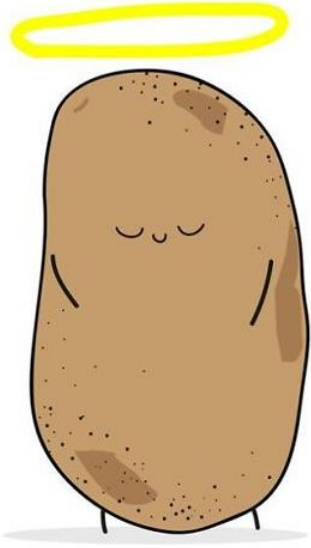


Truth Potato



Life is enjoyed
when truth is no
longer a
threat.

Het effect van imaginaire rescripting van “flashforwards” op de bereidheid exposure uit te voeren bij sociale angst

Bart Endhoven

Promovendus, GZ-psycholoog en Cognitief gedragstherapeut VGCT

Elze Landkroon², Katharina Meyerbröker¹, Elske
Salemink¹, en Iris M. Engelhard¹

1. Universiteit Utrecht

2. Universiteit Tilburg

Sociale angst

- 1/3 van de jongeren wereldwijd
- Zonder behandeling hebben sociale angstklachten de neiging te blijven bestaan
- CGT effectieve behandeling

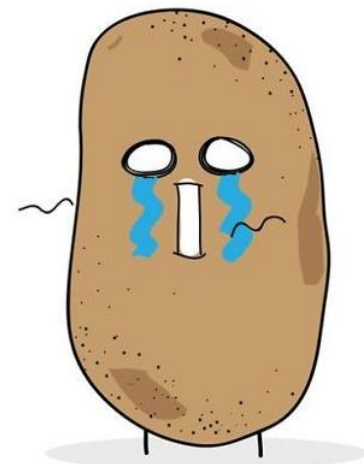
(Jefferies & Ungar, 2020)

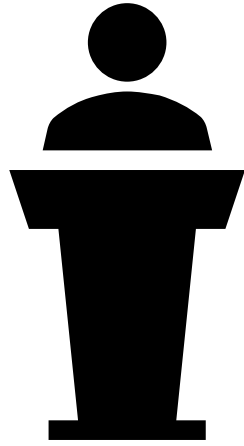
(Kessler et al., 2012)

(Carpenter et al., 2018; Höyer et al., 2017; Mayo-Wilson et al., 2014)

Truth Potato

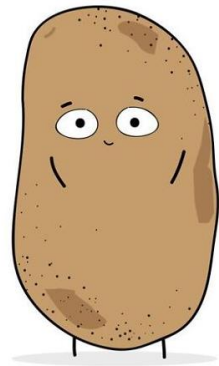
Your life sucks because of fear.





Truth Potato

Expectations bring suffering.

