

WEBVTT

NOTE duration: "01:01:43.696"

NOTE Confidence: 0.94610417

00:00:01.920 --> 00:00:04.019 Hello, everybody. Hi. Good afternoon.

NOTE Confidence: 0.9801456

00:00:05.359 --> 00:00:07.200 Hi, everybody. I'm I'm I'm

NOTE Confidence: 0.9801456

00:00:07.200 --> 00:00:08.260 I'm Wendy Silverman.

NOTE Confidence: 0.8144355

00:00:08.639 --> 00:00:10.820 I'm, I directed Ellie Leibovitz,

NOTE Confidence: 0.9963465

00:00:11.440 --> 00:00:12.740 the anxiety program

NOTE Confidence: 0.84595275

00:00:13.119 --> 00:00:14.320 here at the Charles Studies

NOTE Confidence: 0.84595275

00:00:14.320 --> 00:00:15.460 Center, and I'm

NOTE Confidence: 0.99810386

00:00:16.055 --> 00:00:19.175 so thrilled that a world

NOTE Confidence: 0.99810386

00:00:19.175 --> 00:00:21.654 famous child anxiety researcher from

NOTE Confidence: 0.99810386

00:00:21.654 --> 00:00:22.154 Australia

NOTE Confidence: 0.9905989

00:00:23.015 --> 00:00:23.755 is here.

NOTE Confidence: 0.9507741

00:00:24.055 --> 00:00:25.494 And, her name is the

NOTE Confidence: 0.9507741

00:00:25.494 --> 00:00:27.175 professor Jenny Hudson. I know

NOTE Confidence: 0.9507741

00:00:27.175 --> 00:00:28.454 Jenny for a long time

NOTE Confidence: 0.9507741

00:00:28.454 --> 00:00:29.940 because of her excellent work,  
NOTE Confidence: 0.867345  
00:00:30.580 --> 00:00:30.900 And,  
NOTE Confidence: 0.99952435  
00:00:31.780 --> 00:00:32.280 she's  
NOTE Confidence: 0.97181237  
00:00:32.900 --> 00:00:34.260 known all over the world,  
NOTE Confidence: 0.97181237  
00:00:34.260 --> 00:00:35.800 and she's especially  
NOTE Confidence: 0.9527845  
00:00:36.420 --> 00:00:37.460 a a rock star all  
NOTE Confidence: 0.9527845  
00:00:37.460 --> 00:00:38.580 over, but a super rock  
NOTE Confidence: 0.9527845  
00:00:38.580 --> 00:00:39.640 star in Australia,  
NOTE Confidence: 0.97812176  
00:00:40.500 --> 00:00:41.460 where she is now I  
NOTE Confidence: 0.97812176  
00:00:41.460 --> 00:00:42.600 have to take my glasses.  
NOTE Confidence: 0.99048966  
00:00:43.300 --> 00:00:44.500 Where she is a fellow  
NOTE Confidence: 0.99048966  
00:00:44.500 --> 00:00:45.159 of the  
NOTE Confidence: 0.99556446  
00:00:45.495 --> 00:00:47.515 Australian Academy of Social Sciences  
NOTE Confidence: 0.96859425  
00:00:48.055 --> 00:00:49.095 and the what would be  
NOTE Confidence: 0.96859425  
00:00:49.095 --> 00:00:50.775 the equivalent of NIMH, the  
NOTE Confidence: 0.96859425  
00:00:50.775 --> 00:00:52.534 National Health and Medical Research

