

DCM, Institut for Klinisk Medicin, Aarhus Universitet
-forebyggelse og behandling uden medicin





SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD

#SDGsketch

is a project by @Club17Africa <http://club17africa.org> in collaboration with @xLontrax and @DrMinaOqbang

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



By 2020, 50% less Global deaths and injuries by car accidents



Universal Health-Care COVERAGE

Reduce deaths from hazardous pollution and contamination



IMPLEMENT FCTC

WHO Framework Convention for Tobacco Control



Support R&D of Vaccines and Medicines

Finance Health workforce growth in developing countries



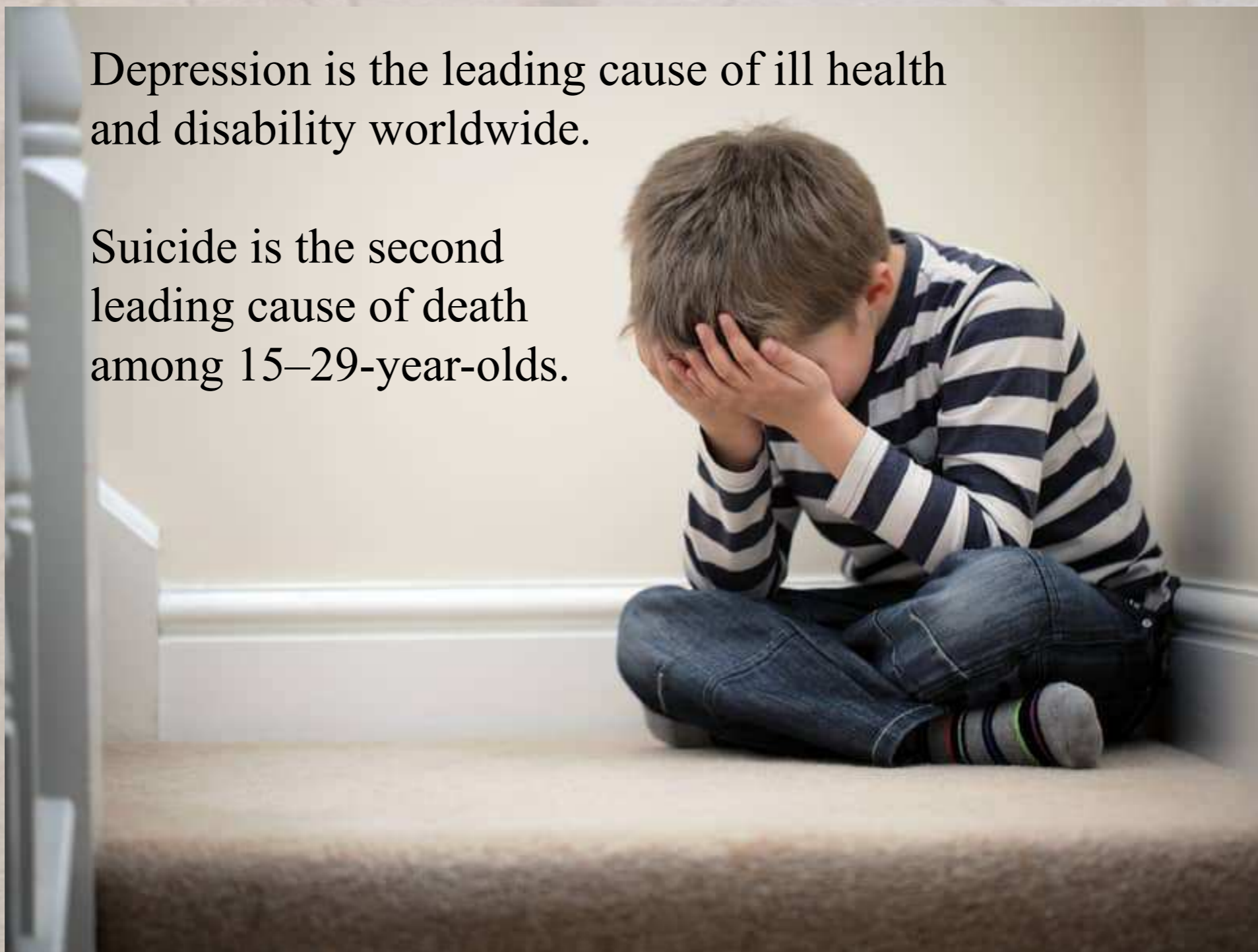
Improve of Health Risks
• early warning
• risk reduction
• management

Sketchnote by @xLontrax 2016 see more on #Club17Africa CC BY

Info → <https://sustainabledevelopment.un.org/sdg3>

Depression is the leading cause of ill health and disability worldwide.

