

n. 2 position on this research topic:

Title: Disentangling psychological interventions for mental disorders into a taxonomy of active ingredients (DECOMPOSE)

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Abstract: Psychological interventions are generally effective treatment options, but crucial aspects related to mechanisms and personalization are still unclear. Severe mental disorders such as psychotic, bipolar, substance use, eating and borderline personality require knowledge of mechanisms of change and a more individualised approach, beyond the application of one-size-fit-all treatment packages. A fundamental problem is that psychological interventions are complex and composite. The EU-funded DECOMPOSE project will dismantle these into their constituent parts, integrate components into a taxonomy, and recast treatment efficacy and personalization from a novel perspective: components instead of brands and categories. The final goal is to create an open clinical decision support system, where users can “assemble” and “dismantle” interventions, visualising gain or loss of treatment effectiveness.