

**UMEÅ UNIVERSITET  
BARN- OCH UNGDOMSPSYKIATRI  
INSTITUTIONEN FÖR KLINISK  
VETENSKAP**

**docent Linda Halldner Henriksson,  
adjungerad lektor**

**docent Eva Henje, universitetslektor**

**docent Inga Dennhag, universitetslektor,  
ämnesföreläsare**



**UMEÅ UNIVERSITET**

**ADAPT** b **CUST** d e f g  
h i j k l m n o **P-TACO**  
q r s **TARA TRUST**  
**UPOP** v w x y z å ä ö



# UTVECKLING AV HYBRID TRAUMAFOKUSERAD KBT (TF-KBT) FÖR UNGDOM I GLESBYGD

- Projektledare: docent Inga Dennhag
- Doktorander: Magnus Vestin och Linda Wallin
- Kontext: BUP Region Västerbotten och BUP Region Norrbotten
- Syfte: utveckla effektiva hybrid TF-KBT via internet, app och fysiskt, för ungdomar med posttraumatiskt stressyndrom (PTSD)
  - 1) TF-KBT
  - 2) Compassionfokuserad TF-KBT (CUST)
- Posttraumatisk stress: ca 16% av svenska ungdomar
- Evidensbaserad traumafokuserad behandling inte tillgängligt för alla



# UTVECKLING AV HYBRID TRAUMAFOKUSERAD KBT FÖR UNGDOM I GLESBYGD

- Utvärdering:
  - självskattningsformulär före och efter behandling.
  - djupgående intervjuer med deltagarna i programmen:
    - vad de själva tyckte var bra eller dåligt.
    - hur de upplever att appen fungerar
- Båda hybrid-programmen (CUST + TF-KBT) jämförs med “live”-behandling
- Betydelse:
  - Potential att öka tillgänglighet till effektiv behandling av traumasymtom



# TRYGGHET FÖR UNGDOMAR MED TRAUMA: ONLINE OFFLINE (TRUST)

- Projektledare docent Inga Dennhag
- Doktorand Frida Carlberg Rindestig
- Kontext: BUP Region Västerbotten; Umeå Centrum för Genusstudier (UCGS)
- Syfte: öka kunskap om ungdomars erfarenhet av övergrepp av sexuell karaktär på nätet, genom genusperspektiv
- Deltagarna: 15-19 år, från primärvård och barn- och ungdomspsykiatri
- mixad design
  - Intervjustudie av BUP-patienter om deras erfarenheter av sexuella övergrepp online, analyseras med hjälp av genusteori.
  - Analysera sexuella trakasserier online och samband med ångest och depression via BUP-studie (N = 355).
  - Analysera sexuella övergrepp online, spridning av material, mm via stor populationsstudie (N = 4000).



# Training for Awareness Resilience and Action TARA-studien

- Eva Henje, PI
- Anisha Larsson, projektsamordnare
- Lina Rådmark, post doc
- Erik Ekbäck, ST-läkare i allmänmedicin RVN, doktorand UmU
- Elin Johansson, Clara Callne, Siri Sanden forskningsassistenter
- Gabriel Granåsen, statistiker
- Kicki Nyman, Ida Lundberg kliniskt forskningscentrum
- TARA-lärare; Jenny Norlander, Gunilla Lönnberg, Susanne Lindberg mfl.

I samarbete med UCSF

Finansierade av Vetenskapsrådet, centrala och regionala ALF-medel, Stream-medel från Region Västernorrland, Oskar fonden, Thuring och Kempes stiftelser & National Institute of Health



# Concept and clinical pilot studies

# Proof of concept studies

frontiers in  
**HUMAN NEUROSCIENCE**

HYPOTHESIS AND THEORY ARTICLE  
published: 19 August 2014  
doi: 10.3389/fnhum.2014.00630

The development of an RDoC-based treatment program for adolescent depression: “Training for Awareness, Resilience, and Action” (TARA)—A Pilot Study

frontiers  
in Psychiatry

ORIGINAL RESEARCH  
published: 16 January 2017  
doi: 10.3389/fpsyg.2016.00208

Check for updates

**Feasibility and Preliminary Efficacy of a Novel RDoC-Based Treatment Program for Adolescent Depression: “Training for Awareness Resilience and Action” (TARA)—A Pilot Study**

