

# STYRK MENTAL SUNDHED FOREBYG DEPRESSION

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# STYRK MENTAL SUNDHED FOREBYG DEPRESSION





# World Health Organization

Mental sundhed er en tilstand af trivsel hvor individet realiserer hans eller hendes potentiale, kan håndtere dagligdags stress, arbejde og bidrage til fællesskabet.

# STRESS ER ET FOLKESUNDHEDSPROBLEM

- **Ændring i sundhedsadfærd** (The effects of stress on physical activity and exercise. Sports Medicine, 44(1), 81–121. <https://doi.org/10.1007/s40279-013-0090-5>) A longitudinal study. Journal of Internal Medicine, 266(5), 467–475. <https://doi.org/10.1111/j.1365-2796.2009.02124.x>.)
- **Risikofaktor for depression** Alessandro Bartolomucci A and Leopardi R. (2009) Stress and Depression: Preclinical Research and Clinical Implications. PlosOne, e4265.)
- **Risikofaktor for type 2 diabetes** (Kelly, S. J., & Ismail, M. (2015). Stress and type 2 diabetes: a review of how stress contributes to the development of type 2 diabetes. Annual Review of Public Health, 36, 441–462. <https://doi.org/10.1146/annurevpublhealth-031914-122921>.)
- **Risikofaktor hjertesygdomme** (Almahmeed, W. A., et al. (2004). Association of psychosocial risk factors with risk of acute myocardial infarction in 11119 cases and 13648 controls from 52 countries (the INTERHEART study): Case-control study. Lancet (London, England), 364(9438), 953–962. [https://doi.org/10.1016/S0140-6736\(04\)17019-0](https://doi.org/10.1016/S0140-6736(04)17019-0).)
- **Store økonomiske omkostninger** (Flachs EM EL, et al. : Sygdomsbyrden i Danmark – sygdomme. In. København: Statens Institut for Folkesundhed, Syddansk Universitet. ; 2015. )
- **Risikofaktor for tidlig død!**



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Advance Access publication:

July 11, 2016

## Original Contribution

# The Association Between Perceived Stress and Mortality Among People With Multimorbidity: A Prospective Population-Based Cohort Study

Anders Prior\*, Morten Fenger-Grøn, Karen Kjær Larsen, Finn Breinholt Larsen, Kirstine Magtengaard Robinson, Marie Germund Nielsen, Kaj Sparle Christensen, Stewart W. Mercer, and Mogens Vestergaard

## Stress risikofaktor for tidlig død

118,410 danskere fulgt over fire år.

Mortality hazard ratio: 1.51 (95%CI 1.25, 1.84)

# DEPRESSION ER DEN STØRSTE SYGDOMSBYRDE PÅ VERDENSPLAN

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<https://www.who.int/news-room/fact-sheets/detail/depression>

# STYRK MENTAL SUNDHED FOREBYG DEPRESSION



**SUSTAINABLE DEVELOPMENT GOALS** #SDGsketch  
17 GOALS TO TRANSFORM OUR WORLD  
is a project by @Club17Africa <http://club17africa.org> in collaboration with @xLontrax and @DrMinaOgbanga

**GOAL 3: Ensure healthy lives and promote well being for all at all ages** \*By 2030

- 100,000 LIVE BIRTHS
- Global Maternity Mortality Ratio down to less than 70 per 100,000
- 1,000 LIVE BIRTHS
- Neonatal Mortality at least as low as 12 per 1000
- Under-5 Mortality at least as low as 25 per 1000
- Premature mortality from non-communicable diseases Reduced by 1/3
- Strengthen prevention and treatment of SUBSTANCES ABUSE
- End Epidemics
- Universal access to sexual and reproductive health-care services
- Support R&D of Vaccines and Medicines
- Finance Health workforce growth in developing countries
- Improve early warning, risk reduction, management of Health Risks
- By 2020, 50% less Global deaths and injuries by car accidents
- Reduce deaths from hazardous pollution and contamination
- Universal Health-Care COVERAGE
- IMPLEMENT FCTC WHO Framework Convention for Tobacco Control

