

Nye veje for forebyggelse af psykisk sygdom i barnealderen

Epidemiologisk udforskning af tidlige indsatser målrettet udviklingspsykopatologi

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Forskningsleder for CCC2000, PUF-programmet og Infant Health



Copenhagen Child Cohort CCC2000

-prospektiv udforskning af fysisk og psykisk helbred
i en fødselsårgang af danske børn



- Fødselskohorte af børn fra den generelle befolkning (følge en årgang født på samme tid i samme område)
- Drager nytte af de særlige muligheder for epidemiologisk forskning i Danmark
- Starter med de tidligst målbare udviklingsfaser
- Benytter eksisterende public health programmer/ sundhedsordninger mhp at opnå høj datadækning og kunne benytte forskningsresultaterne i samme setting til metodeudvikling og interventionsforskning

Copenhagen Child Cohort, CCC2000

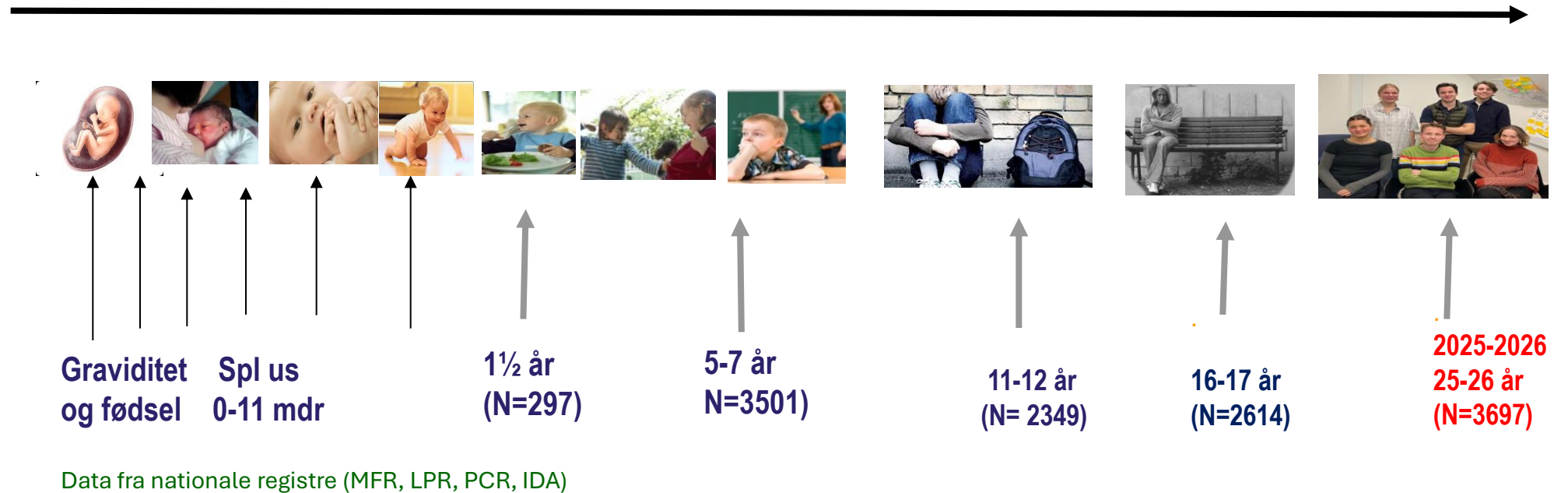


(6090 børn født i 2000)

> Int J Epidemiol. 2020 Apr 1;49(2):370-371. doi: 10.1093/ije/dyz256.