**Eva Henje Blom<sup>1,2,3\*</sup>, Olga Tymofiyeva<sup>4</sup>, Margaret A. Chesney<sup>5</sup>, Tiffany C. Ho<sup>6</sup>, Patricia Moran<sup>7</sup>, Colm G. Connolly<sup>8</sup>, Larissa G. Duncan<sup>1,8</sup>, Lisa Baldin<sup>9</sup>, Helen Y. Weng<sup>5</sup>, Michael Acree<sup>5</sup>, Veronica Goldman<sup>5</sup>, Frederick M. Hecht<sup>10†</sup> and Tony T. Yang<sup>11†</sup>**

**OPEN ACCESS**

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Alka Anand Subramanyam, TNMC & BYL Nair Ch. Hospital, India

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in Human Neuroscience

ORIGINAL RESEARCH  
published: 14 August 2020  
doi: 10.3389/fnhum.2020.00319

Check for updates

**Gray Matter Changes in Adolescents Participating in a Meditation Training**

**Justin P. Yuan<sup>1,2</sup>, Colm G. Connolly<sup>3</sup>, Eva Henje<sup>4,5</sup>, Leo P. Sugrue<sup>1</sup>, Tony T. Yang<sup>4</sup>, Duan Xu<sup>1</sup> and Olga Tymofiyeva<sup>1\*</sup>**

<sup>1</sup> Department of Radiology & Biomedical Imaging, University of California, San Francisco, San Francisco, CA, United States, <sup>2</sup> Department of Psychology, Stanford University, Stanford, CA, United States, <sup>3</sup> Department of Biomedical Sciences, Florida State University College of Medicine, Tallahassee, FL, United States, <sup>4</sup> Department of Psychiatry and Behavioral Sciences, The Langley Porter Psychiatric Institute, Division of Child and Adolescent Psychiatry, Weill Institute for Neurosciences, University of California, San Francisco, San Francisco, CA, United States, <sup>5</sup> Department of Clinical Science/Child and Adolescent Psychiatry, Umeå University, Umeå, Sweden



# 1. TARA KLINISK PILOTSTUDIE

- As an initial step of a randomized controlled trial (RCT) we performed a single-arm multi-center pilot-study on TARA.
- Thirty-five depressed individuals (15-23 years old, 28 females) received TARA for 12-weeks face-to-face or online. Data was collected before (T0), and after the intervention (T1)
- TARA was shown feasible and safe in this population. A major decrease in CDRS-R-scores was noted.
- Published in Frontiers Psychiatry





## **2. DJUPINTERVJUER AV DELTAGARNA I TARA-PROJEKTET: EN KVALITATIV STUDIE**

- Vad har hänt dig? Vad har du varit med om?
- Hur har det påverkat dig?
- Hur tolkade du det som hände? Vad betydde det?
- Vad gjorde du för att klara av din situation?
- Vad tror du skulle vara hjälpsamt för dig nu?



# 3. TARA-EN RANDOMISERAD KONTROLLERAD PRÖVNING PROTOKOLLET PUBLICERAT I FRONTIERS OF PSYCHIATRY



STUDY PROTOCOL  
published: 11 October 2021  
doi: 10.3389/fpsyt.2021.674583



## Clinical Effectiveness of Training for Awareness Resilience and Action Online Compared to Standard Treatment for Adolescents and Young Adults With Depression: Study Protocol and Analysis Plan for a Pragmatic, Multi-Center Randomized Controlled Superiority Trial

