



ggz Drenthe
esprja





university of
 groningen

faculty of behavioural
 and social sciences

Move to Improve:

Bewegen als behandelaugmentatie tijdens traumagerichte behandeling

Een experimentele benadering

Rick de Haart

RGOc Symposium, december 2023

ggz Drenthe

Tension in my
whole body

Anxiety i

Nausea 39

Powerless

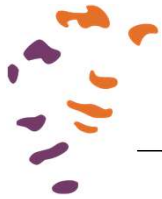
Really angry

Time exposed

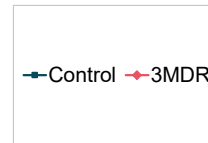
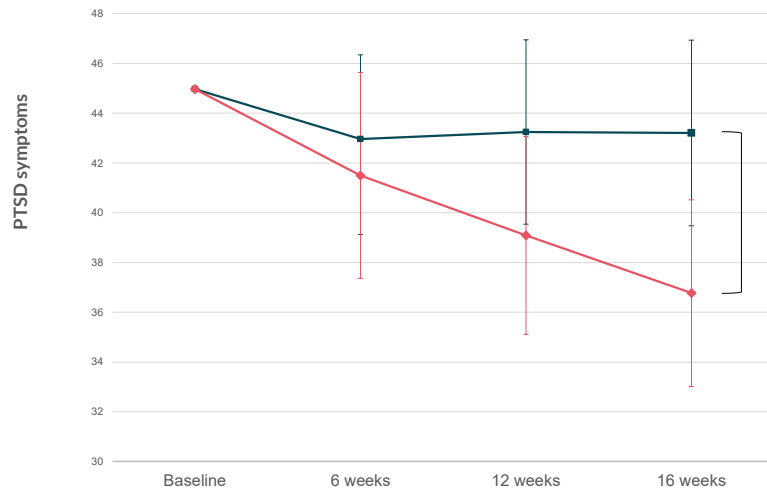


3MDR:

Multi-modal Motion-assisted Memory Desensitization and Reconsolidation



3MDR: huidige evidentie

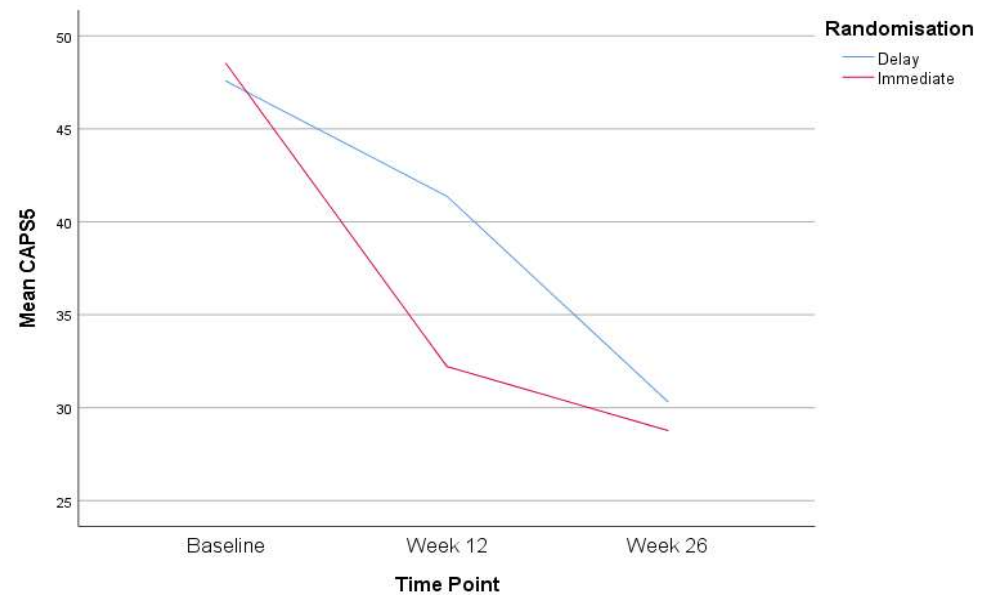


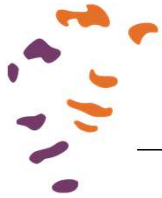
Large effect (Cohen's $d = 0.83$)
N = 43