Suicide is the second leading cause of death among 15–29-year-olds.



Målsætning

- Kurser til mental sundhedsfremme, forebyggelse, behandling og rehabilitering.
- Uddannelse af certificerede undervisere; jvf. internationalt gældende krav
- Forskning inden for udvikling, pilottestning, effekt-, virknings- og implementeringsevaluering.



Mindfulness-Baseret Stress Reduktion (MBSR)



Mindfulness-Baseret Kognitiv Terapi (MBKT)

MINDFUL NATION UK



**OVERSKUD.
HELE LIVET.**

STRESSALLIANCEN

Stress; kroppens naturlige, *modificerbare*, respons på enhver udfordring eller belastning. Sundhedsskadelig stress er den vedvarende stress med manglende mental og fysisk restitution.

Kendetegnende for overgangen fra den gode stress til den sundhedsskadelige stress er, at de normale stress-relaterede kropslige fornemmelser erstattes af funktionshæmmende symptomer, som kan udvikle sig til sygdom.

Fra god stress til dårlig stress

Normale kropslige
fornemmelser



Symptomer



Sygdomme

hjerterbanken
sommerfugle i maven
anspændthed
skærpede sanser
forventning
mental klarhed
højt energiniveau

tristhed
angst
koncentrationsbesvær
hukommelsesbesvær
træthed
søvnløshed
fordøjelsesproblemer
mavepine
muskelspændinger
pirrelighed
social isolation

hjerte-kar sygdomme
depression
metabolsk syndrom
diabetes II
kronisk træthedssyndrom
irritabel tyktarm
fibromyalgi

Selvoplevet stress forudsiger dårligt helbred og tidlig død



American Journal of Epidemiology

© The Author 2016. Published by Oxford University Press on behalf of the Johns Hopkins Bloomberg School of Public Health. All rights reserved. For permissions, please e-mail: journals.permissions@oup.com.

Vol. 184, No. 3

DOI: 10.1093/aje/kwv324

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

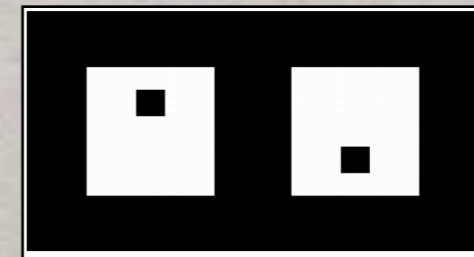
* Correspondence to Dr. Anders Prior, Research Unit for General Practice and Section for General Medical Practice, Department of Public Health, Aarhus University, Bartholins Allé 2, 8000 Aarhus, Denmark (e-mail: anders.prior@ph.au.dk).

Stress begynder i hjernen



-og bremses i hjernen!

Markører for stress og stressreduktion



HVORDAN JEG TYPISK REAGERER OVER FOR MIG SELV I SVÆRE TIDER

Navn: _____ Dato: _____

Instruktioner:
Læs venligst hvert udsagn grundigt, inden du svarer. Ved brug af skalaen nedenfor bedes du indikere, hvor ofte du opfører dig på den pågældende måde.