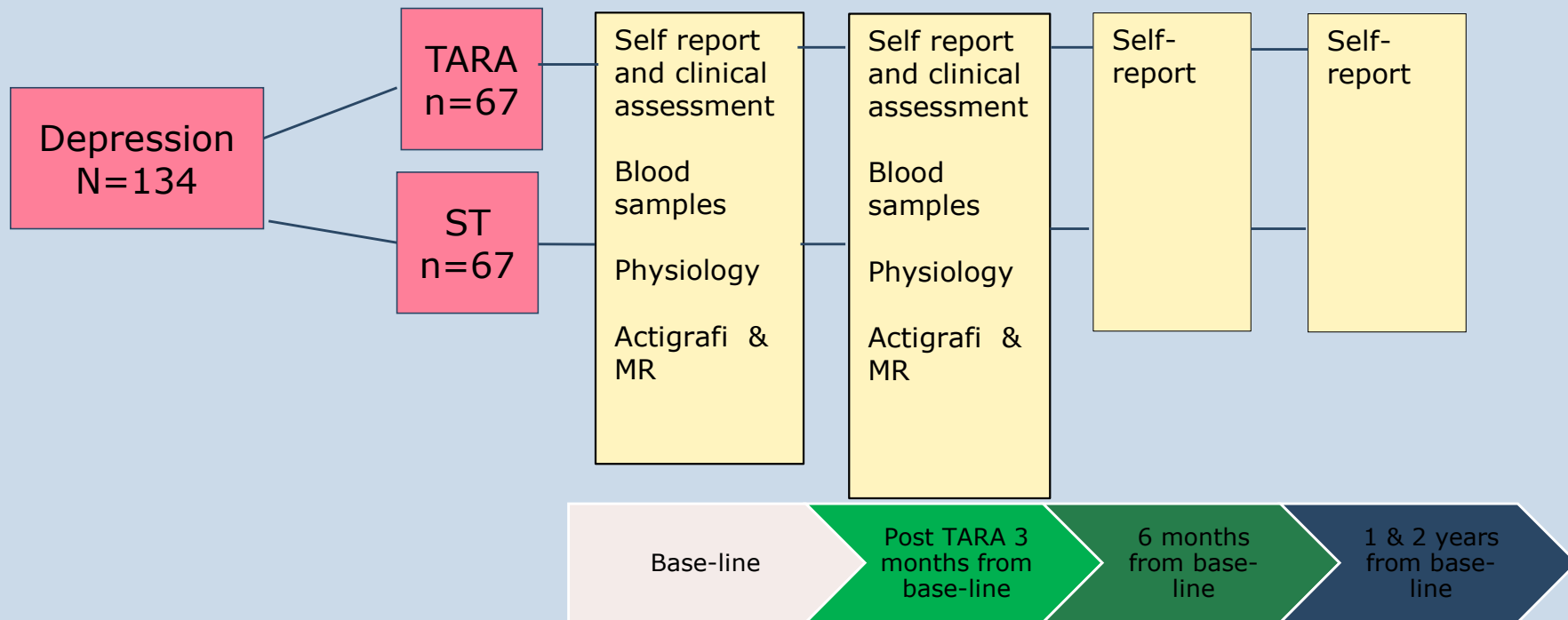
OPEN ACCESS

*Erik Ekbäck<sup>1\*</sup>, Gabriel Granåsen<sup>2</sup>, Rachel Svärling<sup>1</sup>, Ida Blomqvist<sup>1</sup> and Eva Henje<sup>1</sup>*



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# TARA vs standard treatment