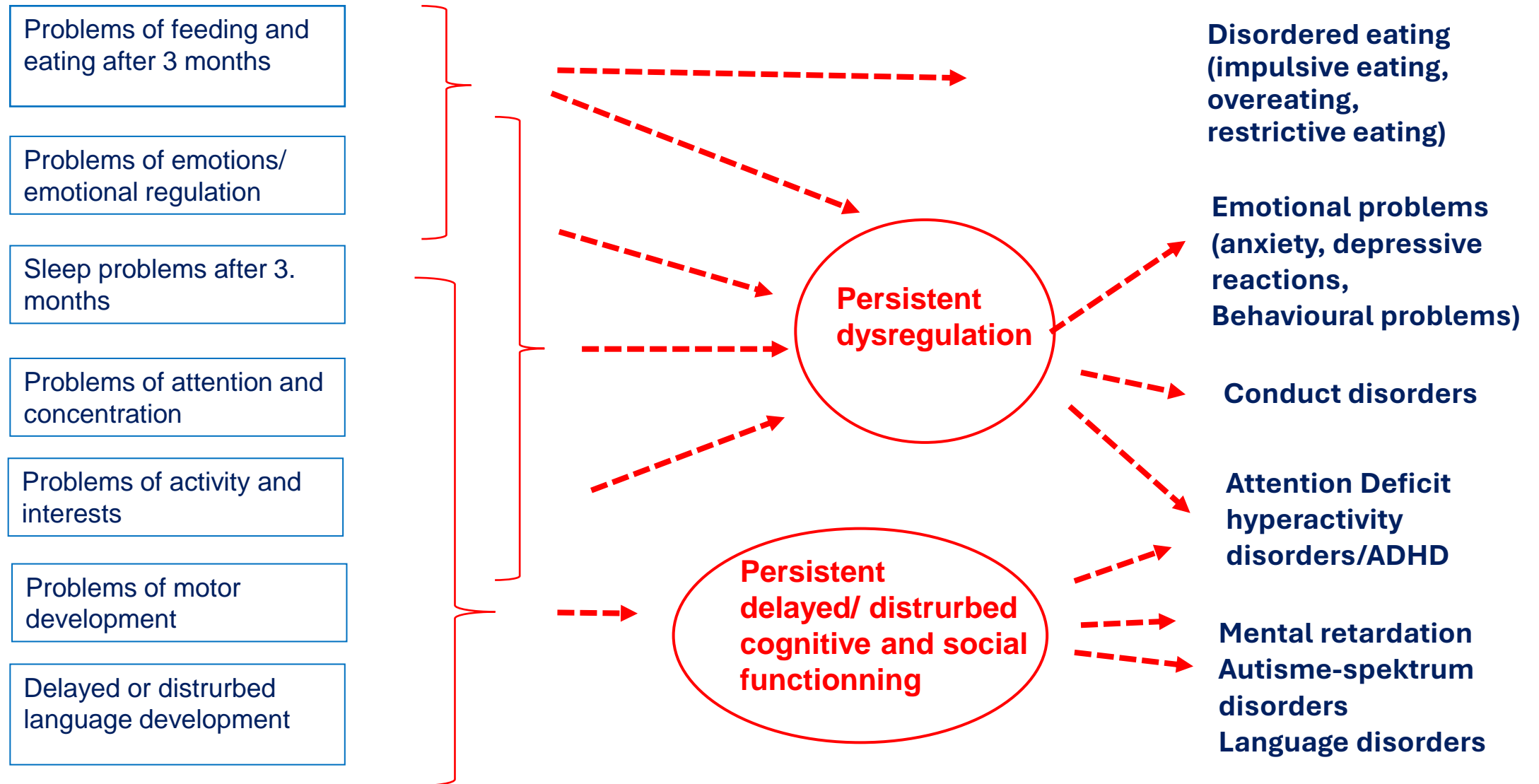
Cohort Profile: The Copenhagen Child Cohort Study (CCC2000)

Else Marie Olsen ^{1,2}, Charlotte Ulrikka Rask ^{3,4}, Hanne Elberling ^{5,6}, Pia Jeppesen ^{5,6}, Lars Clemmensen ^{6,7}, Anja Munkholm ^{6,8}, Xiao Qiang Li ⁹, Mathias Hvidtfelt Hansen ⁹, Martin K Rinvall ^{5,6}, Allan Linneberg ^{2,5}, Inger Christine Munch ^{5,10}, Michael Larsen ^{5,9}, Torben Jørgensen ^{1,2,11}, Anne Mette Skovgaard ^{1,12}



Developmental trajectories from infancy -> 5-7 years

(Skovgaard et al 2007; 2008; 2008 a, b; Skovgaard 2010; ; Winsper et 2014 ; Jaspers et al 2019; Johnson et al 2015 ; Elberling et al, 2014; Rask et al 2013; Micali et al 2016; Lembcke et al 2016, 2018; Shepard et al 2019)