NOTE Confidence: 0.96859425  
00:00:52.534 --> 00:00:53.034 Council.  
NOTE Confidence: 0.99820536  
00:00:53.655 --> 00:00:55.655 And she is also very  
NOTE Confidence: 0.99820536  
00:00:55.655 --> 00:00:57.915 heavily involved in Australian policy  
NOTE Confidence: 0.9174694  
00:00:59.570 --> 00:01:00.690 with with regard to child  
NOTE Confidence: 0.9174694  
00:01:00.690 --> 00:01:02.210 mental health. She chairs in  
NOTE Confidence: 0.9174694  
00:01:02.210 --> 00:01:04.069 Australia the government policy,  
NOTE Confidence: 0.9427859  
00:01:05.330 --> 00:01:07.409 committee of child mental health  
NOTE Confidence: 0.9427859  
00:01:07.409 --> 00:01:08.390 research plan.  
NOTE Confidence: 0.9961794  
00:01:08.850 --> 00:01:10.470 And she's also now participating  
NOTE Confidence: 0.9166666  
00:01:10.930 --> 00:01:12.869 in the Young Minds Matter,  
NOTE Confidence: 0.9166666  
00:01:13.165 --> 00:01:14.604 our future, which is also  
NOTE Confidence: 0.9166666  
00:01:14.604 --> 00:01:16.924 a Australian government department of  
NOTE Confidence: 0.9166666  
00:01:16.924 --> 00:01:17.424 health,  
NOTE Confidence: 0.99818134  
00:01:17.965 --> 00:01:18.465 initiative.  
NOTE Confidence: 0.99008733  
00:01:19.244 --> 00:01:20.704 So besides her incredible  
NOTE Confidence: 0.9997068

00:01:21.005 --> 00:01:22.465 work in the public  
NOTE Confidence: 0.9941225

00:01:22.765 --> 00:01:25.005 policy and sphere, she as  
NOTE Confidence: 0.9941225

00:01:25.005 --> 00:01:25.825 I said, she's  
NOTE Confidence: 0.98631567

00:01:26.290 --> 00:01:27.890 incredibly renowned in her work  
NOTE Confidence: 0.98631567

00:01:27.890 --> 00:01:28.870 in child anxiety  
NOTE Confidence: 0.74521214

00:01:29.490 --> 00:01:30.310 and developing,  
NOTE Confidence: 0.98372364

00:01:31.330 --> 00:01:33.650 innovative interventions that involve parents  
NOTE Confidence: 0.98372364

00:01:33.650 --> 00:01:34.869 and children and  
NOTE Confidence: 0.9668483

00:01:35.170 --> 00:01:36.770 is now moving in the  
NOTE Confidence: 0.9668483

00:01:36.770 --> 00:01:37.810 direction of,  
NOTE Confidence: 0.9827942

00:01:38.815 --> 00:01:40.975 digital mental health. So I  
NOTE Confidence: 0.9827942

00:01:40.975 --> 00:01:41.935 could go on and on,  
NOTE Confidence: 0.9827942

00:01:41.935 --> 00:01:43.135 but and I I also  
NOTE Confidence: 0.9827942

00:01:43.135 --> 00:01:44.035 just say she's  
NOTE Confidence: 0.99423736

00:01:44.415 --> 00:01:46.095 fabulous. And if I may  
NOTE Confidence: 0.99423736

00:01:46.095 --> 00:01:47.455 reveal a secret, she had

NOTE Confidence: 0.99423736  
00:01:47.455 --> 00:01:49.055 her first pastrami sandwich in  
NOTE Confidence: 0.99423736  
00:01:49.055 --> 00:01:49.875 New York City  
NOTE Confidence: 0.9262062  
00:01:50.255 --> 00:01:51.075 last night,  
NOTE Confidence: 0.9401965  
00:01:51.900 --> 00:01:53.200 at Katz's Delicatessen  
NOTE Confidence: 0.93393743  
00:01:53.500 --> 00:01:54.880 in the Lower East Side.  
NOTE Confidence: 0.898587  
00:01:55.180 --> 00:01:55.500 So,  
NOTE Confidence: 0.99219924  
00:01:56.939 --> 00:01:57.820 for those of you who  
NOTE Confidence: 0.99219924  
00:01:57.820 --> 00:01:58.939 may not know that, I'll  
NOTE Confidence: 0.99219924  
00:01:58.939 --> 00:02:00.700 take you also to, Katz's  
NOTE Confidence: 0.99219924  
00:02:00.700 --> 00:02:01.200 Delicatessen  
NOTE Confidence: 0.96939766  
00:02:01.500 --> 00:02:02.460 in the Lower East Side  
NOTE Confidence: 0.96939766  
00:02:02.460 --> 00:02:04.540 of Manhattan. Okay. So and  
NOTE Confidence: 0.96939766  
00:02:04.540 --> 00:02:06.159 and she's here to still  
NOTE Confidence: 0.97357064  
00:02:06.619 --> 00:02:08.294 you know, eating a sandwich  
NOTE Confidence: 0.97357064  
00:02:08.294 --> 00:02:09.334 like this is no easy  
NOTE Confidence: 0.97357064