# ADHD MEDICATION AND PREDICTORS OF TREATMENT OUTCOME (ADAPT)

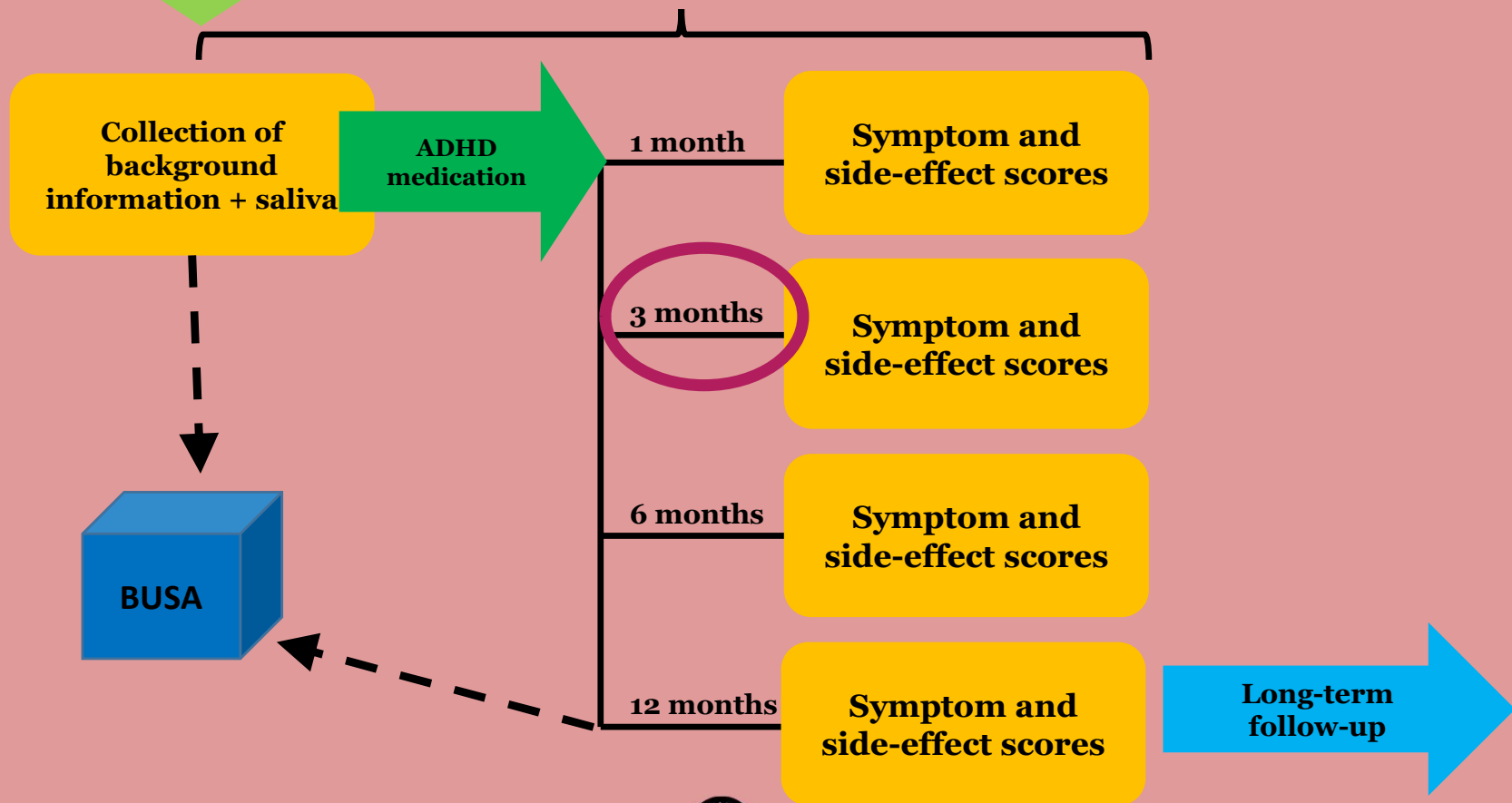
- Prospektiv klinisk observationsstudie
- Syfte:
  - Identifiera kliniska och genetiska faktorer som är associerade med
    - Behandlingseffekt
    - Biverkningar
- PI: docent Linda Halldner Henriksson
- Doktorand: ST-läkare Maria Lilja
- Post-doc: med dr Ida Blomqvist



# 6-17 year-olds with ADHD

Decision on Medication

## *ADAPT study*



# ADHD MEDICATION AND PREDICTORS OF TREATMENT OUTCOME (ADAPT)

- Pilot-studie 2014
- Data-insamling från BUP ÖV-mottagningar i:
  - Region Stockholm
  - Region Gotland
  - Region Västerbotten
- Samarbete mellan Karolinska Institutet och Umeå universitet
- Datainsamlingen avslutades vt 2022
- >600 patienter inkluderade
- Stort tack till forskningssjuksköterskorna
  - Inga-Britt Wahrenberg
  - Caroline Pehrson
  - Charlotta Asp




RESEARCH

Open Access



# The effect of autistic traits on response to and side-effects of pharmacological ADHD treatment in children with ADHD: results from a prospective clinical cohort

Maria M. Lilja<sup>1,2\*</sup> , Emil Sandblom<sup>1,2</sup>, Paul Lichtenstein<sup>3</sup>, Eva Serlachius<sup>4,5</sup>, Clara Hellner<sup>4,5</sup>, Jyoti Bhagia<sup>6</sup> and Linda Halldner<sup>1,2,3</sup>

## Abstract

**Background:** Attention deficit hyperactivity disorder (ADHD) is a common childhood behavioral condition that globally affects an average of around 5% of children and is associated with several adverse life outcomes. Comorbidity with autism spectrum disorder (ASD) is highly prevalent. Pharmacological treatment for ADHD symptoms has been shown to be effective. However, the prevailing perception is that children with ADHD and concomitant ASD symptoms report poorer efficacy and more side effects. This has been supported by studies on this population, but prospective studies directly comparing children with ADHD and different levels of ASD symptoms are lacking. We



# 6-17 year-olds with ADHD

Decision on Medication