Potentials of identifying mental health vulnerabilities by community health nurses

WINDOW of OPPORTUNITY at ages 8-10 months

Examined in a cohort of 6090 children born in Copenhagen County in 2000 (CCC2000)

-> predictive validity of CHNs assessments at ages 8-10 months

-> development of the PUF measure (2012-2014)

Examined again in a cohort of 3253 children born in 2010-2011

-> validation of the PUF-measure (Ammitzbøll et al 2016; 2018)

Eur Child Adolesc Psychiatry (2008)
17:290-298 DOI 10.1007/s00787-007-0666-4

ORIGINAL CONTRIBUTION

Anne Mette Skovgaard
Tine Houmann
Eva Christiansen
Else Marie Olsen
Susanne Lassen Landorph
Anne Lichtenberg
Torben Jørgensen

Can a general health surveillance between birth and 10 months identify children with mental disorder at 1½ year?

A case-control study nested in cohort CCC 2000

Eur Child Adolesc Psychiatry
DOI 10.1007/s00787-017-1069-9



ORIGINAL CONTRIBUTION

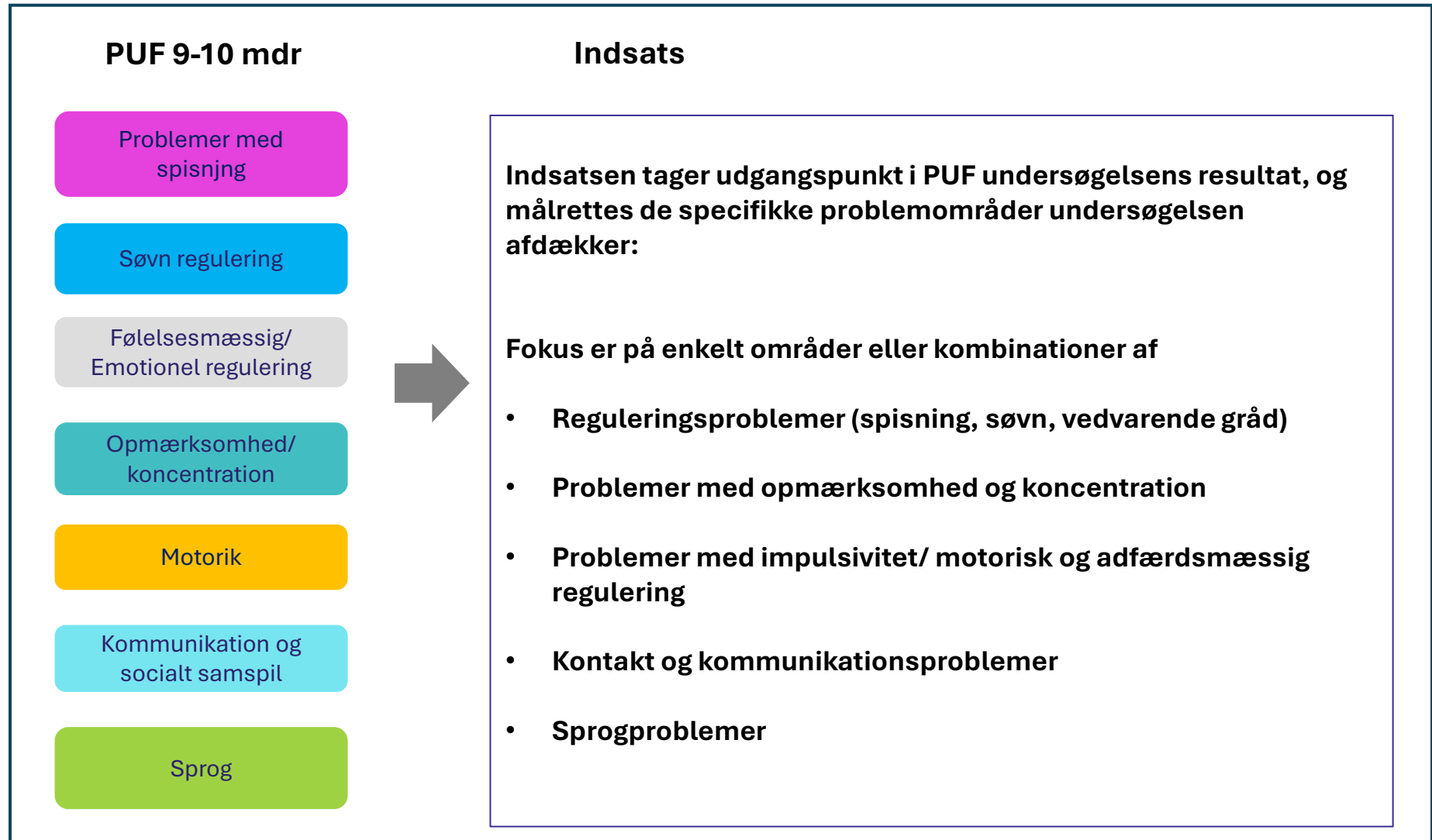
Predictive validity of a service-setting-based measure to identify infancy mental health problems: a population-based cohort study

