



# Het heft in eigen handen

Een pilot studie naar effect van het behandelprogramma  
van de Veteranen Intensieve Behandelunit (VIBU)

# VIBU schip

2018 – 2024

- 10 bedden - 1 crisisbed
- 24-uursteam met 12 mdw (9,2 FTE) en 8 behandelaren/vaktherapeuten (5,7 FTE)
- Team zat in vernieuwingsperiode, maar is weer op sterkte!



# VIBU weekprogramma



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12 weken klinische behandeling gericht op PTSS + EMOTIEREGULATIE + MIDDELEN

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## **Individueel**

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2x traumabehandeling - IE/EMDR/ImRs (24 sessies)

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1x DGT-coaching (12 sessies, dagboekkaarten, ketenanalyses)

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Indien nodig: (online) 1x CGT-middelen

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## **Groepen**

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2x 90-min DGT vaardigheidstraining (24 sessies)

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1x 75-min exposure-in-vivo (12 sessies)

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1x 75-min CGT-insomnia & CGT-middelen (6+6 sessies)

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1x 75-min psychoeducatie (12 sessies)

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1x 60-min beeldend, PMT (12 + 12 sessies)

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## **Dagelijks**

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2x mindfulness

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60-min sport

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24/7 coaching in DGT vaardigheden

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Subsidie LZV  
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Haalbaarheid