Van Gelderen et al., (2020). *Psychotherapy and Psychosomatics*

Moderate effect (Cohen's $d = 0.65$)
N = 42

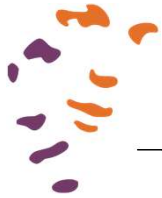
Bisson et al., (2020). *Acta Psychiatrica Scandinavica*





Bewegen in de traumagerichte behandeling

- Bewegen leidt tot reductie van PTSS symptomen
(Hedges $g = 0.35$; Rosenbaum et al., 2015)
- Bewegen + traumagerichte behandeling:
 1. Geen effect van sporten + imaginaire exposure (N = 72) (Young-McCaughan et al., 2022)
 2. Een uur buiten wandelen na exposure was effectiever dan voor exposure (N = 93) (Voorendonk et al., 2021)
 3. Geen effect van het toevoegen van sporten in een hoog intensief traumagericht behandelprogramma (N = 119) (Voorendonk et al., 2023)
 4. Aerobics oefeningen na exposure was effectiever dan passief stretchen na exposure (N = 130)
(Bryant et al., 2023)



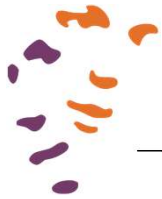
Experimentele benadering: Move to Improve

Doel:

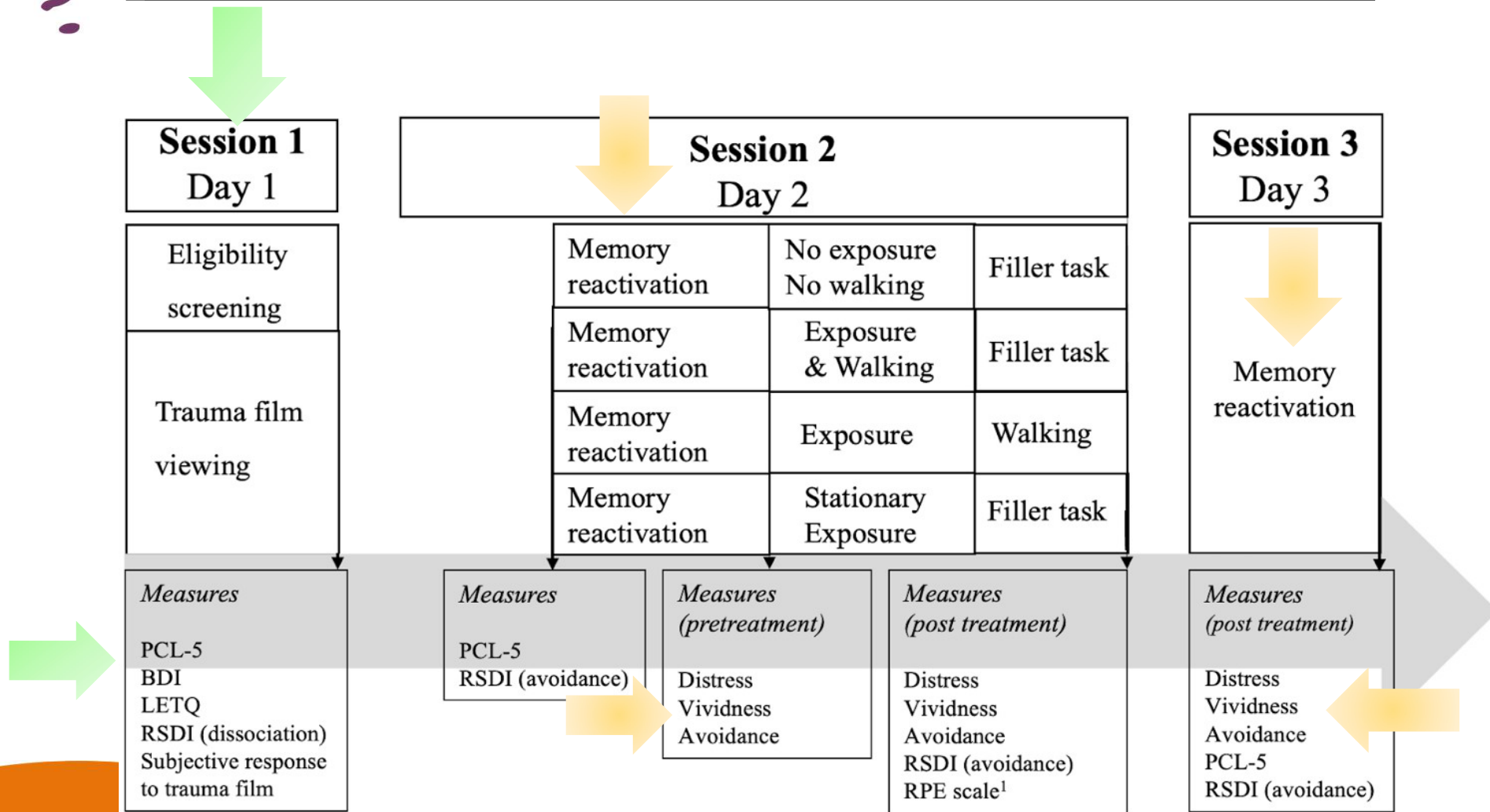
1. Effect van lopen tijdens exposure
 2. Wanneer lopen (timing)
- Non-klinische sample N = 328
 - Trauma film paradigma + verkort 3MDR behandelprotocol
 - Driedaags experiment in het Heymans lab