Janni Ammitzbøll¹ · Lau Caspar Thygesen¹ · Bjørn E. Holstein¹ · Anette Andersen¹ · Anne Mette Skovgaard^{1,2}

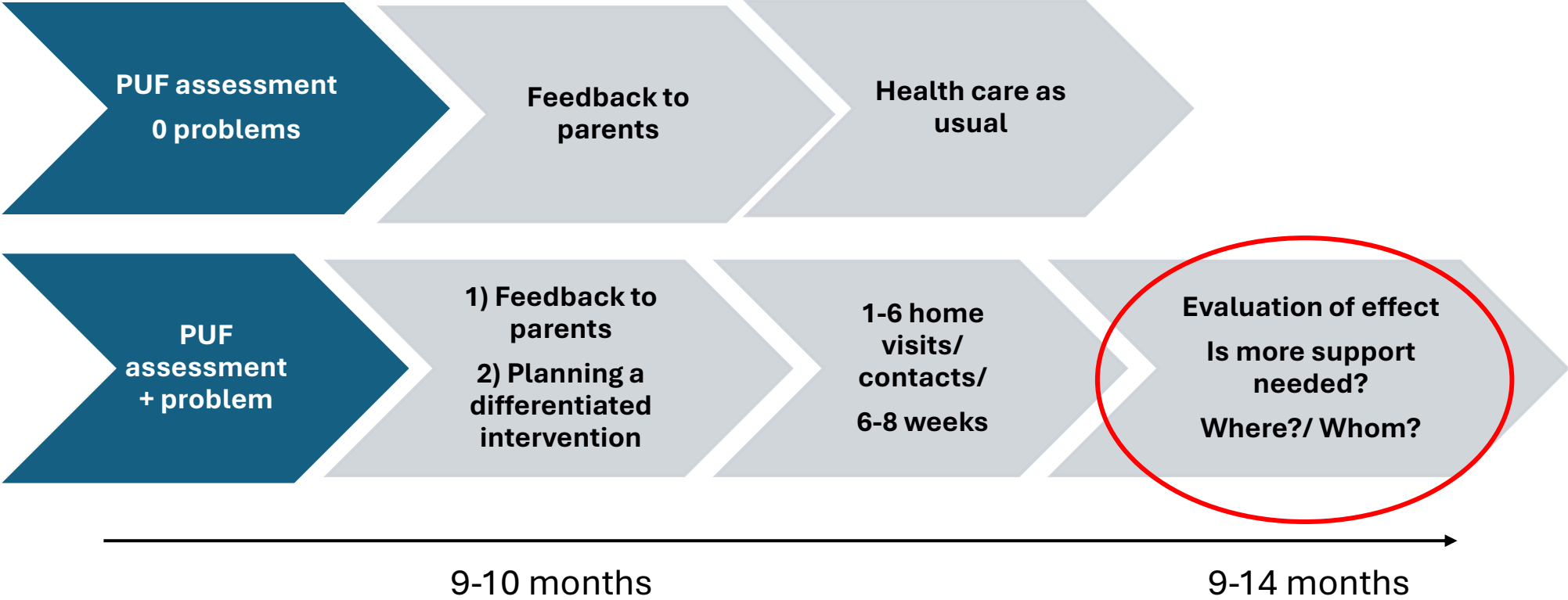
Anne Mette Skovgaard Professor dr med
Syddansk Universitet



