
fællesskaber,
vilkår for
'markedet'



20-årig mand,
tidligt debut med
stoffer, F20.0.

Problemløsning,
planlægning,
justering af krav

Medicin-justering, mentale
strategier, adgang til støtte i
kritiske perioder



Livsstil, harm reduction,
erkendelse af
skadevirkninger

Social træning,
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fællesskaber,
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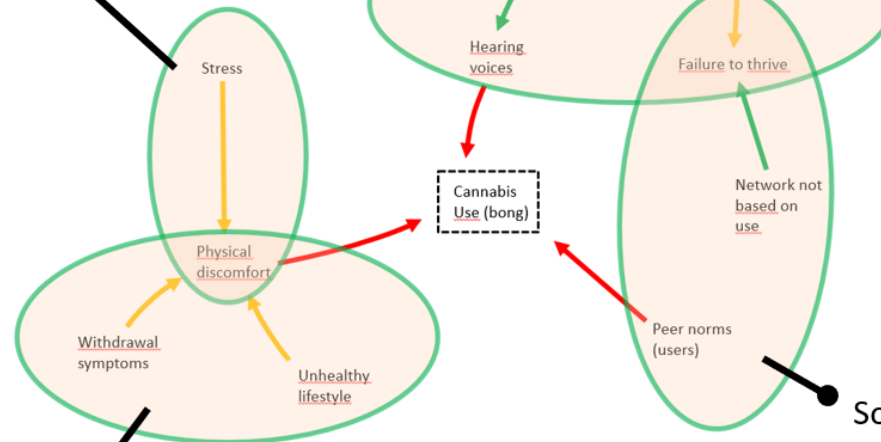
20-årig mand,
tidligt debut med
stoffer, F20.0.

Regionalt ansvar

Tværsætoriel koordinering

Problemløsning,
planlægning,
justering af krav

Medicin-justering, mentale
strategier, adgang til støtte i
kriske perioder



Livsstil, harm reduction,
erkendelse af
skadevirkninger

Social træning,
adgang til
fællesskaber,
vilkår for
'markedet'

