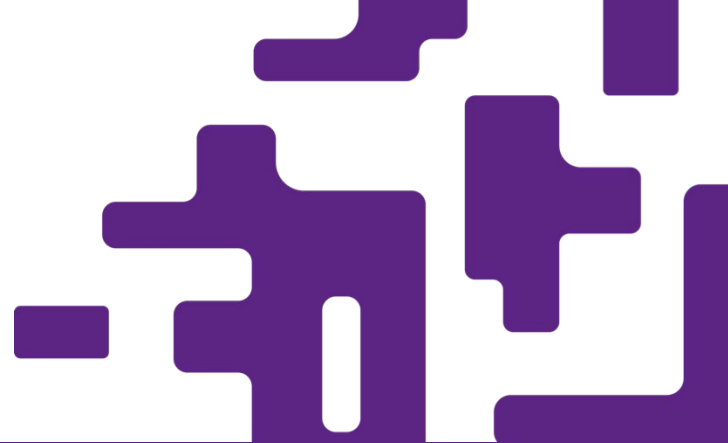




NORMENT

Norwegian Centre for
Mental Disorders Research



Følelsesregulering: Hvordan håndtering av følelser påvirker livskvalitet og mestring

Margrethe Collier Høegh

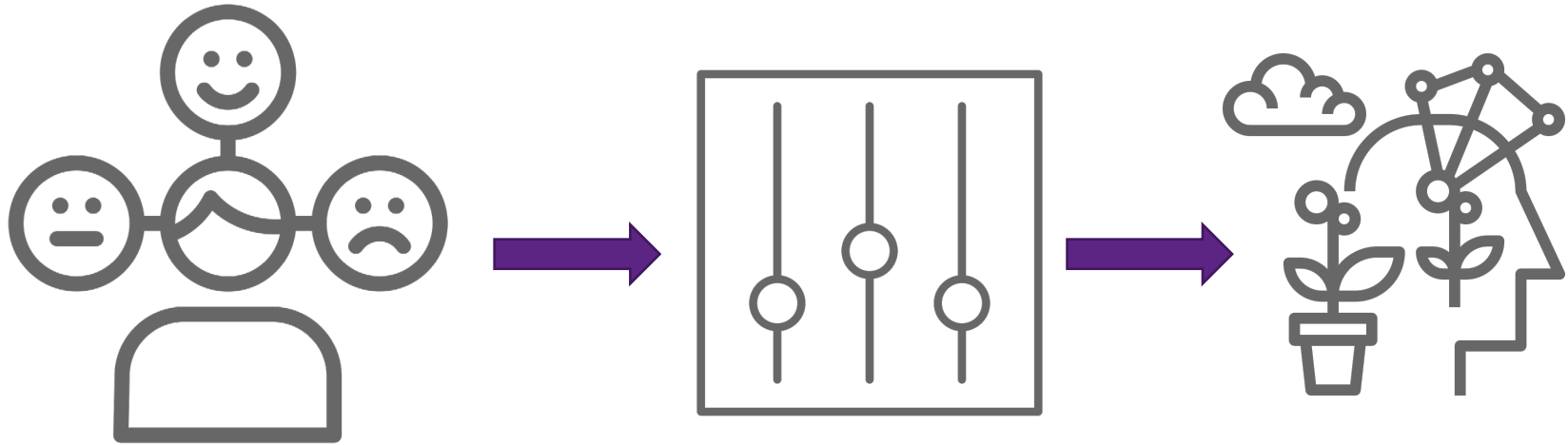
Psykolog og forsker

Følelsesregulering

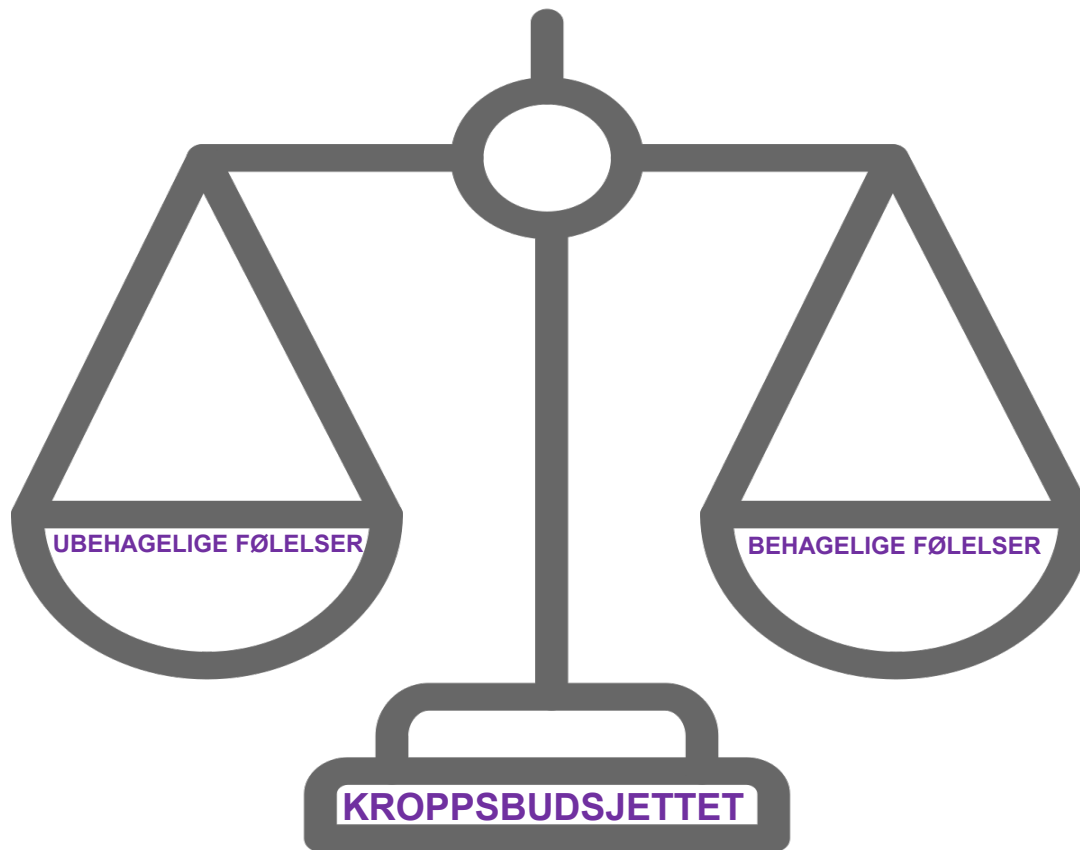
- Hvordan vi påvirker **hvilke** følelser vi har, **når** vi har dem, og **hvordan** følelsene oppleves og kommer til uttrykk
- Kan være automatisk eller kontrollert
- Følelsesregulering er viktig – henger sammen med livskvalitet, sosial fungering og psykisk helse



Følelsesregulering og stress



FØLELSESREGULERING



Vansker med følelsesregulering og alvorlige psykiske lidelser

1 of 8

Affective lability across psychosis spectrum disorders

Margrethe Collier Heegh¹, Ingrid Melle¹, Sofie R. Aminoff^{1,2}, Janicke Fjara Laskemoen¹, Camilla Bakkaia Buchmann¹, Torill Ueland^{1,3} and Trine Vik Lagerberg¹

Research Article

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Key words: affective lability, psychosis, psychosis spectrum disorders

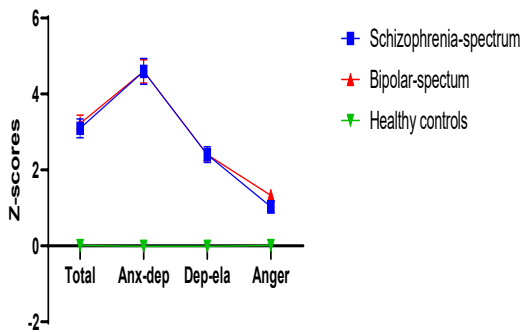
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Abstract

Background: Despite apparent clinical remission, individuals with psychotic disorders often experience significant impairments across functional domains. Thus, there is a need to search beyond management of core symptoms to optimize treatment outcomes. Affective dysregulation is considered a risk factor for poor clinical and functional outcomes in many mental disorders, but research investigating such features in psychosis, particularly in schizophrenia, is limited. We aimed to investigate the level of affective lability (AL) in participants with schizophrenia and bipolar spectrum disorders (n=223) compared to healthy controls (n=140), as well as clinical correlates of AL in the diagnostic groups.