PUF PROGRAMMET -



An indicated intervention is needed as an add on to the PUF screening





THE INFANT HEALTH STUDY

Promoting mental health and healthy weight through sensitive parenting to vulnerable infants – a mixed methods community-based SW-RCT study

Anne Mette Skovgaard¹, Janni Ammitzbøll¹, Stine Kjær Wehner¹ Maiken Stig¹; Clara Barfod Parellada¹, Therese Ewald¹; Maria Helene Jacobsen¹; Maiken Pontoppidan², Tine Tjørnhøj-Thomsen¹, Katrine Rich Madsen¹, Trine Pagh Pedersen¹, Christian Ritz¹, Rod Stephen Taylor^{3,4} Marian Bakermans-Kranenburg⁵

¹National Institute of Public Health, NIPH, University of Southern Denmark, Denmark,

²Danish Center for Social Science Research Health Department, Copenhagen, Denmark;

³University of Glasgow and ⁴University of Exeter, United Kingdom; ⁵Center of Clinical Child and Family Studies, Vrije Universiteit, Amsterdam, the Netherlands⁵

Høje-Tåstrup, Glostrup, Albertslund, Allerød, Brøndby, Dragør, Egedal, Fredensborg; Gladsaxe, Herlev, Hillerød, Kalundborg, Køge, Roskilde, Rudersdal og Vejle Kommune

Infant Health

– a pragmatic mixed methods study embedded within the Danish municipality child health care

Objectives

- I. To *develop an intervention* that address infants showing developmental vulnerabilities at ages 9-10 months to be delivered by community health nurses
- II. Examine the *fidelity, feasibility* and the *effectiveness* of the intervention.

INFANT HEALTH

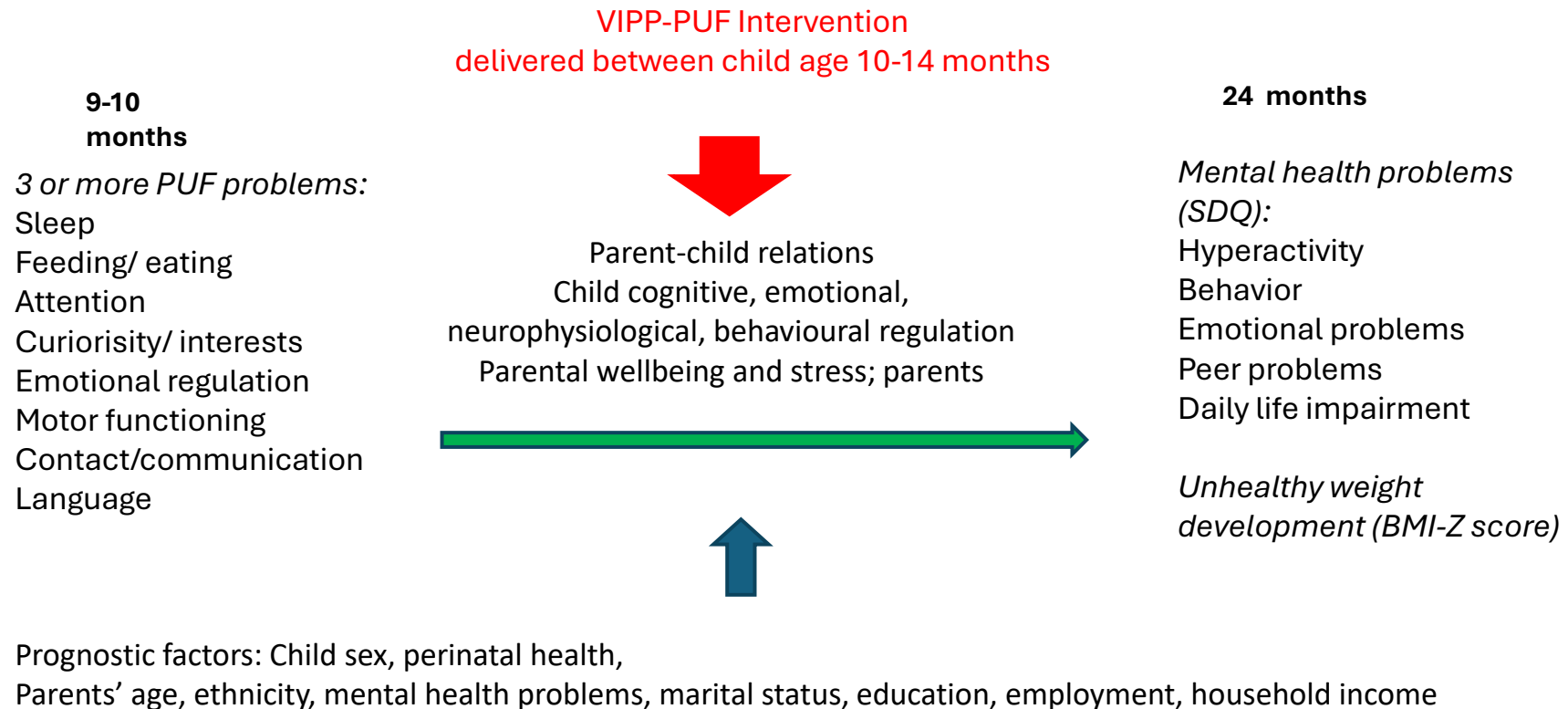
Primary hypotheses (WP2-WP4)