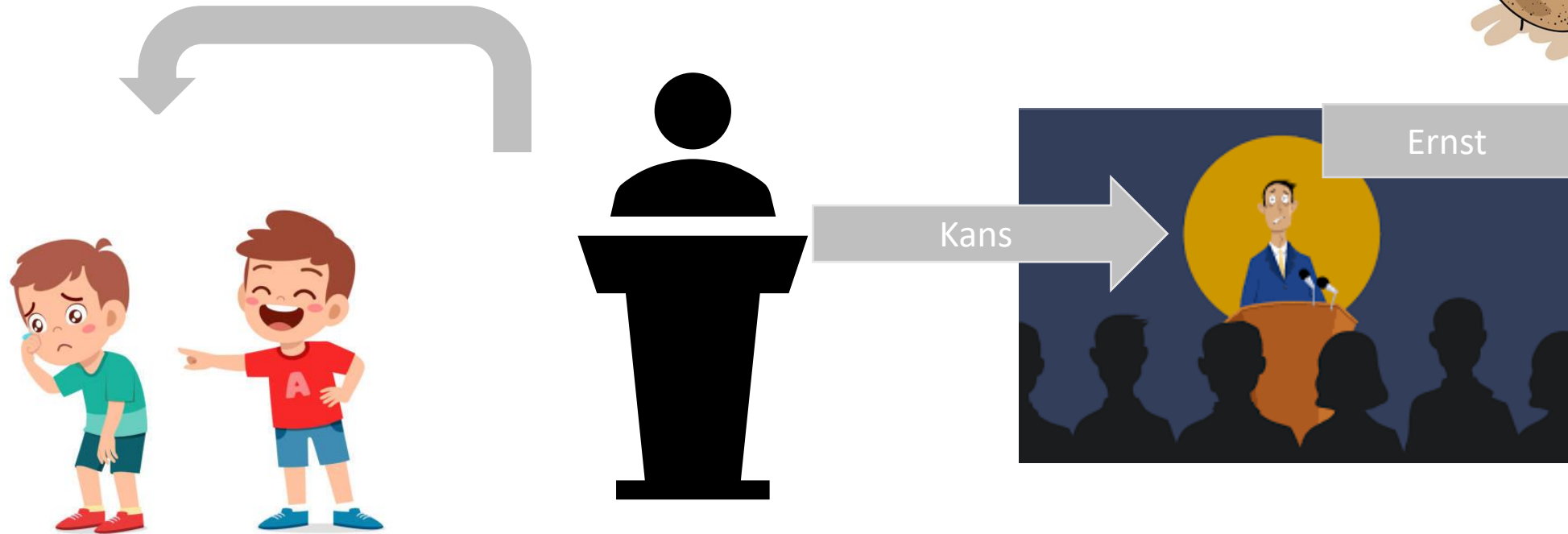
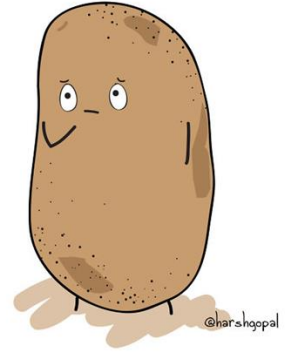


(Issakidis & Andrews, 2004)
(Hans & Hiller, 2013; Rodebaugh et al., 2004)

Negatieve geheugenbeelden

Truth Potato

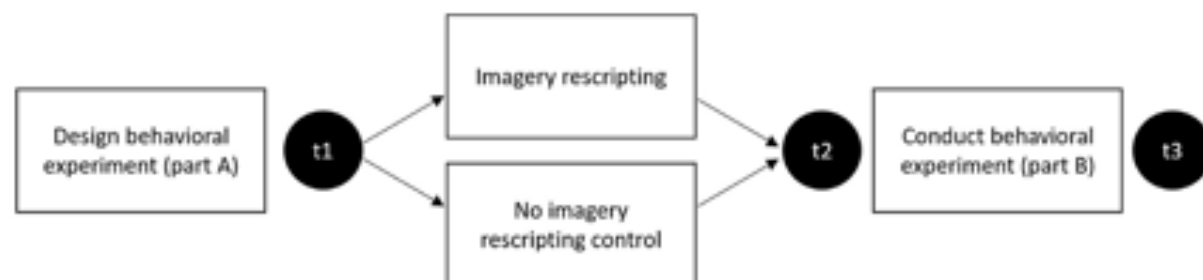
The past is a memory,
while the future is our imagination.



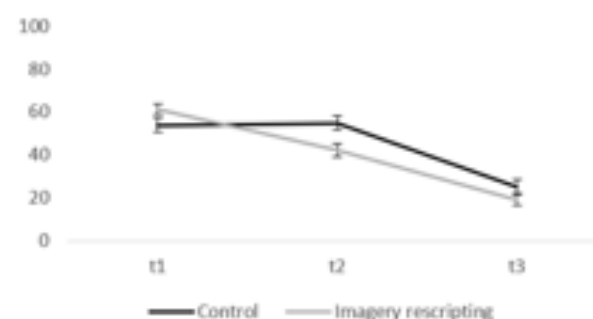
Future-oriented imagery rescripting facilitates conducting behavioral experiments in social anxiety