Kommunalt ansvar

Regionalt og kommunalt ansvar

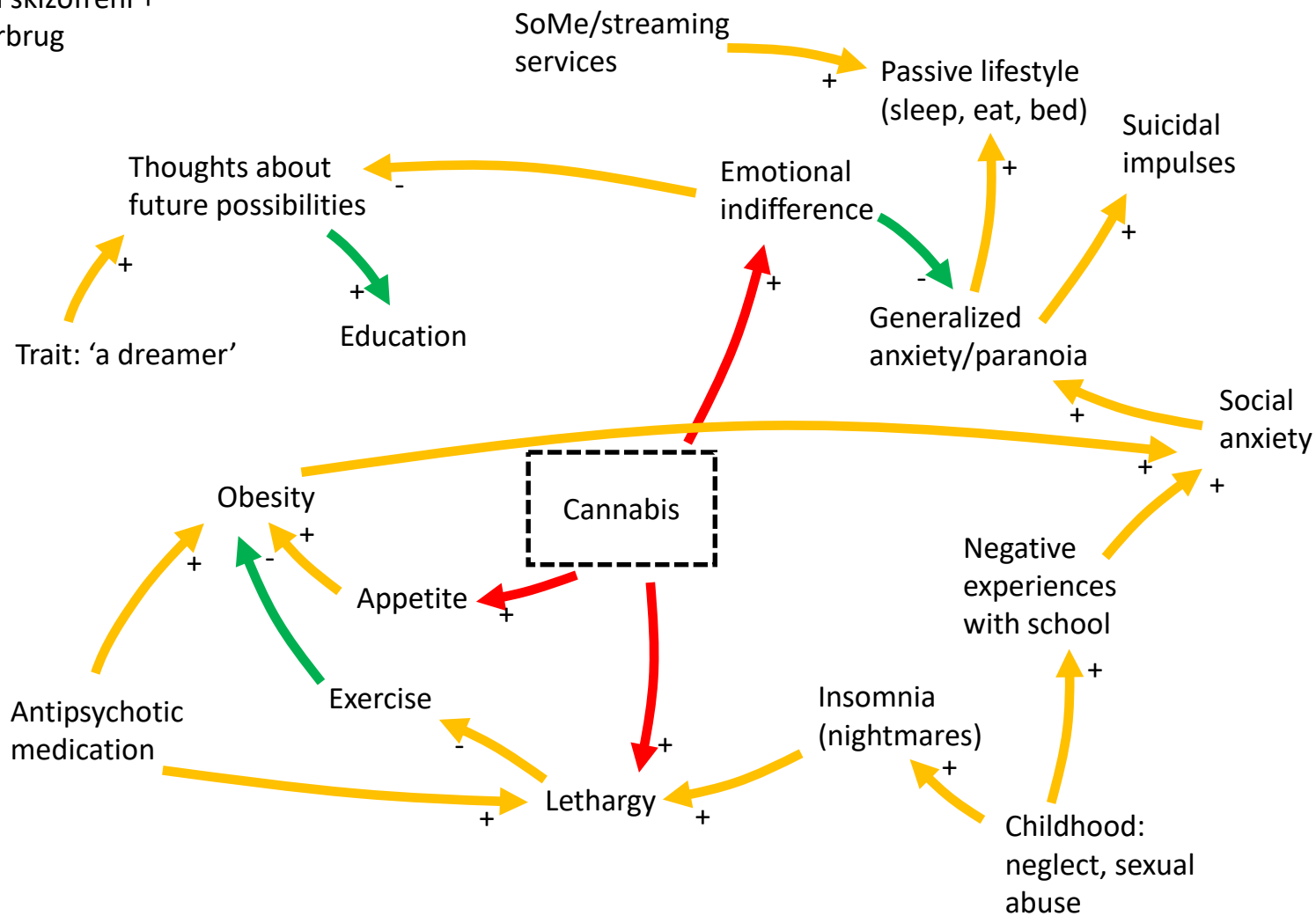
Statsligt ansvar



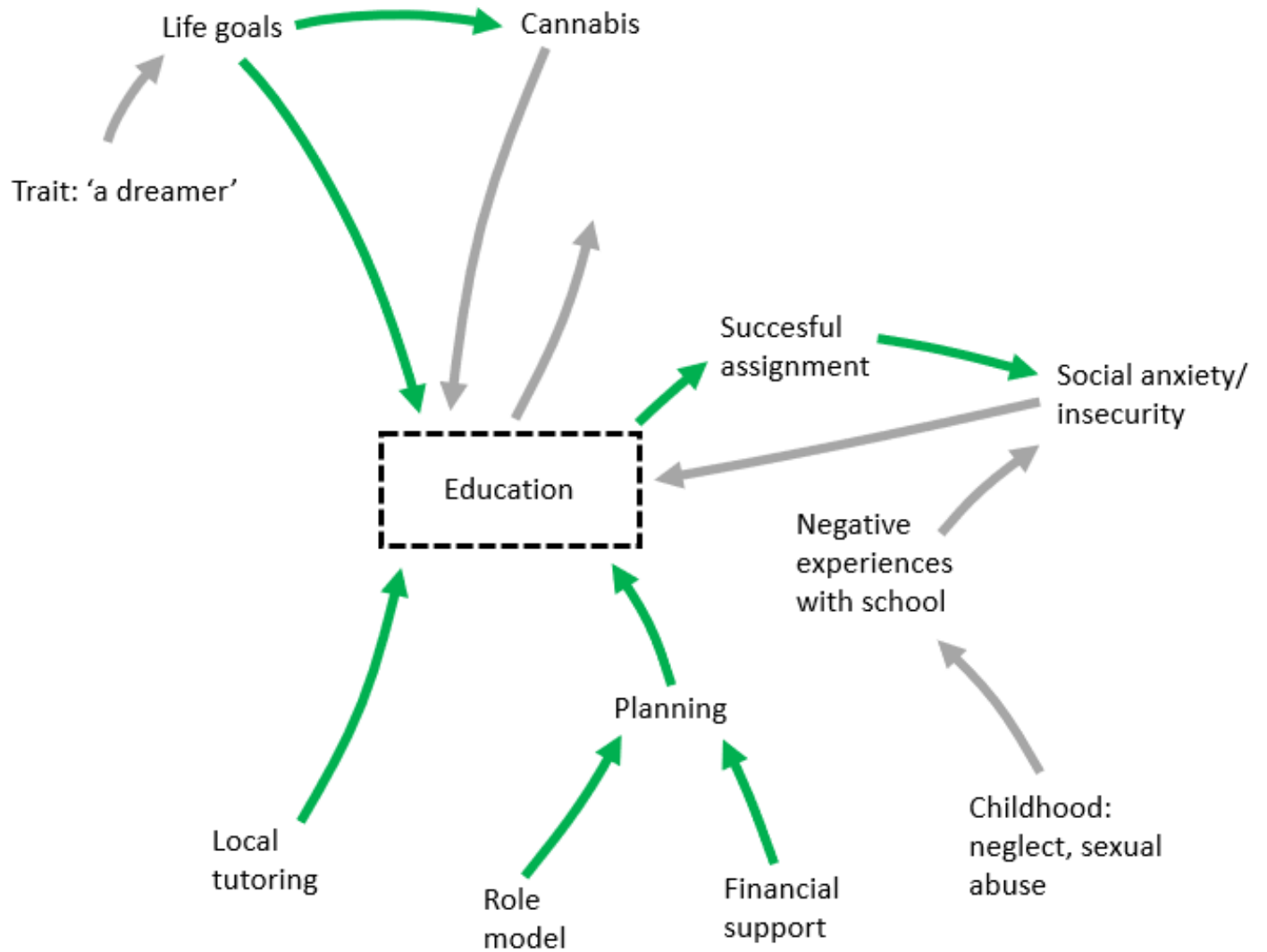
- Case 2: Kvinde, 29 år. Paranoid skizofreni + går fra at ryge cannabis til afholdenhed



Kvinde, 29 år.
Paranoid skizofreni +
aktivt forbrug



To talkninger:





Afrunding

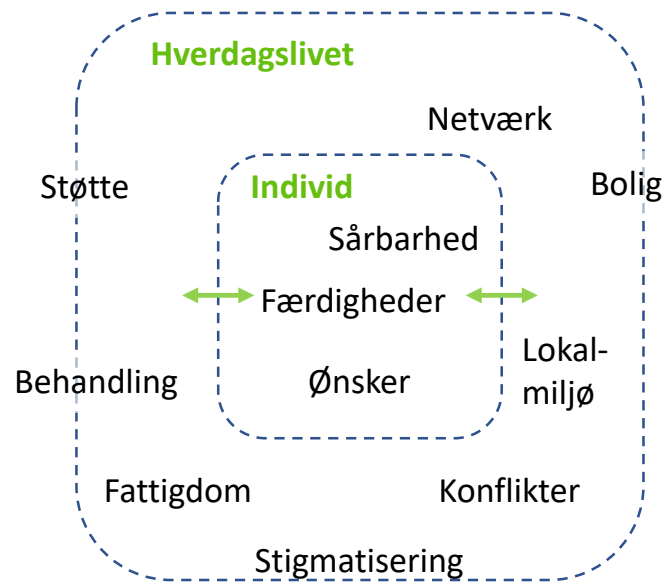
Individ

Sårbarhed

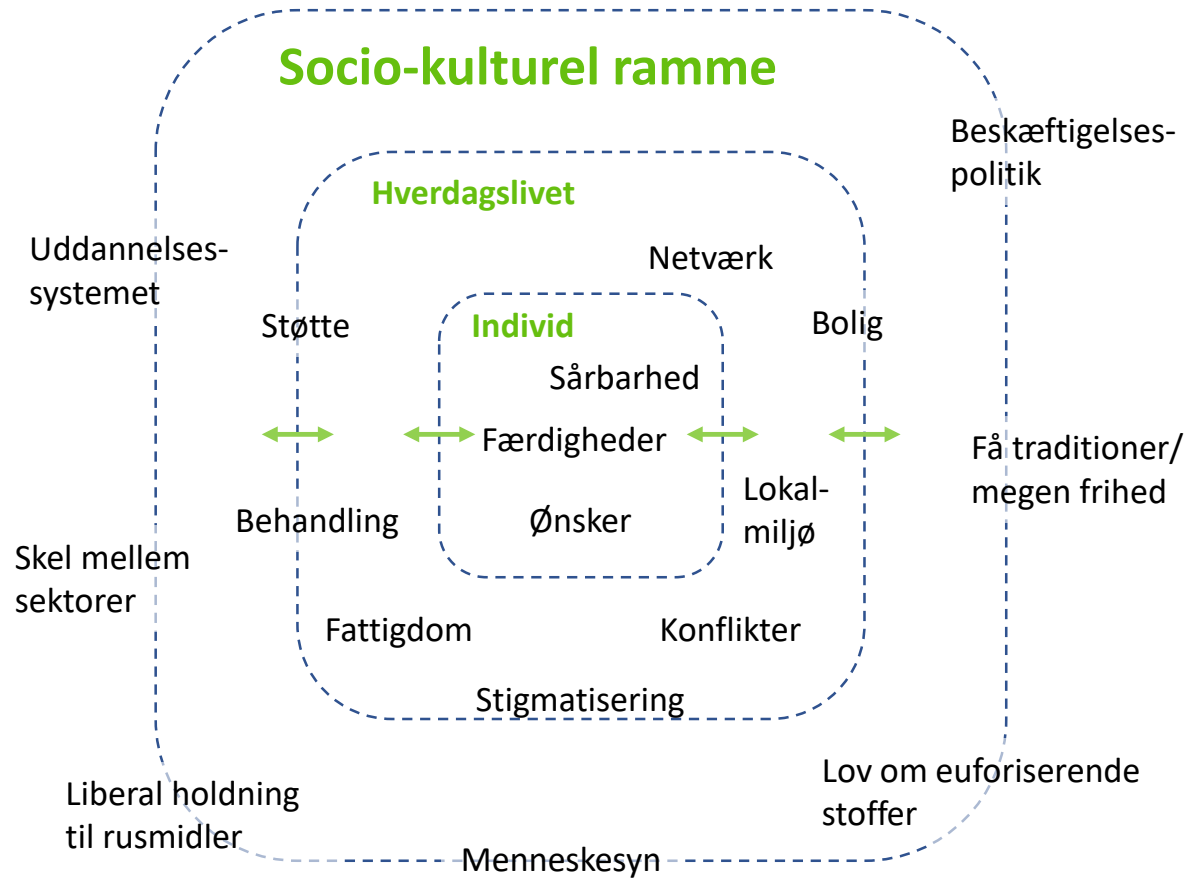
Færdigheder

Ønsker

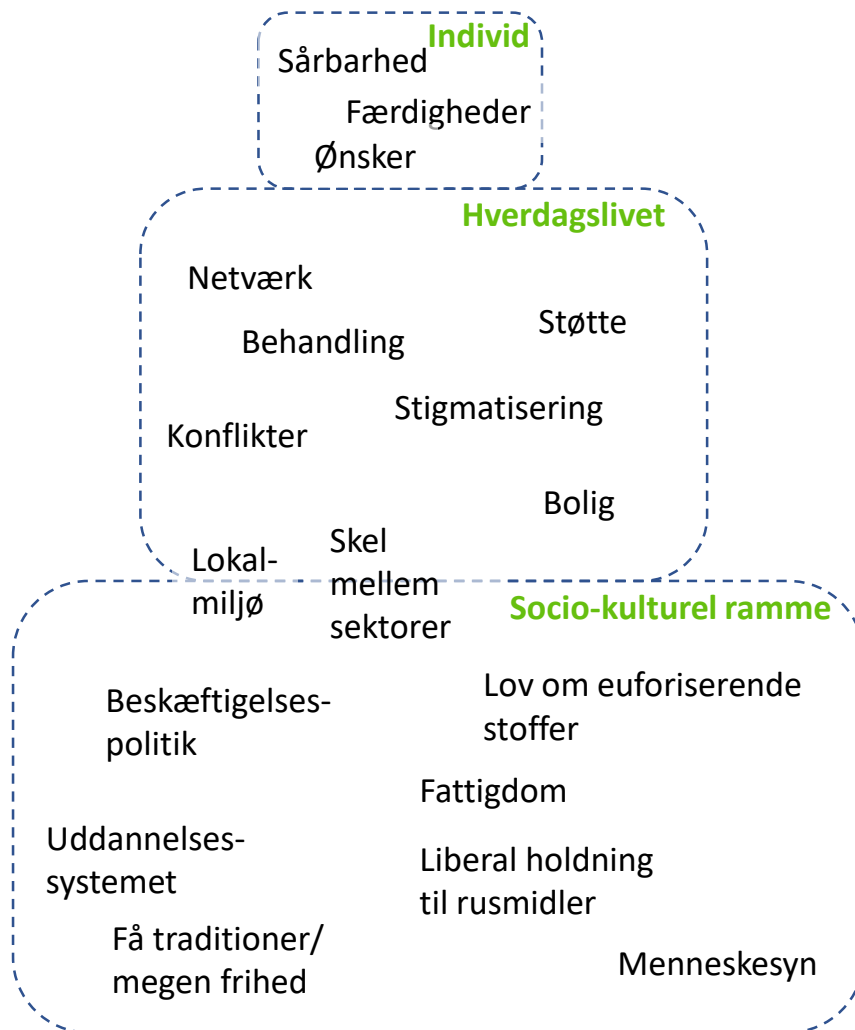
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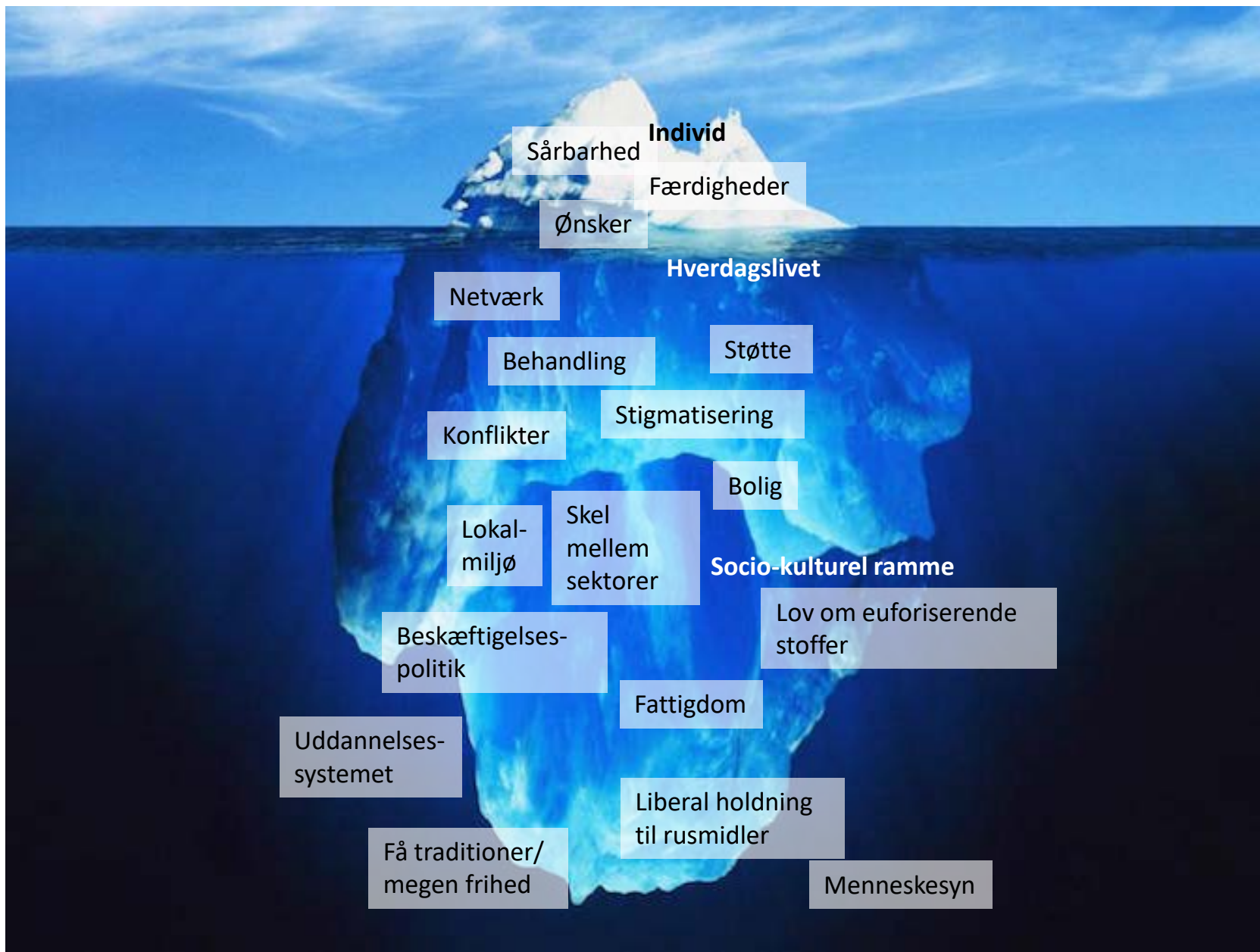


