

“I feel 4 out of 5 depressed”

Meaningful Measurement of Mental Health

dr. Femke L. Truijens

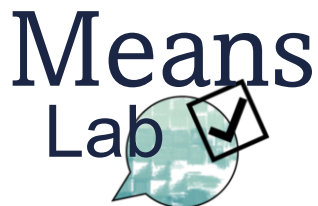
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Zonder jullie had ik hier niet gestaan!

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Guus Smeets

EUR-collega's



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I feel 4 out of 5 depressed-team

Anne Tjallingii – logo ontwerp

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Ilse Nieuwland

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Wat betekent 'Evidentiary'?

A Meta-Analysis of Cognitive-Behavioural Therapy for Adult Depression, Alone and in Comparison With Other Treatments

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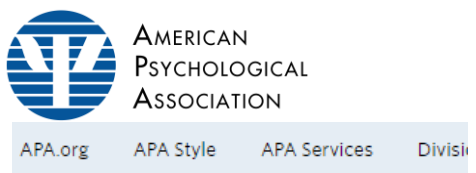
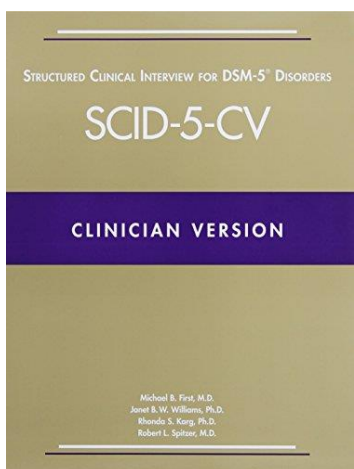
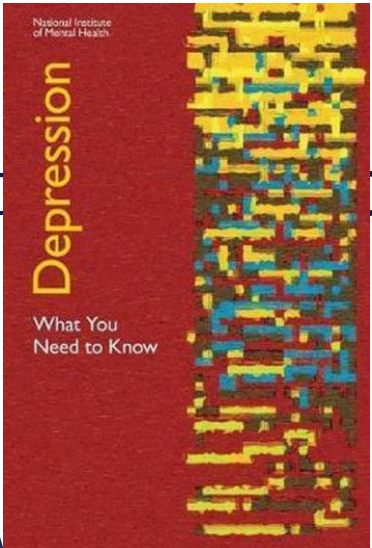
Key Words: depression, major depressive disorder, cognitive-behavioural therapy, meta-analysis, psychotherapy

Received June 2012; revised and accepted October 2012.

Objective: No recent meta-analysis has examined the effects of cognitive-behavioural therapy (CBT) for adult depression. We decided to conduct such an updated meta-analysis.

Methods: Studies were identified through systematic searches in bibliographical databases (PubMed, PsycINFO, Embase, and the Cochrane library). We included studies examining the effects of CBT, compared with control groups, other psychotherapies, and pharmacotherapy.

Results: A total of 115 studies met inclusion criteria. The mean effect size (ES) of 94 studies of CBT and control groups was Hedges $g = 0.71$ (95% CI 0.67-0.75), which with a number needed to treat of 2.6. However, this may be biased as we found strong indications for publication bias (Egger's test, $p < .001$) and heterogeneity (I-squared, 90.3%).



2. I have felt tense, anxious or nervous	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
3. I have felt I have someone to turn to for support when needed	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> F
4. I have felt O.K. about myself	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> W
5. I have felt totally lacking in energy and enthusiasm	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
6. I have been physically violent to others	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> R
7. I have felt able to cope when things go wrong	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> F
8. I have been troubled by aches, pains or other physical problems	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
9. I have thought of hurting myself	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> R
10. Talking to people has felt too much for me	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> F
11. Tension and anxiety have prevented me doing important things	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
12. I have been happy with the things I have done	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> F
13. I have been disturbed by unwanted thoughts and feelings	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
14. I have felt like crying	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> W