Effect

Alle cliënten die gedurende  
een jaar werden  
opgenomen

Vragenlijsten via ROM  
bij opname - 6 weken - 10-  
12 weken

1. PCL-5: ernst PTSS
2. OQ45.2: Algemeen psych. klachten
3. PAI-BOR: Borderline klachten
4. Ducth SES: 'Self Efficacy'

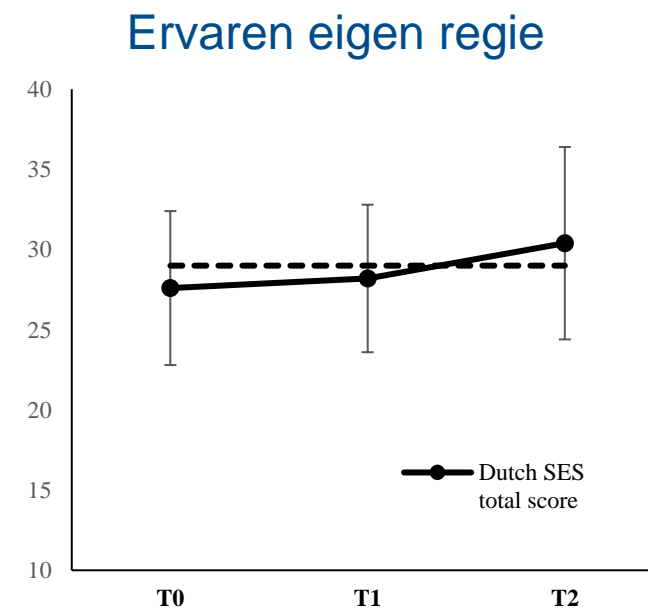
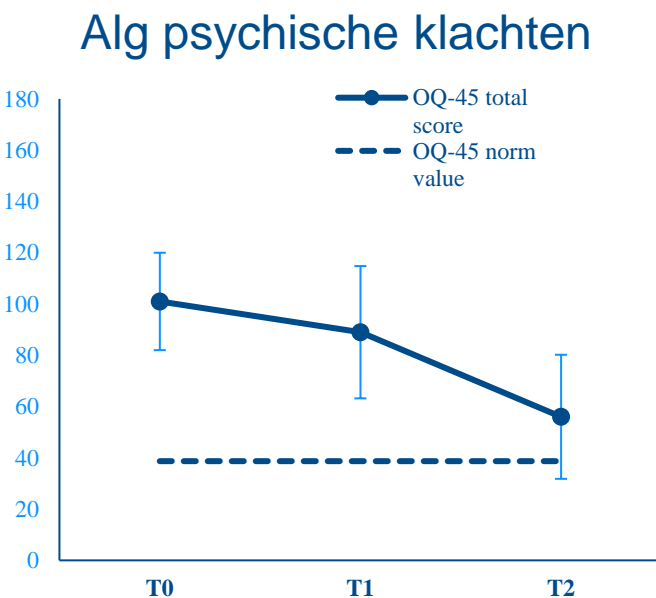
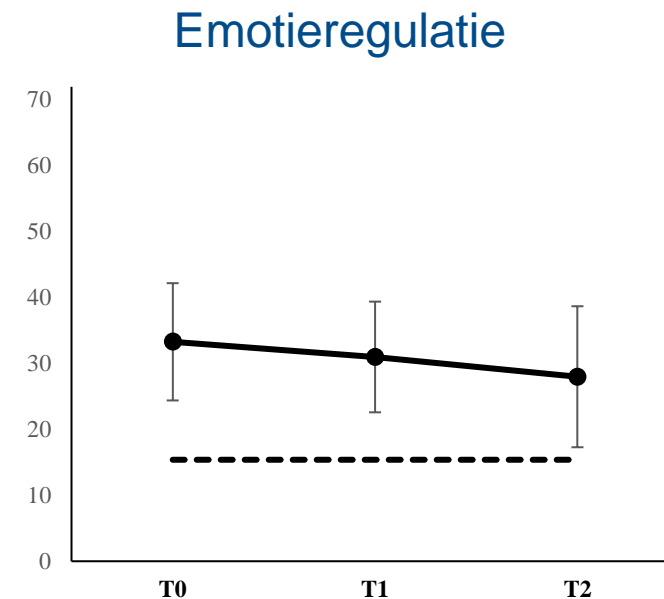
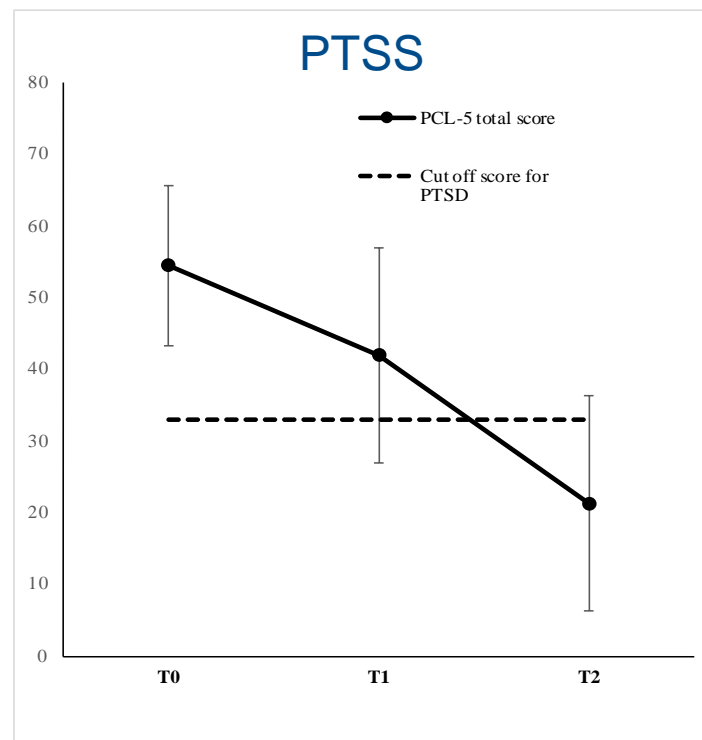
OPEN  
EFFECTSTUDIE  
“Het heft in  
eigen handen”

# Onderzoekspopulatie

| Total sample (n = 31)     | 'Completers'<br>(n = 27) | Drop-out<br>(n = 4) |
|---------------------------|--------------------------|---------------------|
| <b>Sex</b>                |                          |                     |
| Male (%)                  | 100                      | 100                 |
| <b>Educational level</b>  |                          |                     |
| Vocational Education (%)  | 93                       | 100                 |
| College Education (%)     | 7                        | -                   |
| <b>Army Unit</b>          |                          |                     |
| Ground forces (%)         | 94                       | 75                  |
| Air Forces (%)            | 3                        | 25                  |
| Navy (%)                  | 3                        | -                   |
| <b>Missions (M/SD)</b>    | <b>1.9 (1.4)</b>         | 1.3 (0.5)           |
| Afghanistan (n)           | 25                       | 3                   |
| Bosnia (n)                | 14                       | 1                   |
| Other (n)                 | 14                       | 1                   |
| <b>Marital status</b>     |                          |                     |
| Married or partnered (%)  | 67                       | 100                 |
| Single (%)                | 33                       | -                   |
| <b>Number of children</b> |                          |                     |
| 0 - 4 years old (M/SD)    | 1.6 (1.3)                | 1 (0.8)             |
| 5 - 12 years old (M/SD)   | 0.3 (0.6)                | 3 (0.5)             |
| 13 - 18 years old (M/SD)  | <b>0.7 (0.9)</b>         | 3 (0.6)             |
| 19+ (M/SD)                | 0.4 (0.7)                | 1 (0.0)             |
|                           | 0.1 (0.5)                | 0.3 (0.5)           |