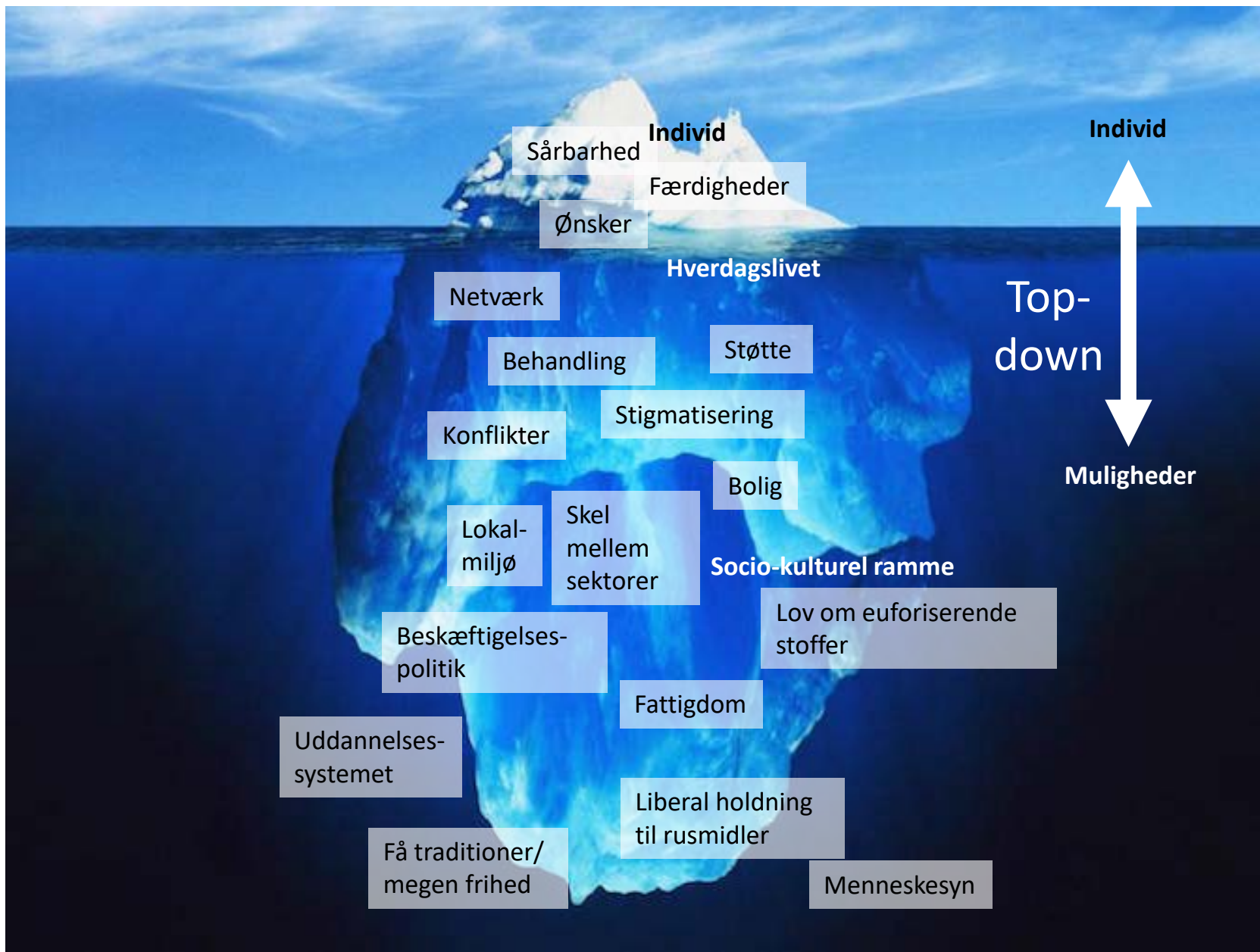
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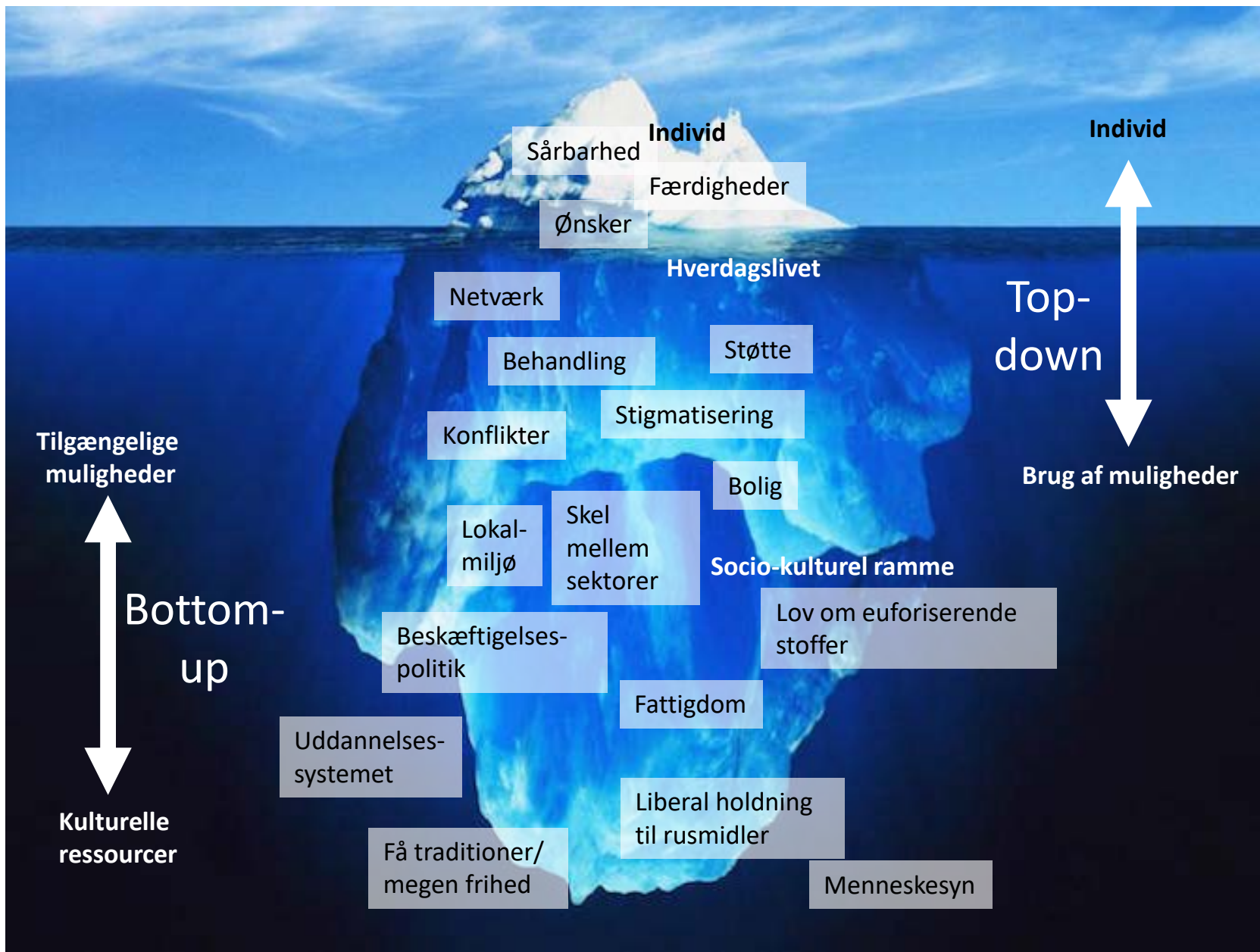