Elze Landkroon   Katharina Meyerbröker, Elske Salemink,

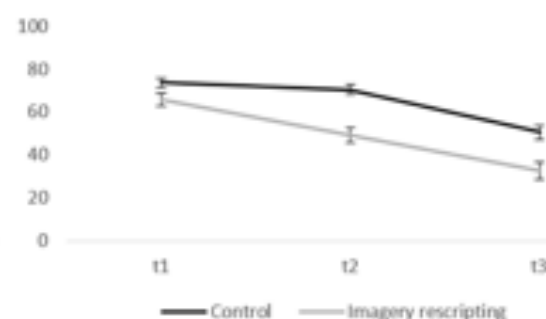
Iris M. Engelhard



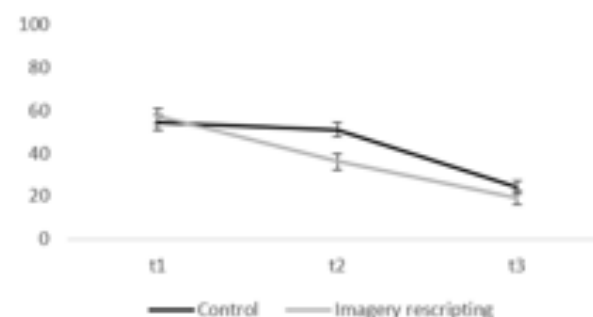
Anticipated probability of negative outcome



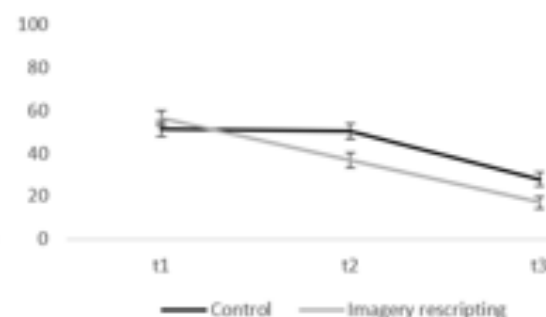
Anticipated severity of negative outcome