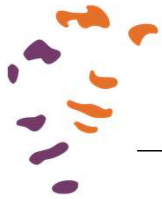
Exposure en lopen	Alleen Exposure	Exposure en na afloop lopen	Geen exposure, niet lopen
-------------------	-----------------	-----------------------------	---------------------------





Experimentele benadering: Move to Improve

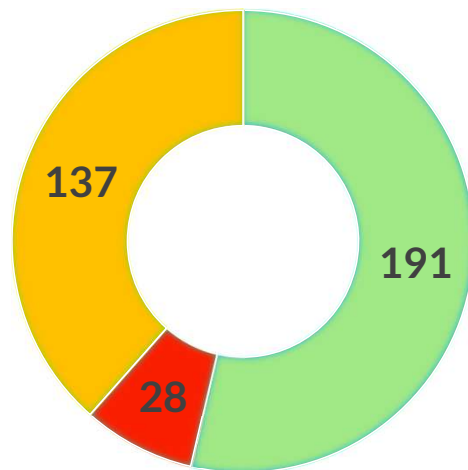




Move to Improve: stand van zaken

INCLUSIES (N = 328)

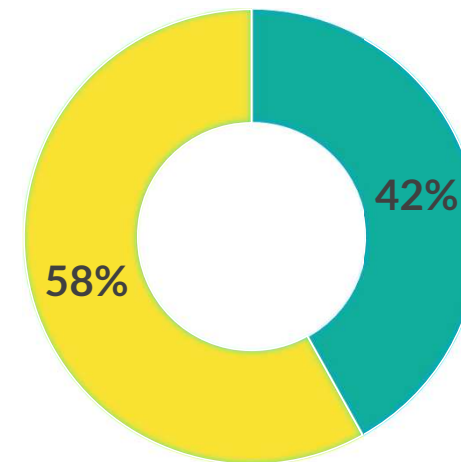
■ Afgerond ■ Drop-out ■ Recruitment



VERDELING STEEKPROEF GESLACHT

(N = 191)

■ Man ■ Vrouw





university of
groningen

faculty of behavioural
and social sciences

Team

Dr. Miriam Lommen

Prof. dr. Judith Daniels

Prof. dr. Danielle Cath

Contact information



Rick de Haart
GZ-psycholoog
Promovendus

rick.de.haart@ggzdrenthe.nl

GGZ Drenthe, Traumacentrum

Rijksuniversiteit Groningen, Eenheid Klinische Psychologie & Experimentele Psychopathologie