Please turn over

Over the last week	Not at all	Only occasionally	Sometimes	Often	More or less all the time	DO NOT USE ONLY
15. I have felt panic or terror	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
16. I made plans to end my life	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> R
17. I have felt overwhelmed by my problems	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> W
18. I have had difficulty getting to sleep or staying asleep	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
19. I have felt warmth or affection for someone	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> F
20. My problems have been impossible to put to one side	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
21. I have been able to do most things I needed to	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> F



dr. Femke Truijens – Meaningful Measurement of Mental Health (MEANS) Lab





RCT04059fd

	DASS3	DASS4	DASS5	DASS6	DASS7	DASS8	DASS9	DASS10	DASS11	DASS12	DASS13	DASS14	DASS15	DASS16
	3,00	,00	3,00	1,00	,00	,00	1,00	3,00	2,00	2,00	3,00	,00	1,00	
	2,00	,00	3,00	,00	,00	,00	3,00	1,00	3,00	3,00	2,00	1,00	2,00	
	3,00	,00	2,00	,00	,00	,00	3,00	1,00	2,00	3,00	3,00	,00	1,00	
	3,00	,00	3,00	,00	,00	,00	3,00	1,00	2,00	2,00	3,00	,00	1,00	
	2,00	,00	3,00	1,00	,00	1,00	3,00	3,00	2,00	2,00	3,00	1,00	3,00	
	3,00	,00	2,00	1,00	,00	1,00	3,00	2,00	2,00	3,00	3,00	,00	1,00	
	3,00	,00	3,00	1,00	1,00	3,00	3,00	3,00	2,00	3,00	3,00	2,00	3,00	
	3,00	,00	3,00	1,00	,00	1,00	3,00	3,00	3,00	3,00	3,00	1,00	2,00	
	3,00	,00	3,00	1,00	,00	2,00	3,00	3,00	2,00	2,00	3,00	,00	2,00	
	3,00	,00	3,00	2,00	,00	2,00	3,00	3,00	2,00	3,00	3,00	1,00	2,00	
	3,00	,00	3,00	1,00	,00	2,00	3,00	3,00	2,00	2,00	3,00	1,00	1,00	
	3,00	,00	3,00	1,00	1,00	1,00	3,00	3,00	2,00	2,00	3,00	1,00	3,00	
	3,00	1,00	3,00	1,00	1,00	3,00	3,00	3,00	2,00	3,00	3,00	2,00	3,00	
	2,00	3,00	2,00	2,00	2,00	1,00	3,00	3,00	1,00	2,00	3,00	1,00	3,00	
	3,00	,00	3,00	1,00	2,00	1,00	3,00	3,00	1,00	2,00	3,00	1,00	3,00	
	1,00	2,00	3,00	1,00	2,00	,00	3,00	1,00	3,00	2,00	2,00	3,00	2,00	
	2,00	1,00	3,00	1,00	2,00	3,00	1,00	1,00	3,00	2,00	3,00	,00	2,00	
	3,00	,00	2,00	2,00	1,00	1,00	3,00	2,00	1,00	3,00	2,00	1,00	1,00	
	2,00	,00	3,00	1,00	,00	2,00	3,00	3,00	1,00	2,00	3,00	1,00	2,00	
	1,00	,00	2,00	,00	1,00	,00	3,00	1,00	1,00	3,00	3,00	,00	1,00	
	1,00	,00	1,00	1,00	,00	,00	2,00	1,00	2,00	3,00	2,00	2,00	3,00	

‘DATA’

46. Woede maakt me bang.

1 2 3 4 5 6 **7**

47. Het is niet "wie je bent", maar "wat je bereikt hebt" dat telt.

1 2 3 4 5 **6** 7

voor de maat onhappy
voor mij

48. Ik voel me tevreden met mezelf, ongeacht of ik succes heb of faal.

1 2 **3** **4** 5 6 7

"Angst" speelt een rol...

49. Ik kan makkelijk mijn eigen gevoelens en problemen opzij zetten en mijn volledige aandacht wijden aan de gevoelens en problemen van iemand anders.

1 2 3 4 5 6 7

in deze tijden v. angst niet, dus

50. Als iemand om wie ik geef kwaad zou worden op mij, dan zou ik me bang voelen dat hij/zij me zou verlaten.

1 2 3 4 5 **6** 7

51. Ik voel me ongemakkelijk wanneer er belangrijke verantwoordelijkheden aan mij worden gegeven.

1 2 3 4 5 6 7

52. Na een ruzie met een vriend(in) moet ik het zo snel mogelijk weer goed maken.

1 2 3 4 5 6 **7** !!!