	Næsten aldrig 1	2	3	4	Næsten altid 5
1. Jeg fordømmer og tager afstand fra mine egne fejl og mangler.	1	2	3	4	5
2. Når jeg føler mig nedtrykt, er jeg tilbøjelig til at fokusere på alt det, der er forkert.	1	2	3	4	5
3. Når det går dårligt for mig, ser jeg vanskelighederne som en del af livet og som noget, alle mennesker må igennem.	1	2	3	4	5

	--	-	--+	+	++
Jeg tænkte på mine følelser					
Jeg følte mig rastløs					
Jeg følte mig træt					
Jeg følte mig søvrig					
Jeg følte mig motiveret til at deltage					
Jeg følte mig godt tipas					
Jeg følte mig afslappet					
Jeg følte mig lykkelig					
Jeg følte mig syg					
Jeg nød sessionen					
Jeg havde negative følelser					
Jeg kedede mig					

Spørgsmål om oplevet belastning i hverdagen

	Aldrig	Næsten aldrig	Ind imellem	Ret ofte	Meget ofte
1. Hvor ofte indenfor den sidste måned er du blevet oprevet over noget, der skete uventet?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Hvor ofte inden for den sidste måned har du følt, at du var ude af stand til at kontrollere de betydningsfulde ting i dit liv?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