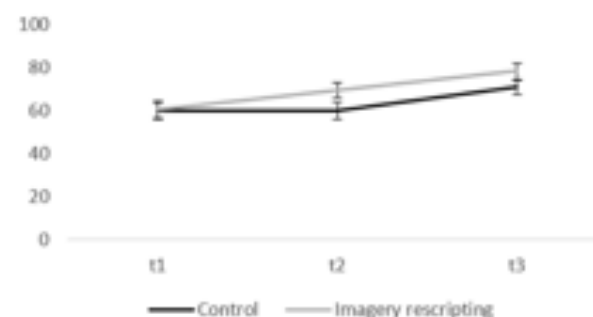
Anxiety



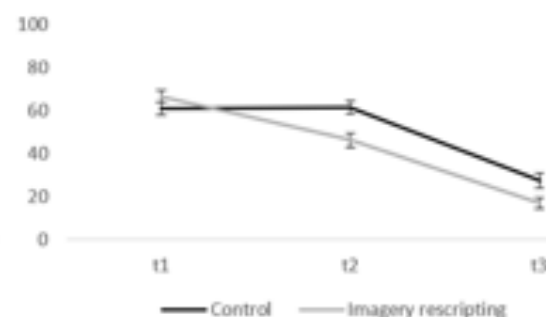
Helplessness



Willingness



Validity of conditional statement

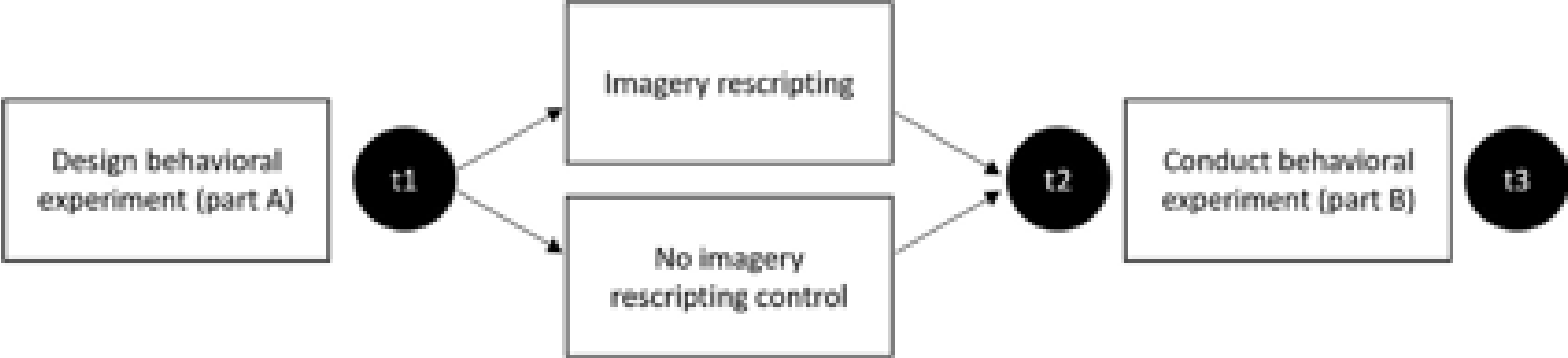


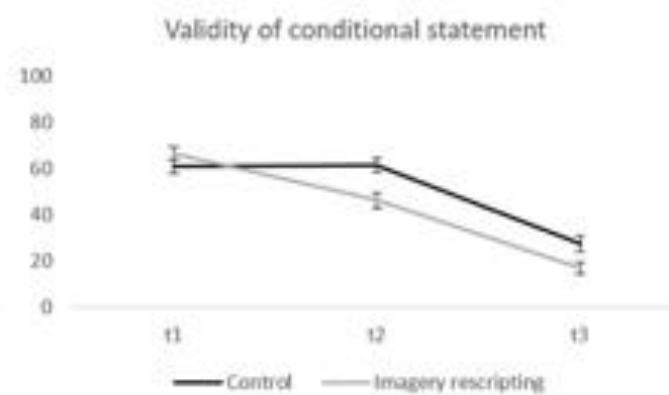