Afrunding











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Tak for opmærksomheden 😊

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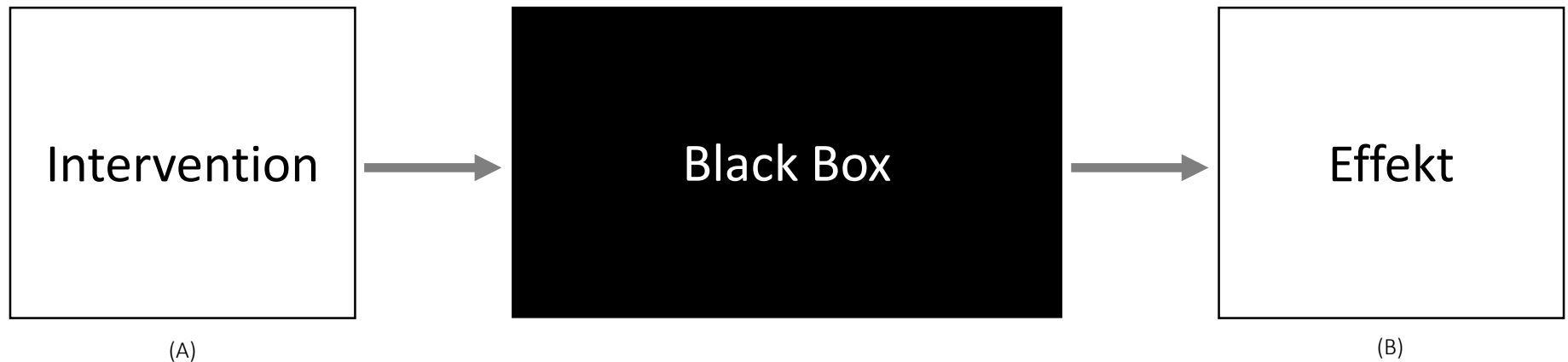
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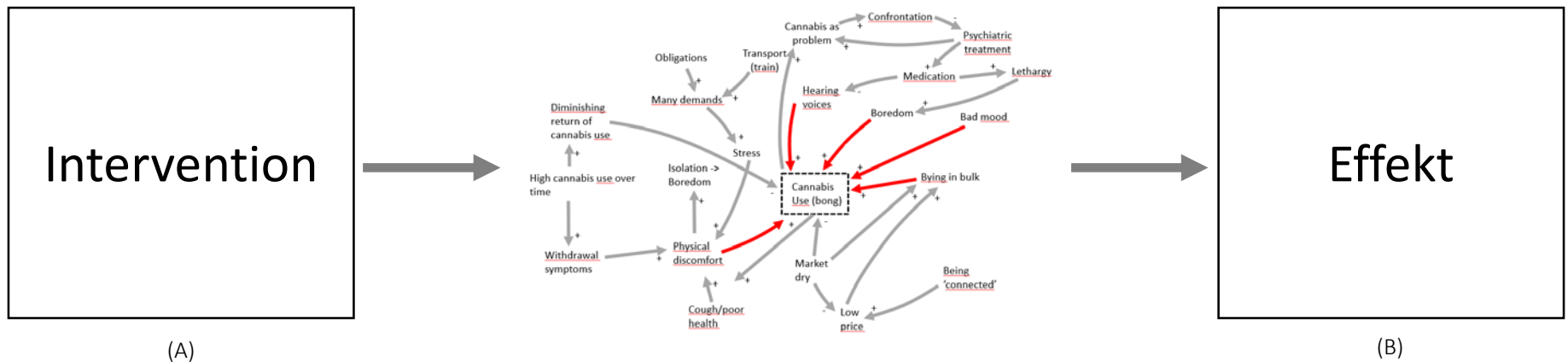
Overvejelser fra det systemisk-økologiske perspektiv 1 af 2

- Effekten af en behandling er ikke bestemt af interventionen, men af interventionen-og-personen-i-kontekst.



Overvejelser fra det systemisk-økologiske perspektiv 1 af 2

- Effekten af en behandling er ikke bestemt af interventionen, men af interventionen-og-systemet-i-kontekst.



Overvejelser fra det systemisk- økologiske perspektiv 1 af 2

Title	Reference	Method	N=	Results	Interpretation
Randomized controlled trial of a cannabis-focused intervention for young people with first-episode psychosis.	(J. Edwards et al., 2006)	Psychoeducation vs. Cannabis and psychosis therapy: similar to Motivational Interviewing (MI)	N=47	No difference in conditions.	Psychoeducation should be considered before implementing more intensive offers.
Motivational Intervention to Reduce Cannabis Use in Young People with Psychosis: A Randomized Controlled Trial.	(Bonsack et al., 2011)	Treatment as usual (TAU) + MI vs. TAU	N=62	Short-term impact of enhanced condition but no difference between conditions after 1 year.	MI could be used more extensively in psychiatric teams due to effect and patient satisfaction.
Specialized psychosocial treatment plus treatment as usual (TAU) versus TAU for patients with cannabis use disorder and psychosis: the CapOpus randomized trial.	(Hjorthøj et al., 2013)	TAU + MI and cognitive-behavioral therapy (CBT) vs. TAU	N=103	No significant difference between conditions.	Research should be taken a step further by adding a psychopharmacological component to future trials.
A phase-specific psychological therapy for people with problematic cannabis use following a first episode of psychosis: a randomized controlled trial	(Barrowclough et al., 2014)	TAU + brief MI/CBT vs. TAU + long MI/CBT vs. TAU	N= 110	No difference in conditions nor improvement in clinical outcome.	Clinically: For people not in action stages, shift focus to broader problems associated with cannabis use. For research: Develop better understanding of benefits of using cannabis.