ERFARINGER MED MINDFULNESS-BASERET STRESS REDUKTION PÅ CENTER FOR SPECIALPÆDAGOGISKE BØRNETILBUD

Karen Johanne Pallesen
Ann Ostenfeld-Rosenthal
Lise Juul
Lone Overby Fjorback

Samarbejdspartnere

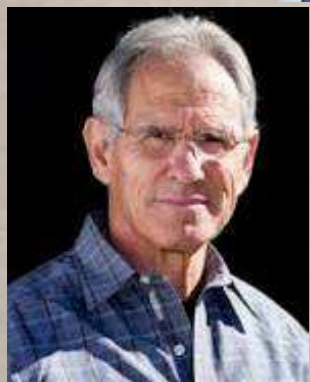
University of
Wisconsin-Madison



Stanford
University



UMASS



Oxford
University



Vrije University
Amsterdam



VIA University College



Aarhus Kommune, Familie,
Børn & Unge

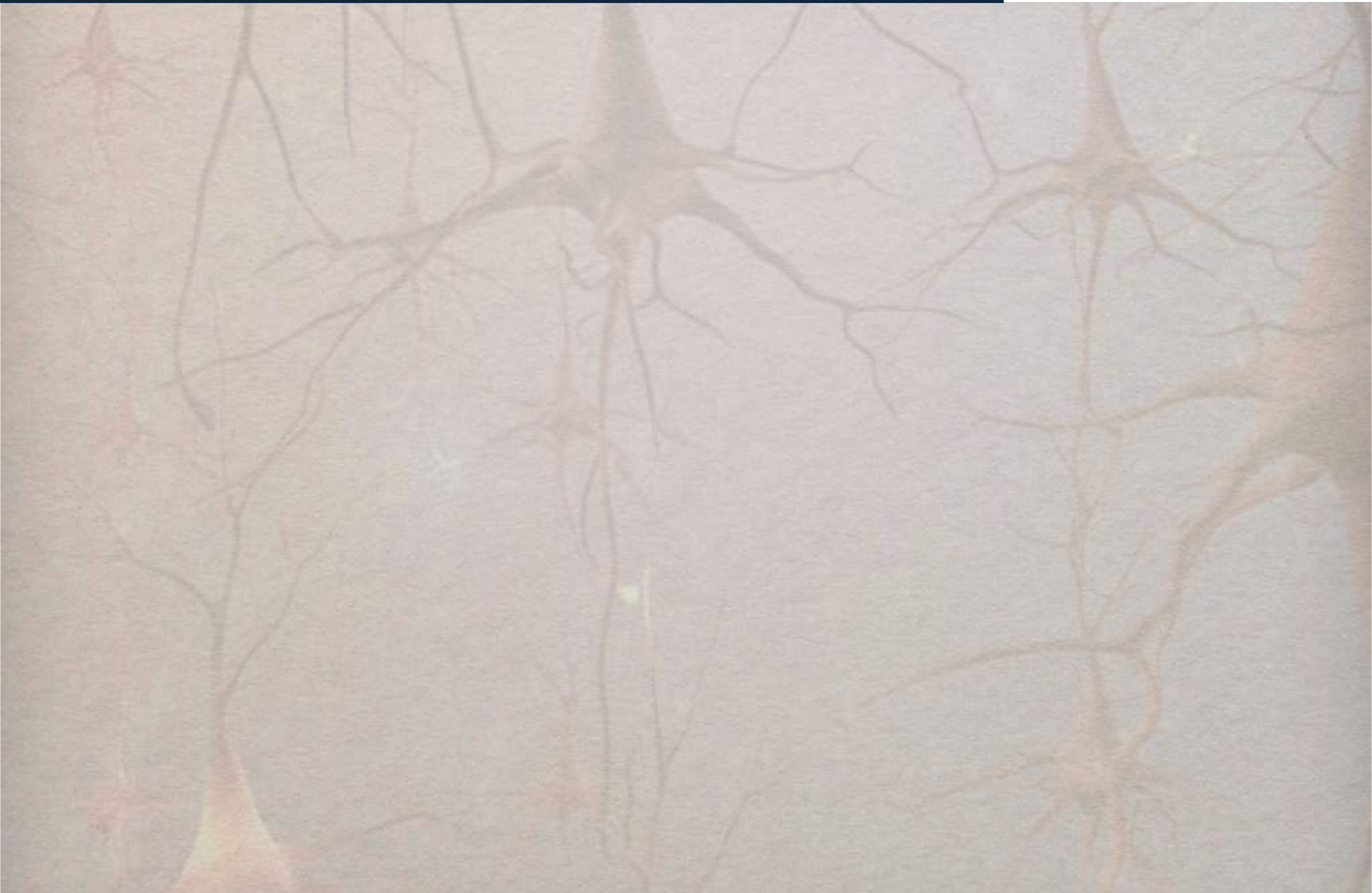


Aarhus Universitets
Hospital



Aarhus Kommune
Sundhed & Omsorg





Research projects at the Danish Center for Mindfulness

- 1. Effects of Mindfulness-Based Stress Reduction on perceived stress and heart rate variability in social care workers, and on the quality of caregiver - caretaker relationships**
Aarhus Municipality: CSB (Centre for children and adolescents with special needs); Mindfulness Djursland.
- 2. Effective Stress Reduction in the Community, an RCT in a Danish Municipal Health Care Center**
Aarhus Municipality: Department of Health Services; VIA University College Aarhus N.
- 3. Neurophysiological markers of stress reduction in Danish war veterans**
Frederiksberg Hospital; Department of Clinical Medicine - The Department of Endocrinology and Diabetes, Aarhus University; Department of Integrative Neurophysiology at Center for Neurogenomics and Cognitive Research, VU University Amsterdam.
- 4. Changes in perceived stress and resting-state brain activity in self-referred MBSR participants**
Interacting Minds Center, Aarhus University; Department of Integrative Neurophysiology at Center for Neurogenomics and Cognitive Research, VU University Amsterdam.
- 5. Neural and molecular mechanisms and predictors of treatment response to mindfulness-based cognitive therapy in the treatment of recurrent major depressive disorder**
Interacting Minds Center, Aarhus University (main affiliation); Oxford Mindfulness Centre, Oxford University.
- 6. Using technology to support home practice in MBSR**
Interacting Minds Center, Aarhus University (main affiliation); Engineering at AU, Human-Computer Interaction (Ireland), Psychology (UCLA).

