

Amsterdam Public Health
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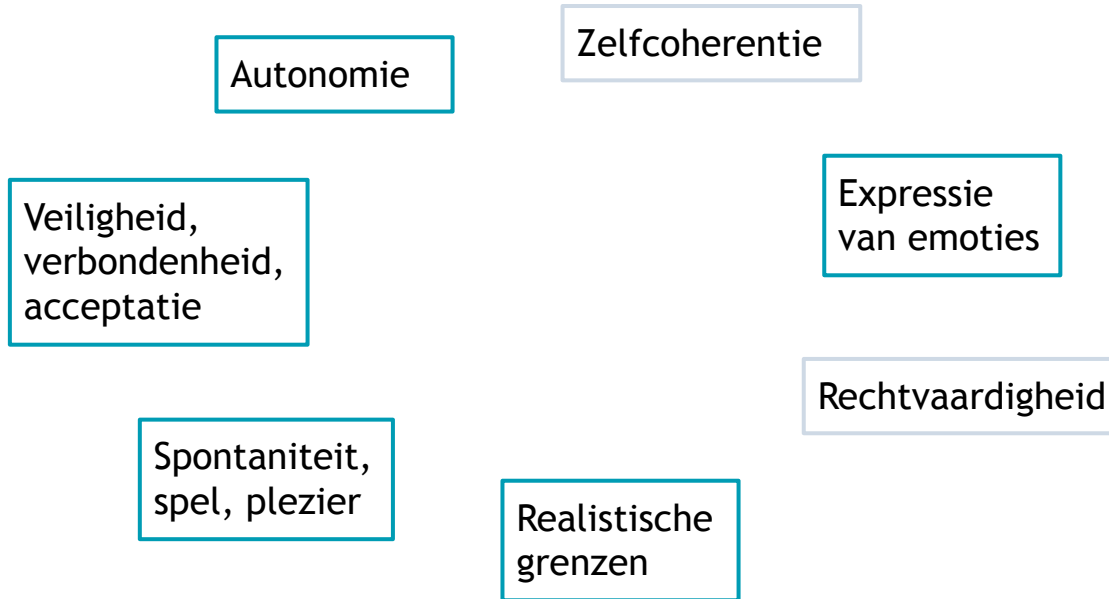
Schematherapie bij OCS

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Basisbehoeften van een kind





Schema's en modi (casus)

Schema:
meedogenloze
normen

Beschermermodus:
perfectionistische
overcontroleerder



Evidentie schematherapie bij OCS

- Maladaptieve schema's → behandel-effect bij OCS ↓¹
- Observationele studies: schematherapie is veelbelovend bij OCS^{2 3 4}

1. Thiel N, Tuschen-Caffier B, Herbst N, et al. The prediction of treatment outcomes by early maladaptive schemas and schema modes in obsessive-compulsive disorder. *BMC Psychiatry*. 2014;14:362.
2. Thiel N, Jacob GA, Tuschen-Caffier B, et al. Schema therapy augmented exposure and response prevention in patients with obsessive-compulsive disorder: Feasibility and efficacy of a pilot study. *J Behav Ther Exp Psychiatry*. 2016;52:59-67.
3. Peeters N, Stappenbelt S, Burk WJ, van Passel B, Krans J. Schema therapy with exposure and response prevention for the treatment of chronic anxiety with comorbid personality disorder. *Br J Clin Psychol*. 2021;60(1):68-76.
4. Remmerswaal KCP, Cnossen TEA, van Balkom AJLM, Batelaan NM. Schema therapy with cognitive behaviour day-treatment in patients with treatment-resistant anxiety disorders and obsessive-compulsive disorder: an uncontrolled pilot study. *Behav Cogn Psychother*. 2023;51(2):174-179.



Conclusie casus

- Beperkte evidentie, maar gezien de leergeschiedenis sluit schematherapie goed aan
- Autisme geen contra-indicatie voor individuele schematherapie⁵

5. Vuijk R, Deen M, Geurts HM, Arntz A. Schema therapy for personality disorders in autistic adults: Results of a multiple case series study. *Clin Psychol Psychother.* 2023;30(2):458-472. doi:10.1002/cpp.2817

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