Overvejelser fra det systemisk- økologiske perspektiv 1 af 2

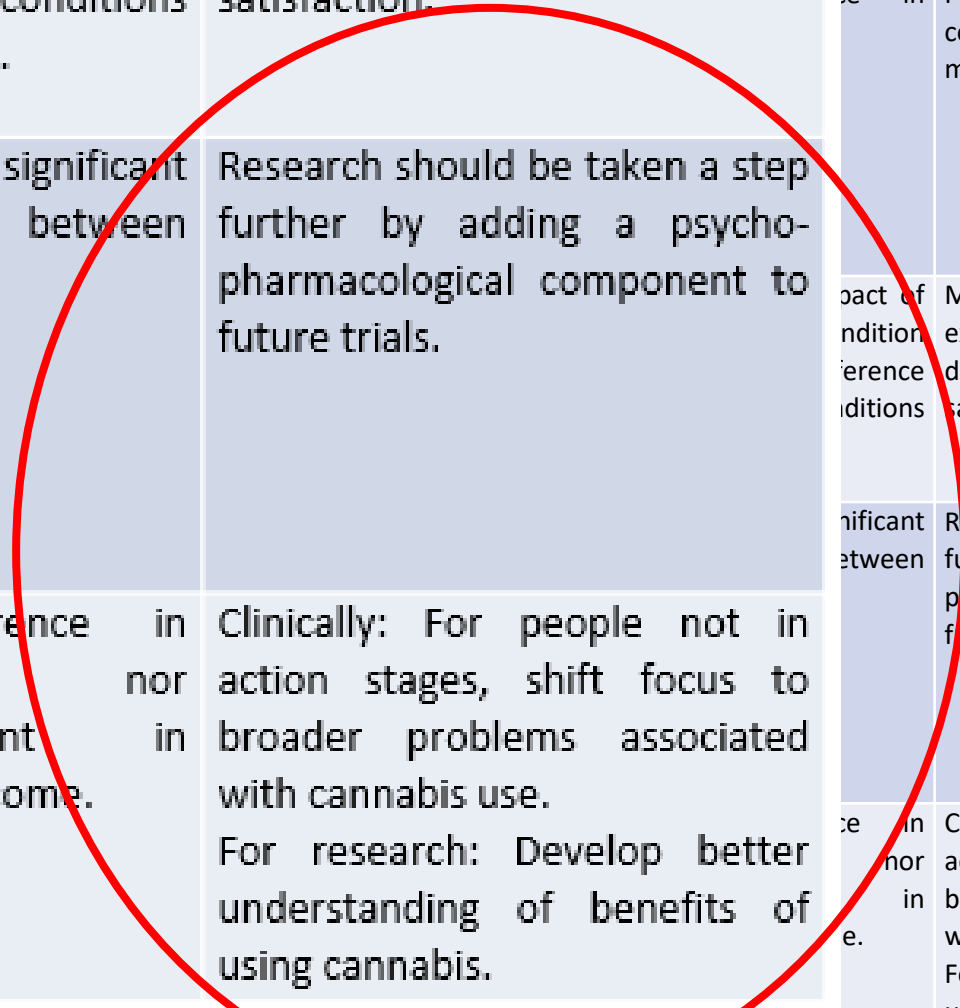
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Overveielser fra det systemisk-

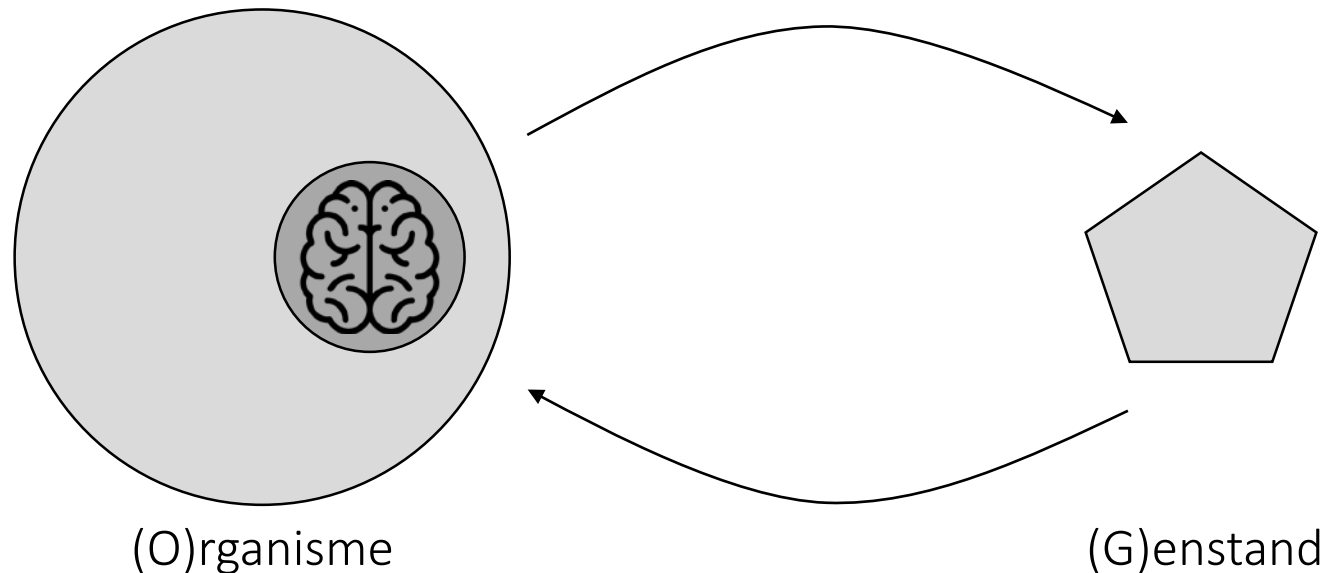
1 af 2

Title		Interpretation
Randomized trial of a focused intervention for young people with a first episode of psychosis	Short-term impact of enhanced condition but no difference between conditions after 1 year.	MI could be used more extensively in psychiatric teams due to effect and patient satisfaction.
Motivational Intervention Cannabis Use People with Randomized Trial.	No significant difference between conditions.	Research should be taken a step further by adding a psycho-pharmacological component to future trials.
Specialized treatment versus TAU with cannabis disorder and the CapOpus trial.	No difference in conditions nor improvement in clinical outcome.	Clinically: For people not in action stages, shift focus to broader problems associated with cannabis use.
A psychological people with cannabis use first episode psychosis: a controlled trial	For research: Develop better understanding of benefits of using cannabis.	Clinically: For people not in action stages, shift focus to broader problems associated with cannabis use. For research: Develop better understanding of benefits of using cannabis.