The Infant Health Study - Promoting mental health and healthy weight through sensitive parenting to infants with cognitive, emotional, and regulatory vulnerabilities: protocol for a stepped-wedge cluster-randomized trial and a process evaluation within municipality settings

Anne Mette Skovgaard^{1*}, Marian Bakermans-Kranenburg², Maiken Pontoppidan³, Tine Tjørnhøj-Thomsen¹, Katrine Rich Madsen¹, Ida Voss¹, Stine Kjær Wehner¹, Trine Pagh Pedersen¹, Lotte Finseth¹, Rodney S. Taylor^{4,5}, Janne Schurmann Tolstrup¹ and Janni Ammitzboell¹

- **The VIPP-PUF-intervention is feasible within the municipality settings of community health nurses**
- **The VIPP-PUF intervention will reduce mental health problems at ages 24 months (*measured by The Strengths and Difficulties Questionnaire SDQ*)**

Hypothesized causal paths



Exploring parents' lived experiences and vulnerability in a video-based early intervention promoting sensitive parenting

Maria Helene Jacobsen^{1,2}, Tine Tjørnhøj-Thomsen¹, Katrine Rich Madsen¹, Anne Mette Skovgaard¹, Janne Ammitzball¹, Mette Bagge Møller¹ and Stine Kjar Wahner¹

¹Statens Institut for Folkesundhed, SDU, København, ²e-mail: mhja@sdu.dk

PhD Studerende Maria Helene Jacobsen
 Presentation Nordisk spædbarnskonference
 Oktober 2025
 Submitted paper til Journal of Child and Family Studies

Background

Video-based parenting interventions have shown positive effects on child development, but less studied is parents' experiences of participation. Research highlights various vulnerabilities related to early parenthood that may shape these experiences. This highlights the need to explore parents' experiences and the role of vulnerability when evaluating early parenting interventions like VIPP-DIMHP.

Aim

The aim is to explore parents' lived experiences of participating in VIPP-DIMHP, with a specific focus on how vulnerability is expressed and can be understood through parents' experiences and engagement with the intervention.

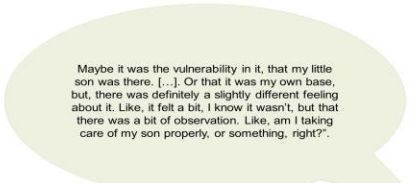
Methods

This study applied a qualitative longitudinal design with participant observations of home visits (n=9) and semi-structured interviews during the intervention and again two to three months after the intervention (n=11).



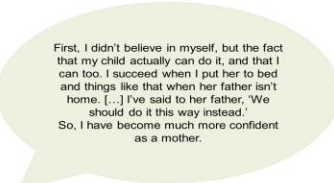
Parents' experiences

- Parents reported initial self-consciousness regarding their behavior and appearance while being filmed, while most eventually got used to it.
- Parents found the video-feedback insightful, offering new perspectives and reflections on their interactions with their child. This also led to changes in parenting practices and the wider family after the intervention
- Participation shaped parents' understanding of themselves and their child, with many feeling reassured about child development and parenting skills, and some gaining greater confidence.