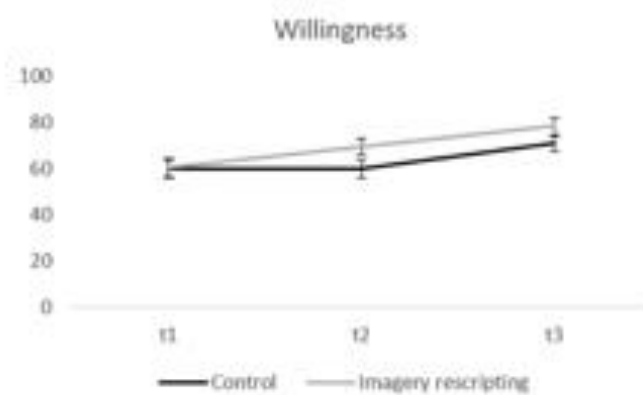
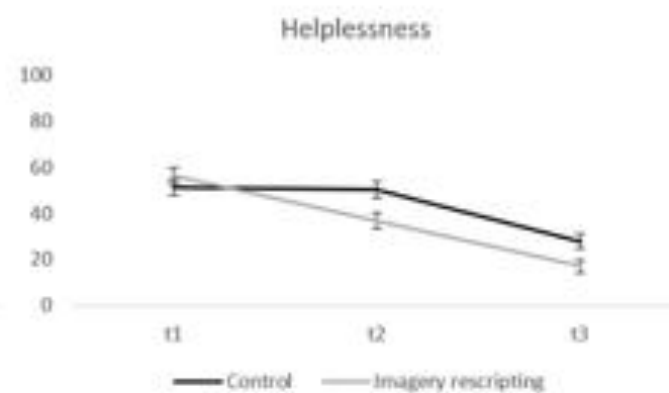
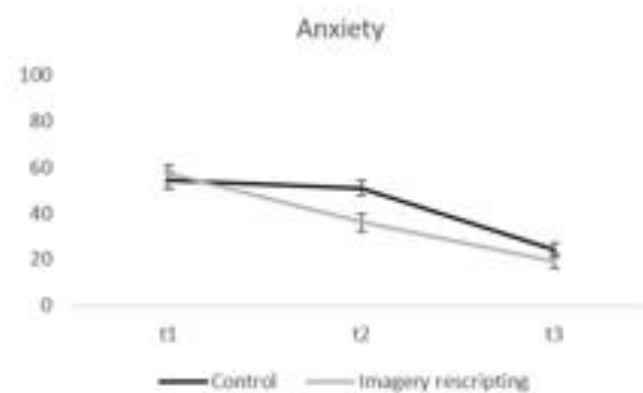
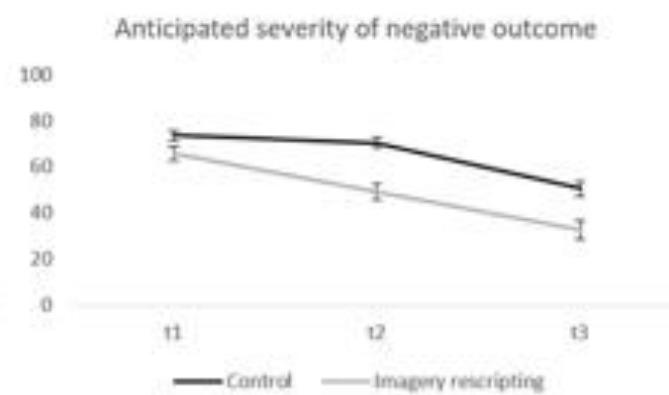
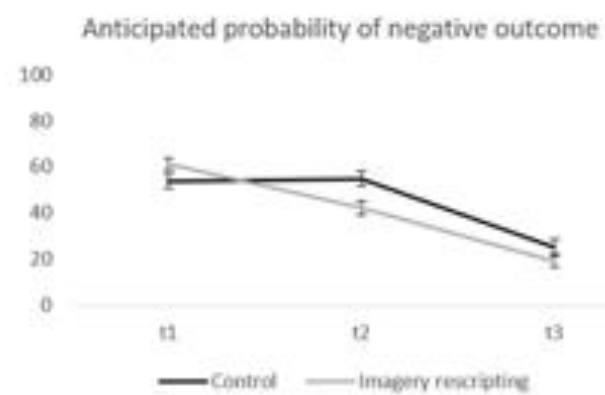
ALS