Cijfers als woorden in een klinisch gesprek

46. Woede maakt me bang.	1	2	3	4	5	6	7
47. Het is niet "wie je bent", maar "wat je bereikt hebt" dat telt voor de maand happy	1	2	3	4	5	6	7
48. Ik voel me tevreden met mezelf, ongeacht of ik succes heb of faal. (Angst speelt een rol...)	1	2	3	4	5	6	7
49. Ik kan makkelijk mijn eigen gevoelens en problemen opzij zetten en mijn volledige aandacht wijden aan de gevoelens en problemen van iemand anders. → in deze tijden v. angst niet, dus	1	2	3	4	5	6	7
50. Als iemand om wie ik geef kwaad zou worden op mij, dan zou ik me bang voelen dat hij/zij me zou verlaten.	1	2	3	4	5	6	7
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52. Na een ruzie met een vriend(in) moet ik het zo snel mogelijk weer goed maken.	1	2	3	4	5	6	7

$7 + 6 + 3 + 1 + 6 + 1$
= *Major Depressive Disorder*

Vertel, wat betekenen deze cijfers voor jou?

Meaningful Measurement (MEANS) Lab

Contributors: [Femke Truijens](#)

Date created: 2022-09-05 12:53 PM | Last Updated: 2023-05-03 01:17 PM

Identifier: DOI 10.17605/OSF.IO/Y2FBC

Category:  Project

Description: *Meaningful Measurement and Validation in the action of mental health measurement:*

A mixed methods research program on how people understand and score self-report measures in mental health research and practice, and how resulting data can be validly interpreted by the users of the measure (researchers/clinicians). Utilizing qualitative research methods to explore meaning-making in scoring, change of meaning (response shifts) following treatment, and validation in the action of mental health measurement.



Wiki

The Meaningful Measurement (MEANS) Lab is based on three pillars:

Pillar 1: Meaning making in self-report measurement

When people score self-report measures, they are asked to translate their experiences into numbers. This mixed methods study systematically explores *how* respondents interpret items and translate experiences into numerical scores; with focus on meaningfulness of scores as part of a ...


[Read More](#)

Files


Name	Modified
 Meaningful Measurement (MEANS) Lab	
 OSF Storage (Germany - Frankfurt)	
 Meaningful Measurement (MEANS) Lab Research Program	2023-05-02 12:53 PM

Citation


Components

 ["I feel 4 out of 5 depressed" - A thinking aloud study on respondents' meaning making in the Beck Depression Inventory](#)

[Truijens](#)
See <https://osf.io/tu7rx>

 ["In hindsight, I felt more depressed than I thought" - Qualitative assessment of Response Shifts in the Ghent Psychotherapy Study.](#)

[Truijens](#)
See <https://osf.io/tu7rx>

 [Validation in the action of mental health measurement](#)

[Truijens](#)
See <https://osf.io/tu7rx>

DESIGN: Meaning-Making in BDI-II



1) *Thinking Aloud Method (TAM)* + Beck Depression Inventory-II
(BDI-II; Beck, Steer & Brown, 1996):

→ **Real-time meaning-making tijdens scoring**

Conditie 1: BDI + TAM + Researcher listening along

Conditie 2: BDI + TAM – Researcher not listening along

Conditie 3: Controlecondition (BDI ‘as usual’, geen TAM, geen researcher)

2) *Cognitief Interview (CI)*

Alle condities:

Deel 1: persoonlijk begrip van & ervaring met depressie (semi-gestructureerd)

Deel 2: item voor item **recall van meaning-making** tijdens BDI-scoring

Table 1; Meaning Making in BDI-II Scoring

1. Instructions and Consistency in Scoring Behavior

1.1 Impact of Situational Context

1.2 Variation in Temporality of Responses

1.2.1. Inconsistency of temporality between and within subjects

1.2.2 Problems With 2-Weeks-Timeframe

2. Interpretation of Items and Responses

2.1 Unclear Item Concepts

2.1.1 Confusion on Meaning of Concepts

2.1.2 Linguistic Unclarity

2.2 Interpretation of Response Options

2.2.1 Confusion on Meaning of Response Options

2.2.2 Linguistic Unclarity

2.2.3 Multi-interpretable Response Options

2.3 Response Option Disagreement

2.3.1 Response Options Lack Nuance

2.3.2 Response Option Labels Incongruent with Numerical Weight

2.3.3 Response Option Labels Incongruent with Scaling

3. Representativeness of Response Options for Experiences [Accuracy]

3.1 Scoring In-Between Response Options

3.2 Response Options Only Partially Representative

3.3 No Representative Response Options

3.4 Non-problematic/Normal Behavior or Experience

4. Reversed Meaning

4.1 Positive Interpretations of Items

4.2 Positive Response Options are Missing

4.3 Misfit Item Interpretation and Response Options

5. Self-evaluation Based on Internal or External Standard

5.1 Multiple Response Options Representative for Multiple References

5.2 Referentiality Depending on Internal Standard/History/Reference

5.3 Referentiality Depending on External Standard/Diagnostic Awareness

5.4 Inconsistent Behavior in Relation to Response Options [Measure becomes Standard]

“Er zijn geen goede of foute antwoorden”