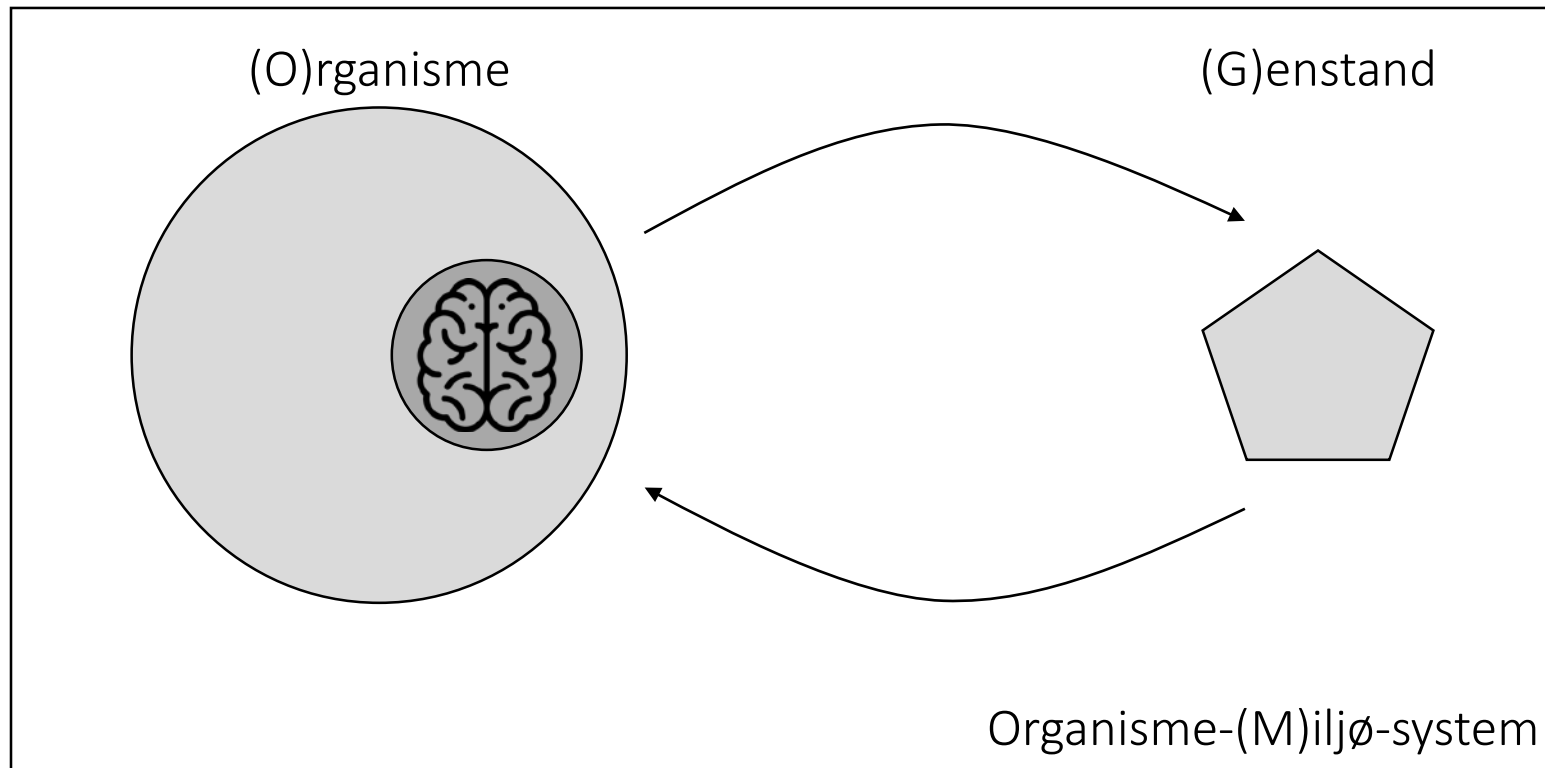
Overvejelser fra det systemisk-økologiske perspektiv 2 af 2

- Motivation: 'Motivation' er ikke en egenskab hos individet, men udtryk for forholdet mellem individ og miljø...



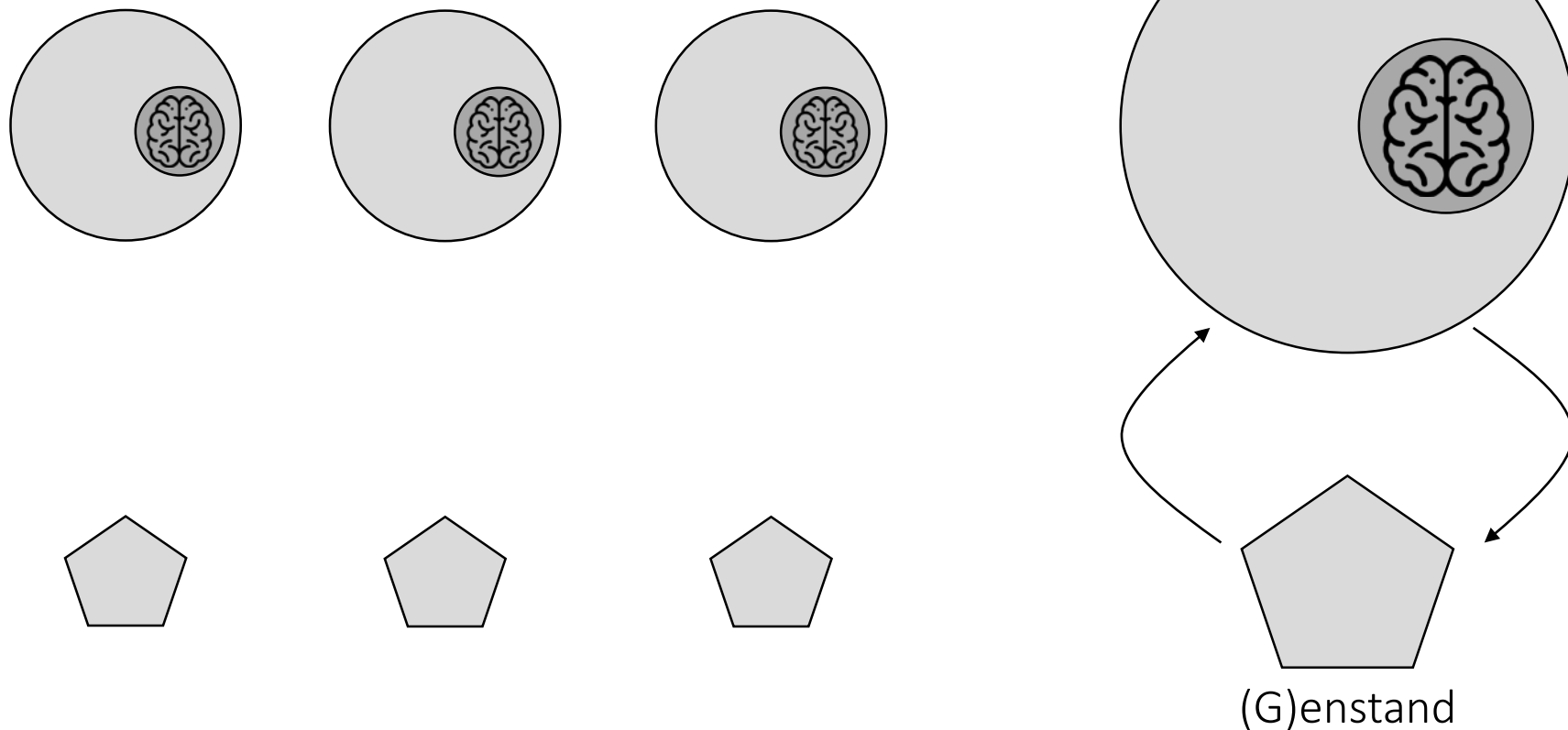
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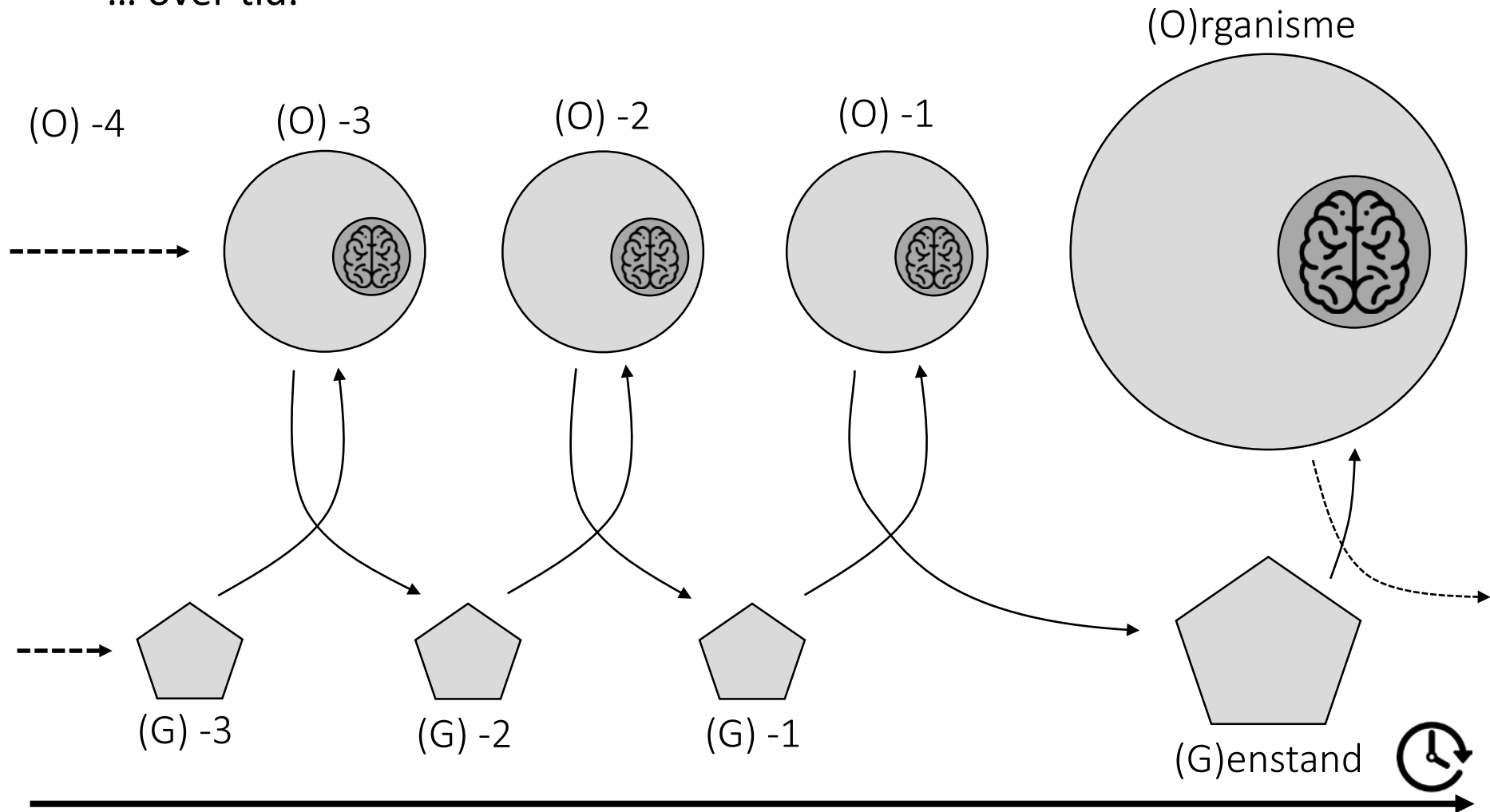
Overvejelser fra det systemisk-økologiske perspektiv 2 af 2

