

pos201.12 Development of a patient decision aid for youth suffering from conversion disorder

Leanthe van Harten, Fieke Pannebakker, Wilma Otten, Matthijs Rumke
TNO, Netherlands

Conversion disorder is a mental condition in which patients show motoric or sensoric symptoms (i.e. paralysis, blindness, attacks resembling epilepsy), but these symptoms cannot be explained neurologically. The condition is associated with stress and trauma (American Psychological Association, 2014).

The prevalence of conversion disorder among children is unknown. It is estimated that between 0.5% and 10% of children being treated by child psychiatrists suffer from conversion disorder (e.g. Goodyer 1981; Gelder et al., 1996; Leary, 2003).

Although several treatment options exist for both children and adults suffering from conversion disorder, hardly any studies have looked into the effectiveness of these treatments (van Harten et al., 2016). Hence, decisions relating to which treatment a patient should receive are currently barely based on scientific evidence and are often merely a matter of coincide – most likely leading to treatment discontinuation and poor clinical outcomes.

The current project aims to empower patients (aged 12 and older) in choosing the right treatment for their conversion disorder, by the development of a patient decision aid. Patient decision aids are common for somatic conditions and are slowly making their way into mental health. They make the decision explicit, give information about the options and clarify personal values (Ottawa Decision Support Framework, n.d.). Patients, their significant others and professionals are involved in developing the decision aid. The aid will be pilot tested and subsequently adjusted.

We will present the first version of the patient decision aid at the ECDP as well as explain the process and methodology of the development.