Methods: The Affective Lability Scale (ALS-SF) was used to measure total score of AL and subscores covering the domains of anxiety-depression, depression/anger, and anger. An analysis of covariance was performed to compare the ALS-SF total score between groups, correcting for potential confounders, as well as standard multiple regression analyses for diagnostic-specific investigations of the relationship between AL and demographic and clinical features.

Results: Both the schizophrenia- and bipolar spectrum group had significantly higher ALS-SF total score compared to controls (z=2.0011) and no significant differences between the nature



- Psykosesymptomer
- Depressive symptomer



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<https://doi.org/10.1186/s10345-021-00238-0>

International Journal of
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RESEARCH Open Access

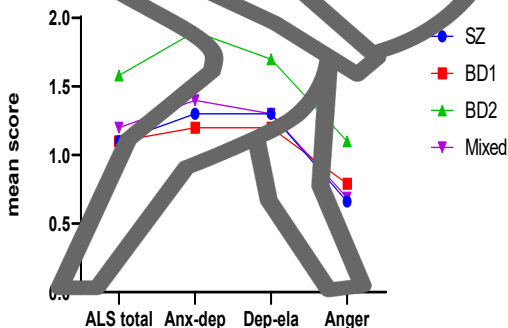
Characterization of affective lability across subgroups of psychosis spectrum disorders

Margrethe Collier Heegh¹, Ingrid Melle¹, Sofie R. Aminoff^{1,2}, Beathe Haaveit¹, Stine Holmstul Olsen¹, Janicke Fjara Laskemoen¹, Torill Ueland^{1,3} and Trine Vik Lagerberg¹

Abstract

Background: Affective lability is elevated and associated with increased clinical burden in psychosis spectrum disorders. However, the specific structure and dispersion of affective lability varies between the specific diagnostic subgroups, but it is however unclear if there is potential value as a treatment target, further to investigate the structure of affective lability in psychosis spectrum disorders. The main aim of our study was to investigate differences in the structure of affective lability across psychosis spectrum disorders, and if putative differences remained after controlling for current symptoms.

Methods: Affective lability was assessed with The Affective Lability Scale Short Form (ALS-SF) in participants with



- Høyest hos BD2, like høyt hos BD1 og schizofreni

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<https://doi.org/10.1007/s00406-022-01380-0>

ORIGINAL PAPER

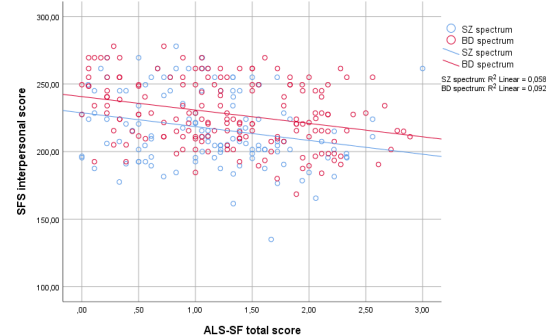
Affective lability and social functioning in severe mental disorders

Margrethe Collier Heegh¹, Ingrid Melle¹, Sofie R. Aminoff^{1,2}, Stine Holmstul Olsen¹, Synve Hoffart Lunding¹, Torill Ueland^{1,3} and Trine Vik Lagerberg¹

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Abstract

Social functioning is impaired in severe mental disorders despite clinical remission, illustrating the need to identify other mechanisms that hinder psychosocial recovery. Affective lability is elevated and associated with an increased clinical burden in psychosis spectrum disorders. We aimed to investigate putative associations between affective lability and social functioning in 293 participants with severe mental disorders (schizophrenia- and bipolar spectrum), and if such an association was independent of well-established predictors of social impairments. The Affective Lability Scale (ALS-SF) was used to measure affective lability covering the dimensions of anxiety-depression, depression-anger and anger. The interpersonal domain of the Social Functioning Scale (SFS) was used to measure social functioning. Correlation analyses were conducted to investigate associations between affective lability and social functioning, followed by a hierarchical multiple regression and follow-up analyses in diagnostic subgroups. Features related to pre-morbid and clinical characteristics were entered as independent variables together with the ALS-SF scores. We found that higher scores on all ALS-SF subdimensions were significantly associated with lower social functioning ($p < 0.005$) in the total sample. For the anxiety-depression dimension of the ALS-SF, this association persisted after controlling for potential confounders such as premorbid social functioning.