DAN



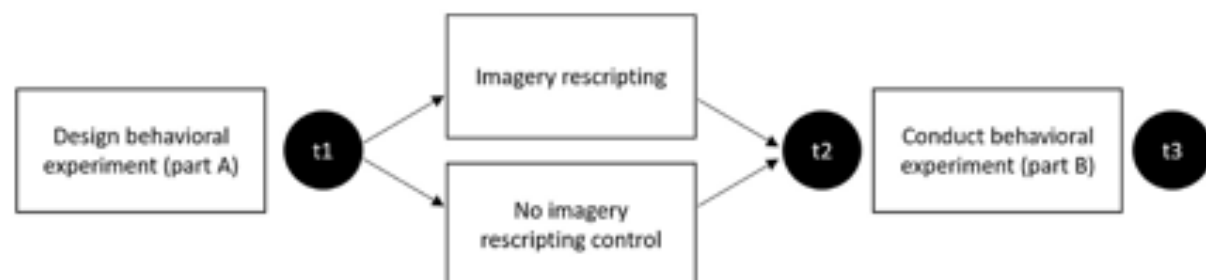




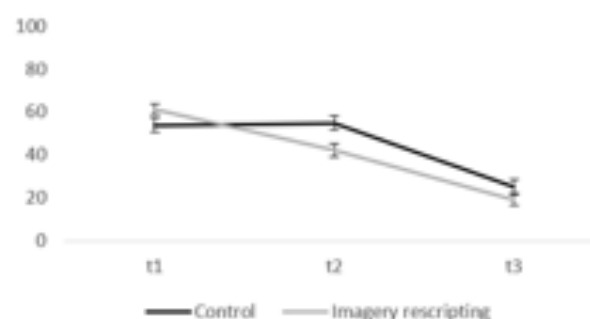
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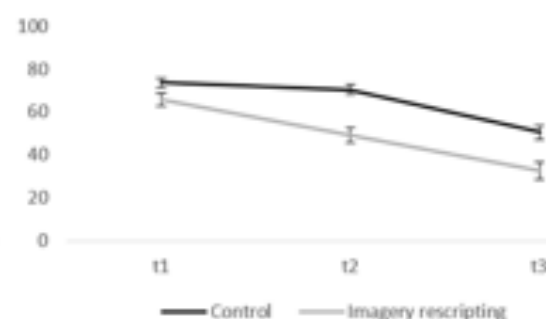
Iris M. Engelhard



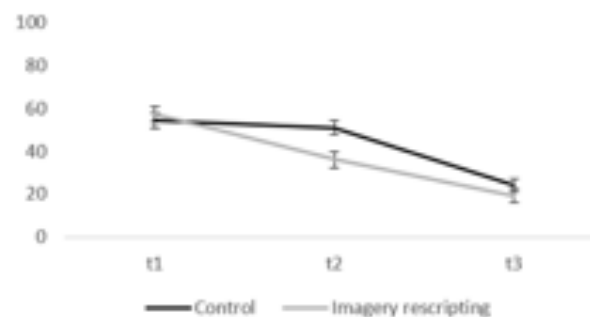
Anticipated probability of negative outcome



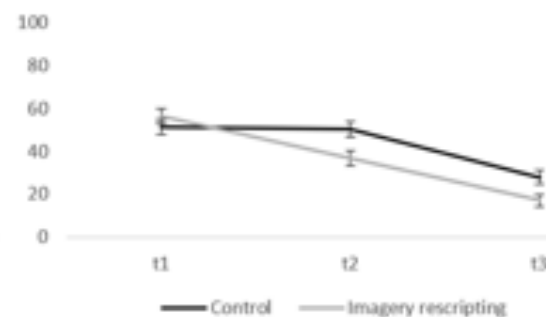
Anticipated severity of negative outcome