- ... over tid.

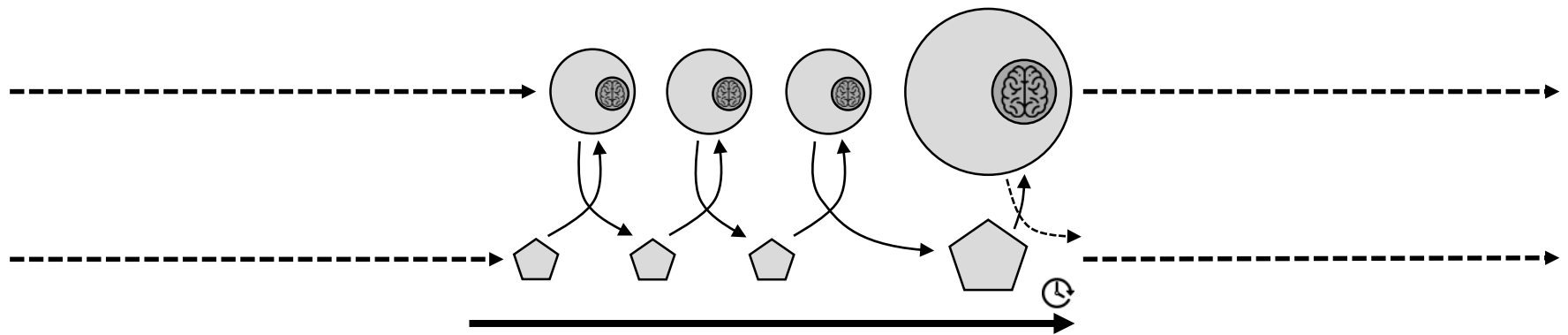


Overvejelser fra det systemisk-økologiske perspektiv 2 af 2

- ... over tid.



Overvejelser fra det systemisk-økologiske perspektiv 2 af 2

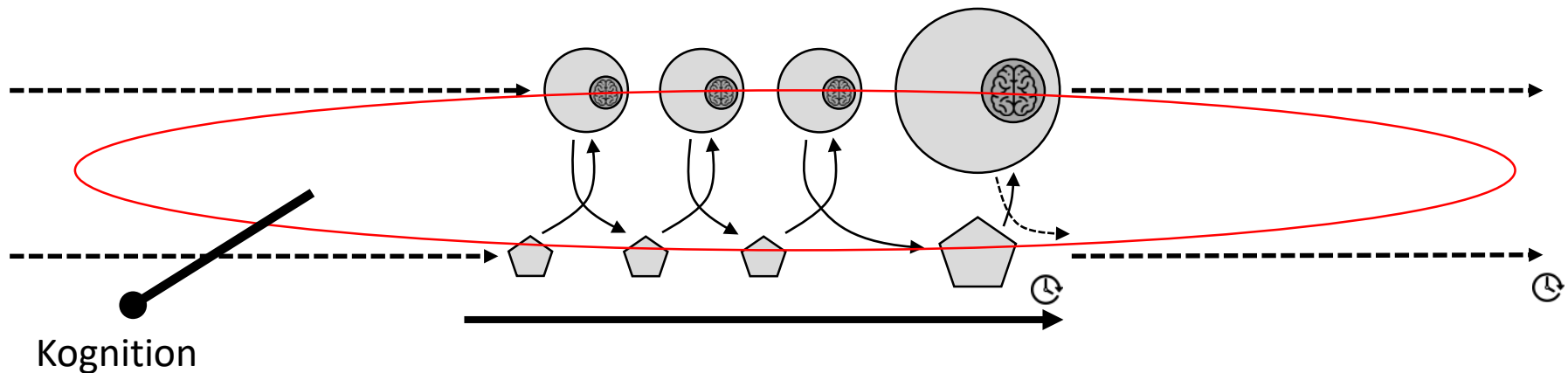


Affordances: Muligheder for handling, som et miljø tilbyder en organisme.

Niche: En samling af affordances, der vedligeholdes af personens handlinger, og som understøtter stabilitet.

Overvejelser fra det systemisk-økologiske perspektiv 2 af 2

- ... over tid.



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