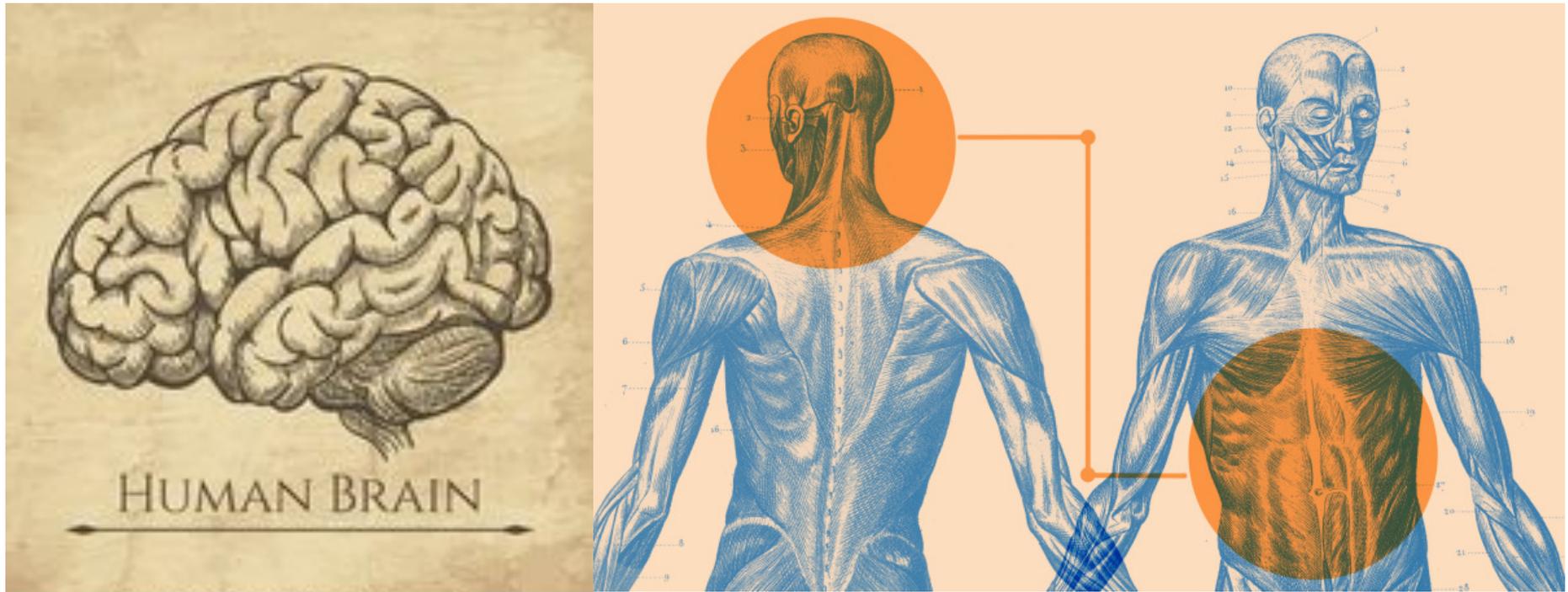
Sketchnote by @xLontrax 2016 see more on #Club17Africa CC BY  
Info → <https://sustainabledevelopment.un.org/sdg3>

A photograph of Robert Waldinger, a middle-aged man with grey hair and a beard, wearing a blue button-down shirt. He is standing on a stage, looking slightly to his right. In the background, there are large, faint portraits of people and some text, including "Age 19".

