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## Identification of child mental health problems in primary care: an interdisciplinary approach

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### Citation

Koning, N. R. (2021, December 14). *Identification of child mental health problems in primary care: an interdisciplinary approach*. Retrieved from <https://hdl.handle.net/1887/3247019>

Version: Publisher's Version

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# IDENTIFICATION OF CHILD MENTAL HEALTH PROBLEMS IN PRIMARY CARE AN INTERDISCIPLINARY APPROACH



1. The identification of child mental health problems (MHPs) differs substantially between primary care professionals. *(this thesis)*
2. Prediction models to improve child MHP identification based on primary care routine healthcare data are in their current form not suitable for use in daily practice. *(this thesis)*
3. Knowledge regarding several child characteristics that are registered in preventive youth healthcare can be useful for general practitioners (GPs) to improve the early identification of child MHPs. *(this thesis)*
4. GPs and preventive youth healthcare professionals feel the need for better collaboration and especially an improved exchange of information. *(this thesis)*
5. Interventions aimed at prevention or early treatment of MHPs need to focus on youth since half of all lifetime MHPs start by age 14 years and 75% by age 24 years. *(adapted from Kessler et al., Arch Gen Psychiatry 2005; 62(6):593-60)*
6. Primary care practitioners perceive many barriers that prevent effective management of child MHPs, in particular there is a need for tools and training to aid accurate identification of child MHPs. *(adapted from O'Brien et al., Br J Gen Pract 2016; 66(651):e693-707)*
7. Increasing a GP's awareness of the possible presence of MHPs in children consulting for physical problems may increase GP identification of MHPs and enhance access to care for those in need. *(adapted from Zwaanswijk et al., Fam Pract 2005; 22(5):498-506)*
8. Linking information regarding health, education, social care and research datasets can facilitate epidemiological research to better identify, conceptualise and address the needs of children and adolescents. *(adapted from Mansfield et al., Evid Based Ment Health 2020;23:39-44)*
9. "Waarom moeilijk doen als het samen kan?", zou vaker toegepast moeten worden bij het verlenen van zorg en het doen van onderzoek. *(vrij naar Loesje, 1991)*
10. "Sharing is caring", can also be applicable to the exchange of valuable information in healthcare. *(adapted from Salvation army, 1950)*