“There's no *in between* ‘never feeling sad’ and ‘much of the time feeling sad’.”
(Participant 400, TAM 1)

“Or the thought like if I would have to answer this question, I would answer it for myself in this way. And then I look at the answer options and I *don't really see that option in it.*”
(Participant 424, Int 1)

“There's nothing that I can answer here because it's only *informed in the negative way.*”
(Participant 400, TAM 1)

Table 1; Meaning Making in BDI-II Scoring

1. Instructions and Consistency in Scoring Behavior

1.1 Impact of Situational Context

1.2 Variation in Temporality of Responses

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2.2.3. Multi-interpretable Response Options

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5.2 Referentiality Depending on Internal Standard/History/Reference

5.3 Referentiality Depending on External Standard/Diagnostic Awareness

5.4 Evaluating Behavior in Relation to Response Options [Measure becomes Standard]

Note: Bold = Main theme; Regular = Subtheme; Italics = Subsubtheme

Tegenovergestelde betekenis vs. gestandaardiseerde interpretatie

*“Yeah, **crying is good**. I think that's a positive thing in healthy doses.”*

(Participant 915, TAM 1)

*“[I'm] more critical of myself than I used to be, but again, that's just like something that **comes with like introspectiveness**. It's not something negative. [...] I try to look like where I messed up and how I can change [...] more than in the past.”* (Participant 470, TAM1)

*“Better...like. I mean, I **don't see the option** there, but I make decisions **better** than I used to, so yeah, I would go with 0.”*
(Participant 219, TAM 1)

Meaningful Measurement als Hermeneutische Cirkel

Meaningful Measurement:

Vragenlijstscoring is een betekenisvol, dynamisch, interactief en veranderlijk proces

Dat vraagt om:

Iteratief proces tussen stakeholders' betekenisgeving, interpretatie en validering

Expliciteren van aannames, doelen, interpretaties en gevolgen → reflexiviteit en validering-in-actie (cf., argument-based validity)

Bijhouden van kwalitatieve/procesmatige meta-data (bottom-up meaningful measurement)

Test-gebruiker die nieuwsgierig en sensitief blijft naar wie of wat niet past bij de norm/gemiddelden → evidentie verzamelen voor wat (nog) niet evident is

46. Woede maakt me bang.	1	2	3	4	5	6	7
47. Het is niet "wie je bent", maar "wat je bereikt hebt" dat telt voor de maatschappij.	1	2	3	4	5	6	7
48. Ik voel me tevreden met mezelf, ongeacht of ik succes heb of faal.	1	2	3	4	5	6	7
49. Ik kan makkelijk mijn eigen gevoelens en problemen opzij zetten en mijn volledige aandacht wijden aan de gevoelens en problemen van iemand anders.	1	2	3	4	5	6	7
50. Als iemand om wie ik geef kwaad zou worden op mij, dan zou ik me bang voelen dat hij/zij me zou verlaten.	1	2	3	4	5	6	7
51. Ik voel me ongemakkelijk wanneer er belangrijke verantwoordelijkheden aan mij worden gegeven.	1	2	3	4	5	6	7
52. Na een ruzie met een vriend(in) moet ik het zo snel mogelijk weer goed maken.	1	2	3	4	5	6	7

Meaning-making

7 + 6 + 3 + 1 + 6 + 1
= Major Depressive Disorder

Validation-in-action

Vertel, wat betekenen deze cijfers voor jou?



RIN
GROEP

Means
Lab



Therapie als markeerstift in eigen verhaal

Iemand zei eens dat de therapeut zijn markeerstift was: woorden worden onderstreept en contouren worden aangebracht, om zo het verhaal in beweging te brengen.



Severe Mental Illness & Recovery

Jeroen Zwaal ©

The Erasmus logo, featuring the name 'Erasmus' in a stylized, cursive script.

KoG

Kwalitatief
Onderzoekscollectief
GGZ

NVP

nederlandse vereniging voor
psychotherapie

Meaningful Measurement of Mental Health

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