# Resultaten

Significante en klinisch relevante verbetering in ernst PTSS, in algemene psychische klachten, emotieregulatie en eigen regie!



# Resultaten

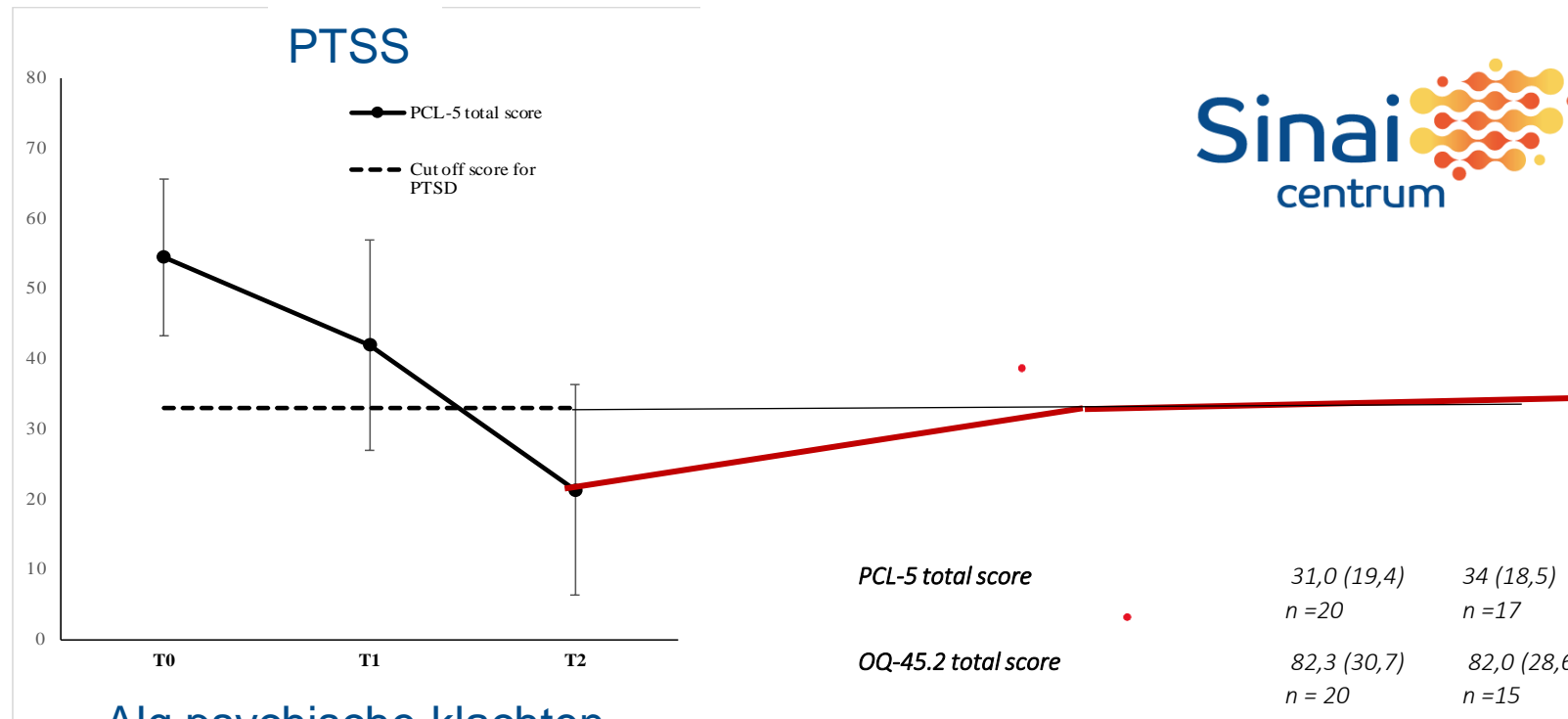
*Tabel 2: Baseline, posttreatment and follow-up measurements*