Robert Waldinger

# What makes a good life? Lessons from the longest study on happiness

# NEUROPLASTISITET HJERNEN TRÆNER ALTID NOGET...



gg101940874 GoGraph ©

# STYRK MENTAL SUNDHED



## Fysisk træning:

- Kondition
- Muskler

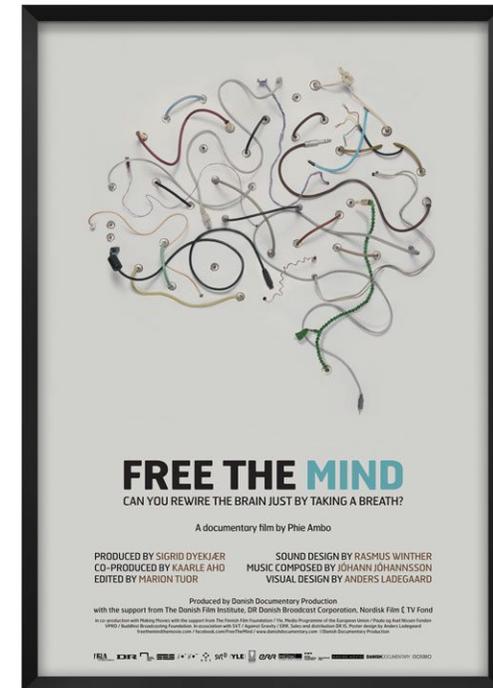
## Mindfulness træning:

- Opmærksomhed
- Stresshåndtering
- Empati
- Humør

Mindfulness in the brain Nat Rev Neurosci. 2015 Apr;16(4):213-25. doi: 10.1038/nrn3916. Epub 2015 Mar 18.

The neuroscience of mindfulness meditation Tang YY, Hölzel BK, Posner M <https://www.ncbi.nlm.nih.gov/pubmed/25783612>

# VERDENS GLADESTE MAND!

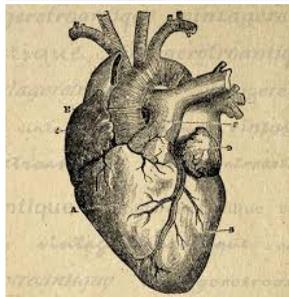


*Ægte glæde er kærlighed til livet. At elske sig selv er at elske livet. Desværre søger vi glæden udenfor os selv, og der ved mislykkes vi i vores forsøg på at finde den. At elske sig selv er en færdighed der kan trænes, ikke ved at gentage for sig selv jeg er glad og positiv eller ved at få alle sine ønsker opfyldt, men kun gennem et indre arbejde med sig selv.*