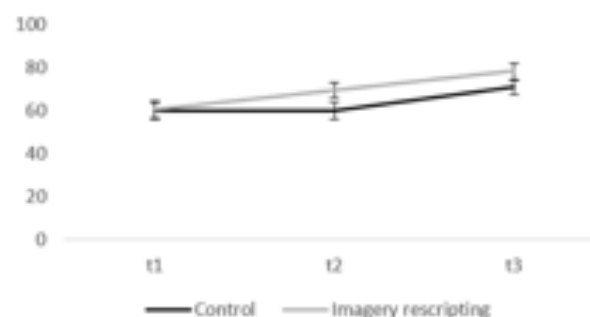
Anxiety



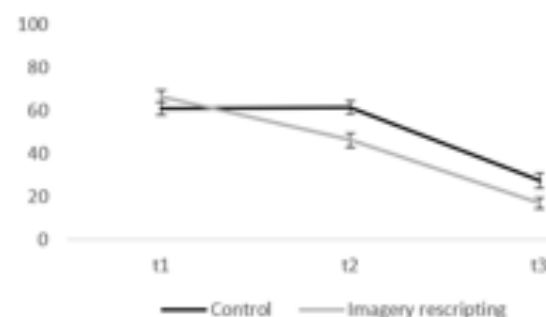
Helplessness



Willingness

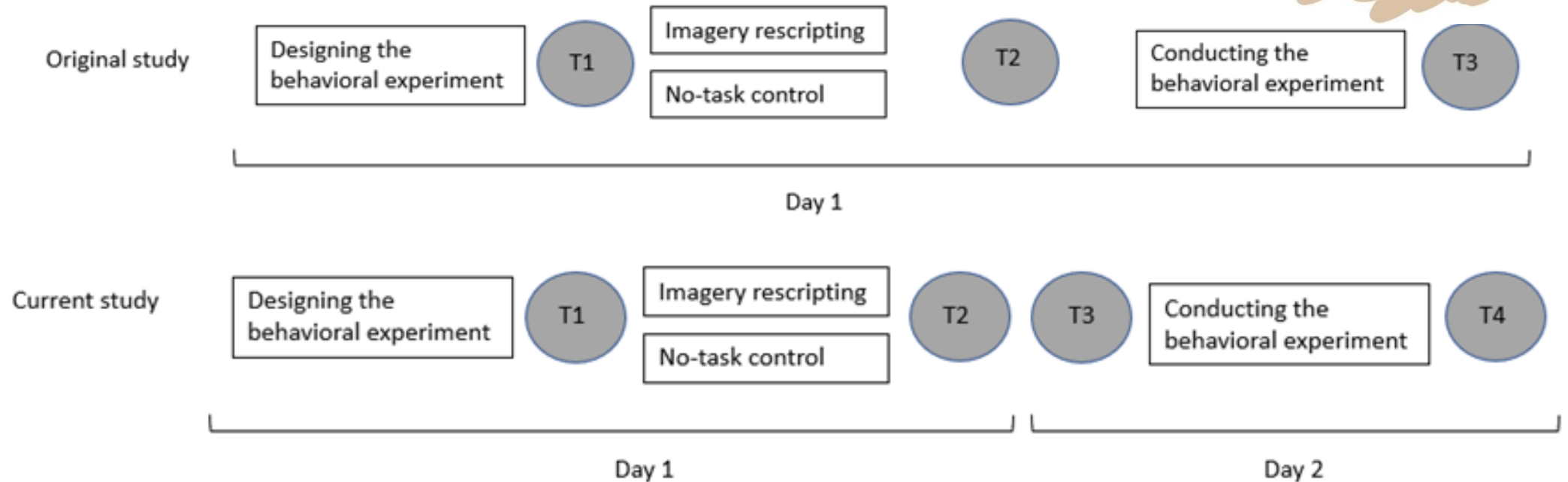
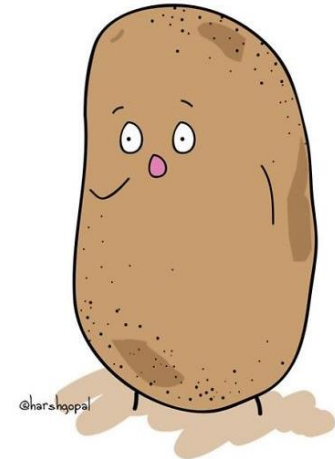