The VIPP-DIMHP intervention

- Aims to support the mental health and healthy weight development of infants with developmental and regulatory vulnerabilities through promoting caregivers' ability to notice, interpret and respond appropriately to their children's signals
- Is based on an assessment child development at 9-10 months, the Danish Infant Mental Health Program (DIMHP) and the Video-feedback Intervention to Promote Positive Parenting (VIPP).
- Parents of infants identified through DIMHP are offered participation, which includes six home visits by a community health nurse who records and provides feedback on parent-child interactions.

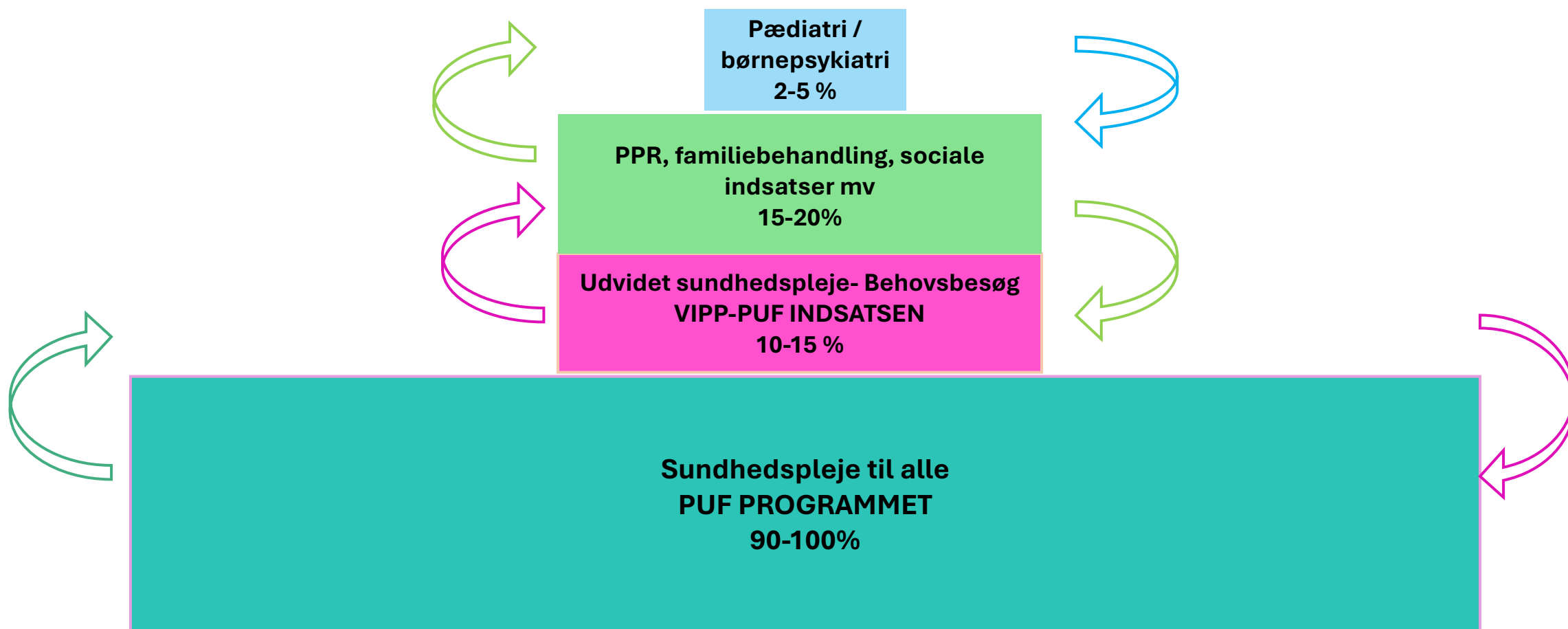


What about vulnerability?