|                                    | Baseline<br>(mean/SD) | 6 weeks<br>(mean/SD)  | 10 weeks<br>(mean/SD) | F    | p       | Partial $\eta^2$ |
|------------------------------------|-----------------------|-----------------------|-----------------------|------|---------|------------------|
| <b>OQ-45.2 total score</b>         | 101 (19.0)<br>n = 30  | 89.0 (25.8)<br>n = 22 | 56.0 (24.2)<br>n = 16 | 23.8 | <.001** | <b>.27</b>       |
| <b>PCL-5 total score</b>           | 54.5 (11.2)<br>n = 31 | 42.0 (15.0)<br>n = 21 | 21.3 (15.0)<br>n = 15 | 43.0 | <.001** | <b>.33</b>       |
| <b>PAI-BOR total score</b>         | 33.3 (8.9)<br>n = 30  | 31.0 (8.4)<br>n = 21  | 28.0 (10.7)<br>n = 15 | 2.4  | .105    | <b>.15</b>       |
| PAI-BOR: Affective instability     | 9.9 (3.2)             | 9.3 (2.9)             | 7.1 (3.2)             | 3.6  | .040*   | .21              |
| PAI-BOR: Identity problems         | 9.2 (3.1)             | 8.5 (3.0)             | 7.2 (3.8)             | 3.5  | .044*   | .20              |
| PAI-BOR: Negative relations        | 7.3 (2.5)             | 7.0 (2.7)             | 8.4 (2.8)             | 3.9  | .033*   | .22              |
| PAI-BOR: Self-destructive behavior | 7.1 (3.5)             | 6.2 (3.5)             | 5.3 (3.2)             | 2.5  | .104    | .15              |
| <b>Dutch SES total score</b>       | 27.6 (4.8)<br>n = 30  | 28.2 (4.6)<br>n = 21  | 30.4 (6.0)<br>n = 16  | 18.4 | <.001** | <b>.38</b>       |

\* Statistically significant difference  $p < .05$ ; \*\*  $p < .001$ ; ns = not statistically significant

Partial  $\eta^2$  ('partial eta squared')  $\geq .01$  = small effect size;  $\geq .06$  = medium effect size;  $\geq .14$  = large effect size. CAPS = Clinician Administered PTSD Scale (range 0 – 80). Dutch SES = Dutch Self-Efficacy Scale (range: 10 – 40: mean score general population = 29). OQ-45.2 = Outcome Questionnaire (Total score range: 0 – 180; Symptomatic distress 0 – 100; Interpersonal relations 0 – 44; Social role 0 – 36; norm data general population: Total score 38.7, SD 16; Symptomatic distress 35.5, SD 8; Interpersonal relations 8.4, SD 5; Social role 8.1, SD 3). PAI-BOR = Borderline personality symptoms (range: 0 – 72; cutoff for clinical relevance = 38. Mean total score general population: 15.4, SD 8. Mean domain scores general population: Affective Instability = 4.4, SD 3; Identity problems = 3.9, SD 2.7; Negative relations = 4.5, SD 2.7; Self-destructive behavior = 2.7, SD 2.3. PCL-5 = PTSD Checklist (range 0 – 80; > 31-33 indicative for PTSD).