# MINDFULNESS

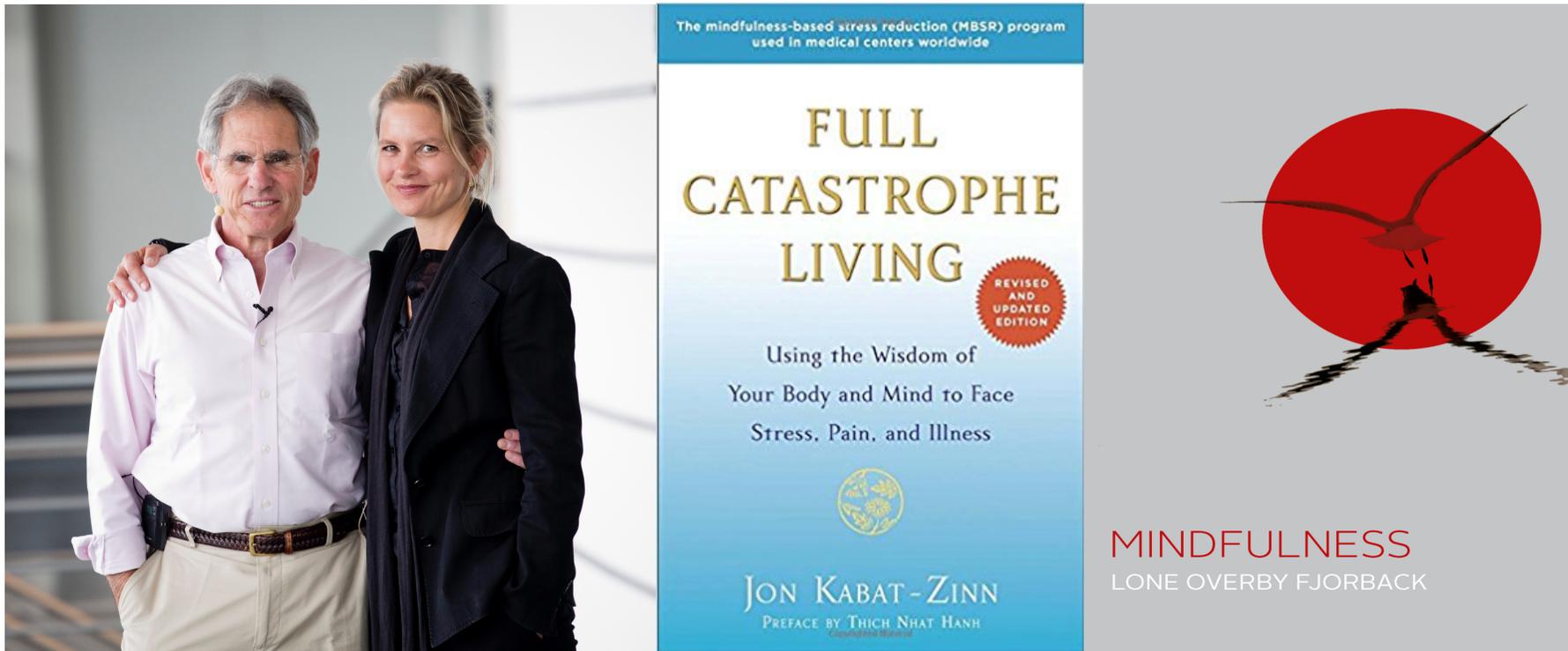
—  
Mindfulness = bevidsthed

Effekten af mindfulness  
er compassion = hjerte



Mindfulness træning træner en fysisk og mentalt tilstedeværende krop med et klart sind og et åbent hjerte, der er i stand til at handle til gavn for sig selv og andre = WHO's definition på mental sundhed.

# MINDFULNESS-BASED STRESS REDUCTION (MBSR)



# STYRK MENTAL SUNDHED MED MINDFULNESSBASERET STRESSREDUKTION



## MBSR:

- 2.5 time i 8 uger+ 1 hel dag
- Hjemmeopgaver 45 min. /dag
- Intensivt kursus i mindfulness, yoga og meditation
- Undervisning om perception, stress og kommunikation

# MBSR FORSKNING

## SYSTEMATISKE OVERSIGTSARTIKLER OG META-ANALYSER:

**Arbejdsliv** Effects of Mindfulness-Based Stress Reduction on employees' mental health: A systematic review. <https://doi.org/10.1371/journal.pone.0191332>

**Stress** Mindfulness-based stress reduction for healthy individuals: A meta-analysis. <https://doi.org/10.1016/j.jpsychores.2015.03.009>.

**Angst og depression** Mindfulness-Based Interventions for People Diagnosed with a Current Episode of an Anxiety or Depressive Disorder: A Meta-Analysis of Randomised Controlled Trials <https://doi.org/10.1371/journal.pone.0096110>

**Canser** Prevalence of depression in cancer patients: a meta-analysis of diagnostic interviews and self-report instruments. <https://doi.org/10.1002/pon.3409>

**Unge** Effects of Mindfulness-Based Stress Reduction on Depression in Adolescents and Young Adults: A Systematic Review and Meta-Analysis. <https://doi.org/10.3389/fpsyg.2018.01034>

**Smerter** Comparative evaluation of group-based mindfulness-based stress reduction and cognitive behavioural therapy for the treatment and management of chronic pain: A systematic review and network meta-analysis. <http://dx.doi.org/10.1136/ebmental-2018-300062>