- Using a theoretical perspective, we found several dimensions of vulnerability that intersected with parents' experiences, such as:
 - uncertainty in the parent role and in parenting skills related to parents' sense of responsibility
 - the risk of being evaluated as a parent related to socio-cultural expectations of parenthood

Perspectives

Differentiated step-care approach to differentiated intervention



Spæd- og småbørnspsykiatri i Danmark



- Spæd- og småbørnspsykiatri er i Danmark en regionsfunktion, som alle regioner skal varetage.
- Iflg. Sundhedsstyrelsen 2023 skal funktionen omfatte:
 - Udredning og behandling af 0-3 årige børn med psykiske forstyrrelser
 - Forebyggende indsats for 0-3 årige børn af psykisk syge forældre og gravide med svær psykisk sygdom
- Funktionen varetages i tæt samarbejde med pædiatri, gynækologi og obstetrik og kommunale instanser som PPR, sundhedspleje og familieafdelinger

Forebyggelse fra klinisk perspektiv

- Findes funktionen ???
- Ved de vi er der ?
- **Samarbejde** kommunalt – sundhedsplejersker
- **Samarbejde** andre specialer- pædiatri -voksenpsykiatri



Region Sjælland – hvilke børn

- Børn med massive reguleringsproblemer
- Børn med spiseforstyrrelser
- Børn med obs neuropsykiatriske forstyrrelser
- Børn med komplekse blandinger, relationsforstyrrelser

Registerundersøgelser med fokus på 0-3 årige

Review > Dan Med Bull. 2010 Oct;57(10):B4193.

Mental health problems and psychopathology in infancy and early childhood. An epidemiological study

Anne Mette Skovgaard ¹

> Eur Child Adolesc Psychiatry. 2021 Aug;30(8):1251-1262. doi: 10.1007/s00787-020-01616-2. Epub 2020 Aug 20.

Mental disorders in referred 0-3-year-old children: a population-based study of incidence, comorbidity and perinatal risk factors

Susanne V Koch ^{1,2}, Mikael Andersson ³, Carolina Hvelplund ⁴, Anne Mette Skovgaard ⁵

Diagnoser	%
Mental retardering	0.3
Psyko-motorisk retardering	0.9
Tale-sprog forstyrrelser	0.1
Autisme spektrum tilstande	0.1
Hyperaktivitetsforstyrrelser/ ADHD	0.03
Følelses-og adfærdsmæssige forstyrrelser	0.1
Tilknytningsforstyrrelser	0.1
Spiseforstyrrelser	0.2
Søvn forstyrrelser	0.1
Alle	1.9

Neuro-Udviklings-
forstyrrelser
1.4 %

Forstyrrelser af
følelser, adfærd,
spisning og søvn
0.5 %

Behandling fra klinisk perspektiv

- Timing
- Oftest jo tidligere jo bedre
- Respekt for det der er forudgået
- Sensitive parenting
- Aldrig "alene" -- shared care
- Follow up





Spørgsmål fra BUP-DK:

Hvad håber du at (have) være med til at forandre indenfor de næste 10 år?

- Mere forskning i differentierede indsatser både i den universelle børneprofylakse i kommunerne koblet med indikerede indsatser, og i klinikken.
- Jeg håber , at PUF-programmet og fund fra Infant Health kan inspirere til forskningsprojekter, som integrerer en valideret tidlig opsporing med guidelines for handlemuligheder til at hjælpe barn og forældre på en etisk forsvarlig og cost-effectiv måde
- Forskning i Step-care modellen for differentierede indsatsen er en vigtig måde at adressere de uløste problemer med utilstrækkelig kapacitet i børne-og ungdomspsykiatrien. Intervention Mapping og Procesevaluering til at evaluere effekt og gennemførlighed.
- Jeg har arbejdet mere end 30 år i den børne-og ungdomspsykiatriske klinik- På det personlige plan, håber jeg at børne-og ungdomspsykiatere i de kommende år, får lov til og mulighed for, at opdyrke og kvalificere deres viden mht forebyggelse og behandling, så de kan bevare gnisten til at arbejde som læger for nogle af de mest syge og behandlingskrævende børn i samfundet.
- For at bevare udviklingen og kvaliteten i den børne-og ungdomspsykiatriske speciale håber jeg på organisatoriske ændringer, der lader sig inspirere af andre lægelige specialer.

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