# Resultaten follow up

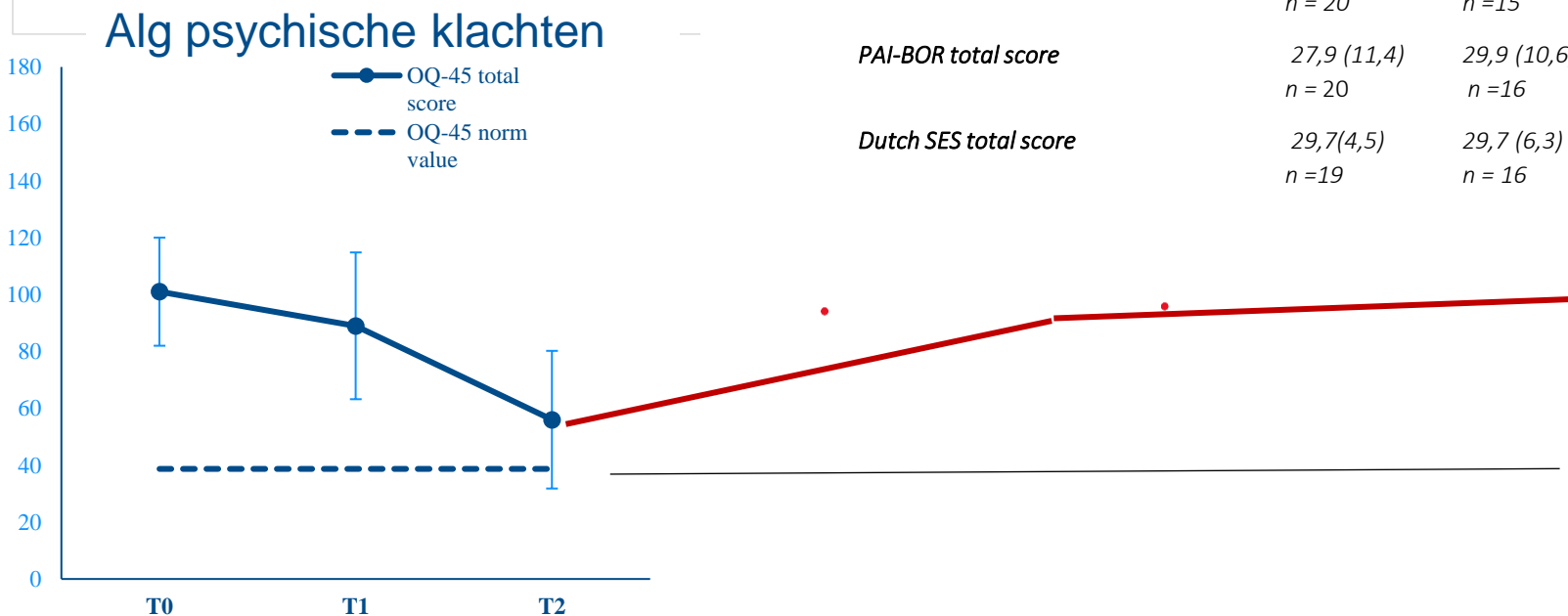


|                              |                       |                       |
|------------------------------|-----------------------|-----------------------|
| <i>PCL-5 total score</i>     | 31,0 (19,4)<br>n = 20 | 34 (18,5)<br>n = 17   |
| <i>OQ-45.2 total score</i>   | 82,3 (30,7)<br>n = 20 | 82,0 (28,6)<br>n = 15 |
| <i>PAI-BOR total score</i>   | 27,9 (11,4)<br>n = 20 | 29,9 (10,6)<br>n = 16 |
| <i>Dutch SES total score</i> | 29,7(4,5)<br>n = 19   | 29,7 (6,3)<br>n = 16  |

Na 3 en 6 maanden echter:

Terugval in  
Alg psychische klachten,  
Minder terugval in PTSS

Ervaring: veel terugval in  
middelengebruik







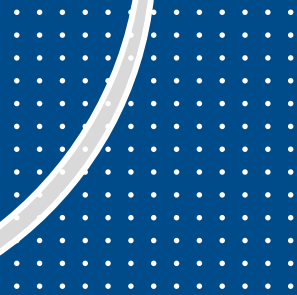
# Conclusies

VIBU behandelprogramma is haalbaar  
- dropout is laag (4 van 31)

VIBU behandelprogramma effectief bij  
therapieresistente cliënten

## Limitatie

- Pre-post design
- Respons nametingen 50% (LVB?)
- Wat zijn de effectieve ingredienten?



# En nu?

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- Koers houden!
- Inzetten op terugvalpreventie

## NIEUW PROJECT

*Duurzaam het heft in eigen handen.* Terugvalpreventie met hybride DGT nazorg.