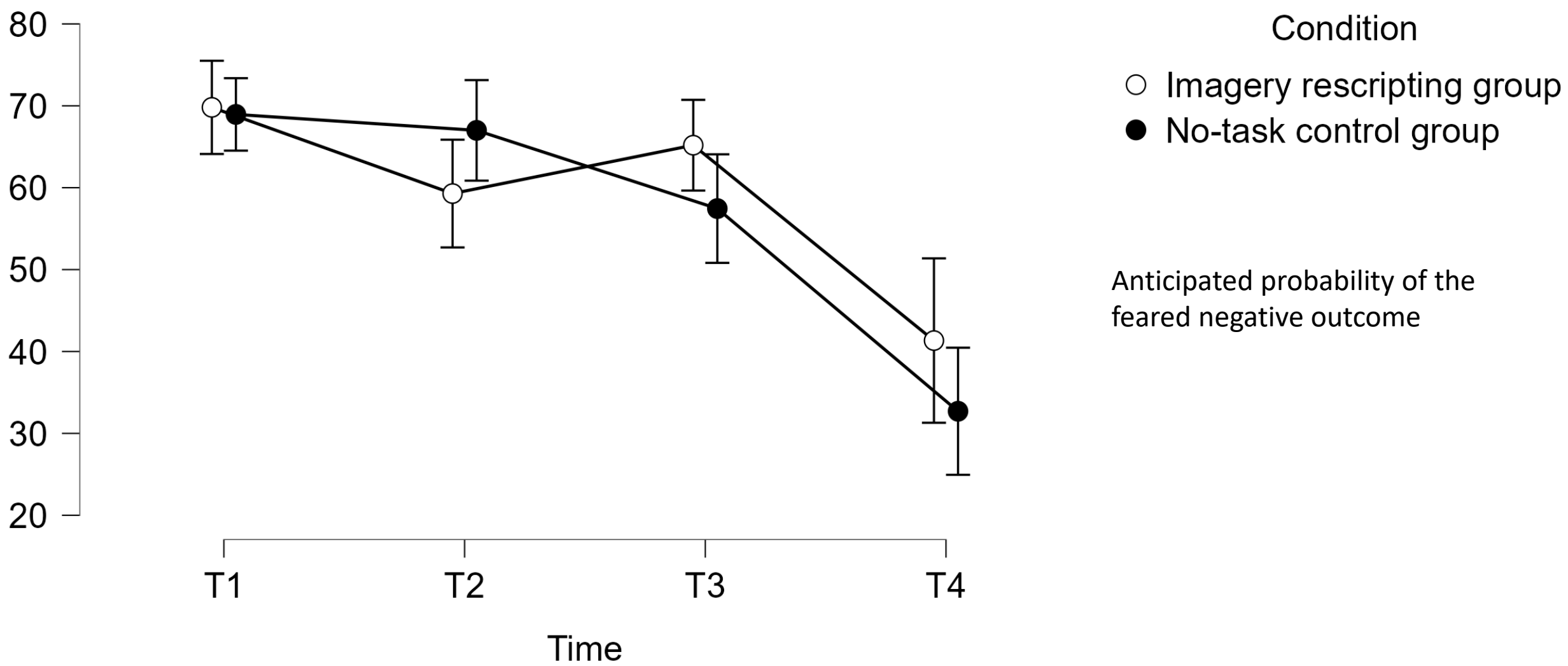
Validity of conditional statement



Fastest way to get an answer is not to question, but to make a wrong statement.

- Is dit een toevalsbevinding?
- Stabiliteit van het effect?
- Vermijding?



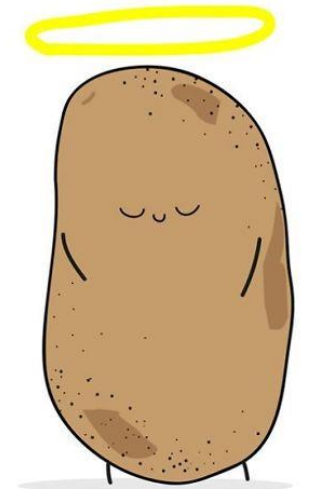


Meta-analyses

	BF ₁₀
Willingness to conduct behavioral experiment	1.59
Anxiety	19.97
Credibility of the threat belief	2965.25
Anticipated probability of the feared negative outcome	831.11
Anticipated severity of the feared negative outcome	47.32

Truth Potato

Life is enjoyed
when truth is no
longer a
threat.



Limitaties

- Kwaliteit van imaginaire rescripting
- Manipulatie checks
- Moedertaal



Mogelijke verklaringen

- Sample
- Moeilijkheid gedragsexperimenten (Bennett-Levy et al., 2004; Craske et al., 2022)
- Protocol minder effectief (Ashbaugh et al., 2019; Chiu et al., 2022; Liang et al., 2021)
- Effect van tijd (Schacter et al., 2017; Dassen et al., 2016; O'Donnell et al., 2017)

Klinische implicaties

Truth Potato

Failure is a chance to restart.