Mindfulness i forskellige kulturer



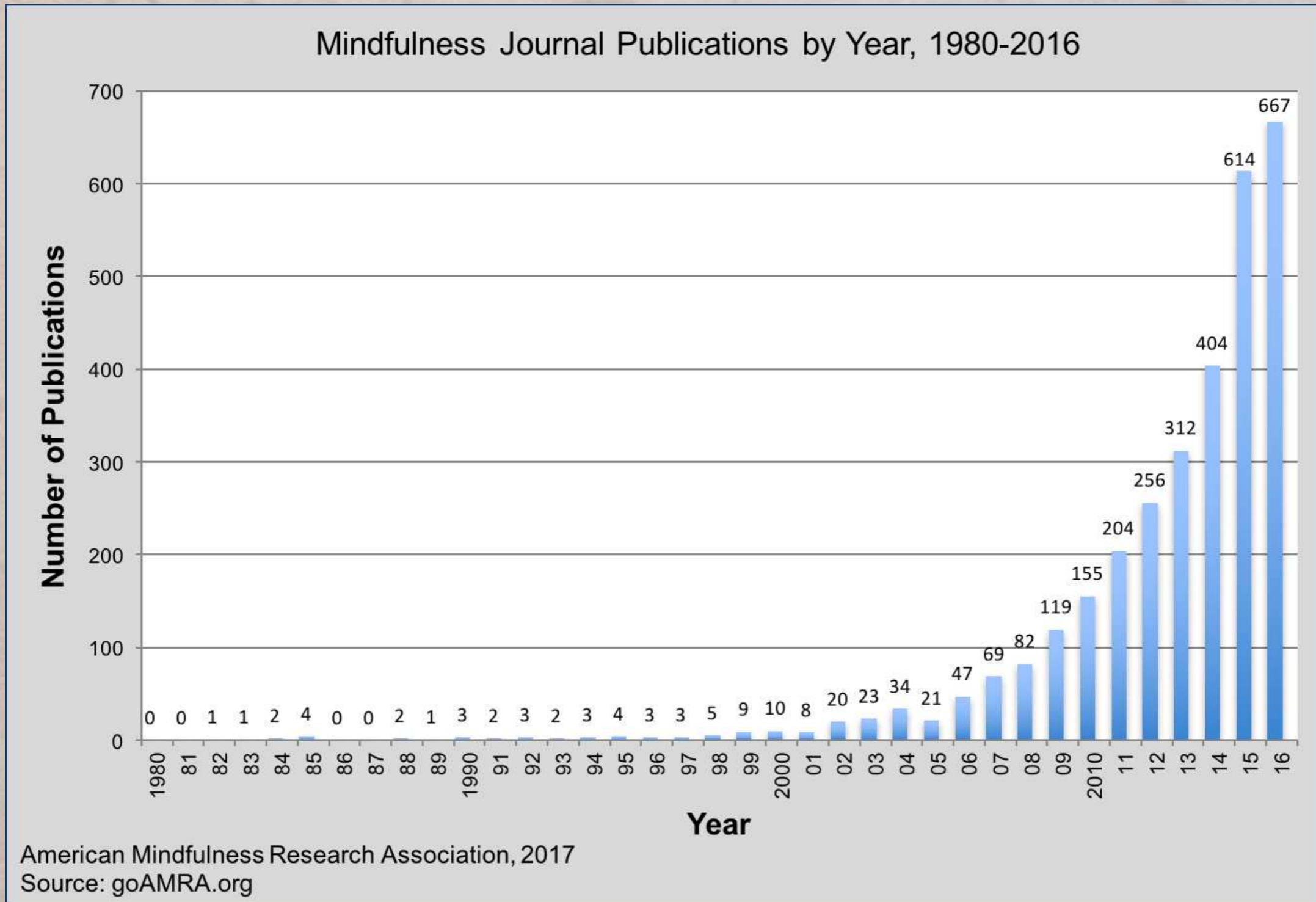
“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn



Jon Kabat-Zinn

Mindful nation skal vist ind her?



Ingen forskel på effekt af MBKT og antidepressiv medicin i behandling af tilbagevendende depression

Effectiveness and cost-effectiveness of mindfulness-based cognitive therapy compared with maintenance antidepressant treatment in the prevention of depressive relapse or recurrence (PREVENT): a randomised controlled trial



Willem Kuyken, Rachel Hayes, Barbara Barrett, Richard Byng, Tim Dalgleish, David Kessler, Glyn Lewis, Edward Watkins, Claire Brejcha, Jessica Cardy, Aaron Causley, Suzanne Cowderoy, Alison Evans, Felix Gradinger, Surinder Kaur, Paul Lanham, Nicola Morant, Jonathan Richards, Pooja Shah, Harry Sutton, Rachael Vicary, Alice Weaver, Jenny Wilks, Matthew Williams, Rod S Taylor, Sarah Byford



Summary

Background Individuals with a history of recurrent depression have a high risk of repeated depressive relapse or recurrence. Maintenance antidepressants for at least 2 years is the current recommended treatment, but many individuals are interested in alternatives to medication. Mindfulness-based cognitive therapy (MBCT) has been shown

Lancet 2015; 386: 63-73

Published Online

April 21, 2015

MBSR

- ◉ Mærk kroppen
- ◉ Observer dine tanker og følelser