- Assosiert med nedsatt sosial funksjon

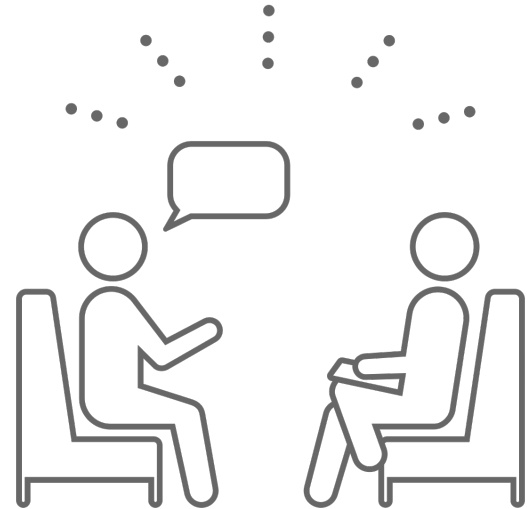


HÅP

..om bedring og bedre behandling

Behandlingstilnærminger

- Terapi: Dialektisk atferdsterapi, Affektreguleringstrening, The Unified Protocol
- Mindfulness elementer

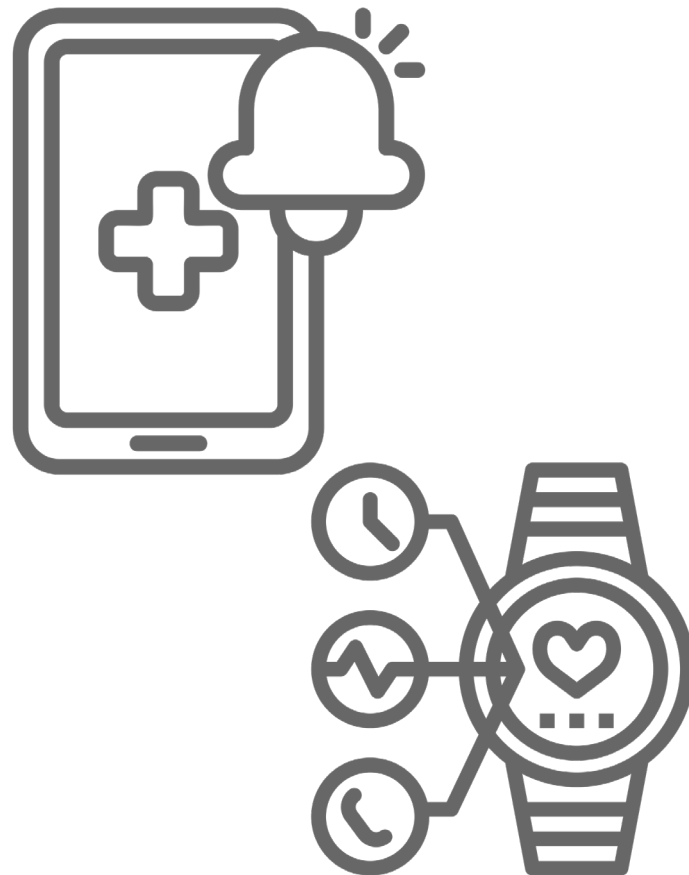




- Mindfulness: økt bevissthet rundt følelser
- Bedre i stand til å velge hensiktsmessige måter å regulere følelser på
- Reduksjon av følelsesmotivert unngåelsesatferd

Digitale intervensjoner

- Følelsesregulering i hverdagen
- Gir «just-in-time» ferdigheter som kan hjelpe i reguleringsprosessen





Viktor Frankl: «*Mellom stimulus og respons er det et rom. I det rommet finnes makten vi har til å velge vår respons. I responsen vi velger så ligger det vekst og frihet*».