# MBSR FORSKNING

## DANMARK:

- 2012 MBSR reducerer sundhedsudgifter og førtidspension  
[http://mindfulness.au.dk/fileadmin/\\_migrated/content\\_uploads/Mindfulness\\_therapy\\_\\_economic\\_analysis\\_.pdf](http://mindfulness.au.dk/fileadmin/_migrated/content_uploads/Mindfulness_therapy__economic_analysis_.pdf)
- 2013 God effekt af mindfulness på stress, angst og depression.  
[http://mindfulness.au.dk/fileadmin/\\_migrated/content\\_uploads/Statusartikel\\_ugeskrift.pdf](http://mindfulness.au.dk/fileadmin/_migrated/content_uploads/Statusartikel_ugeskrift.pdf)
- 2017 Effectiveness of Mindfulness-Based Stress Reduction in a Self-Selecting and Self Paying Community Setting <https://link.springer.com/article/10.1007/s12671-017-0873-0>
- 2019 Manglende systematik af stresstiltag, men dokumenteret effekt af mindfulnessbaseret stressreduktion  
[http://mindfulness.au.dk/fileadmin/mindfulness.au.dk/Artikler/Manglende\\_systematik\\_af\\_stresstiltag.pdf](http://mindfulness.au.dk/fileadmin/mindfulness.au.dk/Artikler/Manglende_systematik_af_stresstiltag.pdf)
- 2019 Psykologiske, neurologiske og cellulære virkningsmekanismer ved mindfulnessstræning <http://ugeskriftet.dk/videnskab/psykologiske-neurologiske-og-cellulaere-virkningsmekanismer-ved-mindfulnessstraening>

# FOREBYG DEPRESSION MED MINDFULNESS-BASERET KOGNITIV TERAPI



Oxford  
Mindfulness  
Centre



Siden 2009 anbefalet som højeste prioritet for implementering af den engelske sundhedstyreelse:  
National Institute for Health and Care Excellence (NICE)

# DIAGNOSE: DEPRESSION

## BEHANDLING: MBKT

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### META-ANALYSER

- [The effect of mindfulness-based cognitive therapy for prevention of relapse in recurrent major depressive disorder: A systematic review and meta-analysis](#) (Piet & Hougaard, 2011)
- [Efficacy of mindfulness-based cognitive therapy in prevention of depressive relapse: An individual patient data meta-analysis from randomized trials](#) (Kuyken et al., 2016)
- [Mindfulness-based cognitive therapy for the treatment of current depressive symptoms: A meta-analysis](#) (Goldberg et al., 2019)

# OMKOSTNINGSEFFEKTIVE INTERVENTIONER

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MBKT samme effekt og pris som medicin

[http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(14\)62222-4.pdf](http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(14)62222-4.pdf)

MBSR reducerer sundhedsudgifter og førtidspension

[http://mindfulness.au.dk/fileadmin/\\_migrated/content\\_uploads/Mindfulness\\_therapy\\_\\_economic\\_analysis\\_.pdf](http://mindfulness.au.dk/fileadmin/_migrated/content_uploads/Mindfulness_therapy__economic_analysis_.pdf)

# MINDFUL NATION UK

[http://themandfulnessinitiative.org.uk/images/reports/Mindfulness-APPG-Report\\_Mindful-Nation-UK\\_Oct2015.pdf](http://themandfulnessinitiative.org.uk/images/reports/Mindfulness-APPG-Report_Mindful-Nation-UK_Oct2015.pdf)



# MINDFUL NATION DK



# STYRK MENTAL SUNDHED FOREBYG DEPRESSION

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- 1) Børn og unge
- 2) Voksne
- 3) Depression
- 4) Sundhedspersonale og pårørende
- 5) Ledere

# 1) Børn og unge skal i bedre mental form

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2) Voksne skal i bedre mental form

MBSR reducerer stress fra 40% til 12%

[http://mindfulness.au.dk/fileadmin/mindfulness.au.dk/Final\\_version\\_MBSR\\_paa\\_CSB.pdf](http://mindfulness.au.dk/fileadmin/mindfulness.au.dk/Final_version_MBSR_paa_CSB.pdf)



### 3) Mindfulness Baseret Kognitive Terapi til depression

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PhD-project: Neural Mechanisms of Mindfulness-Based Cognitive Therapy in the Treatment of Recurrent Major Depressive Disorder  
Anne Maj van der Velden

## 4) Sundhedspersonale og pårørende



PhD-project:  
Compassion Cultivation  
Training for Caregivers  
Nanja Holland Hansen

## 5) Ledere Mindfulness på Christiansborg





## STYRK MENTAL SUNDHED OG FOREBYG DEPRESSION

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*Det er forskningsmæssigt  
bevist, at programmet  
Mindfulness-baseret  
stressreduktion kan  
styrke mental sundhed,  
og Mindfulness-baseret  
kognitiv terapi kan  
forebygge depression.*

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