00:02:09.334 --> 00:02:10.694 task because she's still able  
NOTE Confidence: 0.97357064

00:02:10.694 --> 00:02:11.915 to be with us now,  
NOTE Confidence: 0.99821895

00:02:12.375 --> 00:02:13.915 after this unbelievable  
NOTE Confidence: 0.9977585

00:02:14.215 --> 00:02:15.275 pastrami sandwich.  
NOTE Confidence: 0.8526176

00:02:15.735 --> 00:02:16.775 I'm not gonna talk about  
NOTE Confidence: 0.8526176

00:02:16.775 --> 00:02:17.895 the and the other stuff.  
NOTE Confidence: 0.8526176

00:02:17.895 --> 00:02:18.694 She could tell you about  
NOTE Confidence: 0.8526176

00:02:18.694 --> 00:02:19.194 that.  
NOTE Confidence: 0.9732261

00:02:25.660 --> 00:02:27.419 I can highly recommend the  
NOTE Confidence: 0.9732261

00:02:27.419 --> 00:02:29.100 Wendy Silverman tour of the  
NOTE Confidence: 0.9732261

00:02:29.100 --> 00:02:30.940 Lower East Side. It is  
NOTE Confidence: 0.9732261

00:02:30.940 --> 00:02:31.440 excellent.  
NOTE Confidence: 0.9857451

00:02:32.060 --> 00:02:33.180 We had a fun time,  
NOTE Confidence: 0.9857451

00:02:33.419 --> 00:02:34.860 over the weekend, so thank  
NOTE Confidence: 0.9857451

00:02:34.860 --> 00:02:35.360 you.  
NOTE Confidence: 0.99292266

00:02:35.675 --> 00:02:36.635 And a big thank you,

NOTE Confidence: 0.99292266  
00:02:36.635 --> 00:02:38.235 Wendy, for having me here  
NOTE Confidence: 0.99292266  
00:02:38.235 --> 00:02:39.514 today. It's a pleasure to  
NOTE Confidence: 0.99292266  
00:02:39.514 --> 00:02:41.835 be able to present to,  
NOTE Confidence: 0.9991298  
00:02:42.315 --> 00:02:43.995 this incredible group of people  
NOTE Confidence: 0.9991298  
00:02:43.995 --> 00:02:44.895 here at Yale  
NOTE Confidence: 0.90451986  
00:02:45.195 --> 00:02:47.535 Child Study Centre. I've, admired  
NOTE Confidence: 0.9708088  
00:02:47.860 --> 00:02:48.980 Wendy's work for a very  
NOTE Confidence: 0.9708088  
00:02:48.980 --> 00:02:50.360 long time as well as,  
NOTE Confidence: 0.92384535  
00:02:50.900 --> 00:02:51.400 Ellie's  
NOTE Confidence: 0.97270095  
00:02:51.860 --> 00:02:53.540 and, Alan Kasdan as well.  
NOTE Confidence: 0.97270095  
00:02:53.540 --> 00:02:55.060 So it's very, it's a  
NOTE Confidence: 0.97270095  
00:02:55.060 --> 00:02:56.019 privilege for me to be  
NOTE Confidence: 0.97270095  
00:02:56.019 --> 00:02:57.459 here and share with you  
NOTE Confidence: 0.97270095  
00:02:57.459 --> 00:02:58.660 the work that I have  
NOTE Confidence: 0.97270095  
00:02:58.660 --> 00:02:59.400 been doing.  
NOTE Confidence: 0.9290066

00:03:00.555 --> 00:03:01.755 So I'm kind of thinking  
NOTE Confidence: 0.9290066

00:03:01.755 --> 00:03:03.055 about what I wanted to  
NOTE Confidence: 0.9290066

00:03:03.275 --> 00:03:04.575 present today,  
NOTE Confidence: 0.9489165

00:03:05.514 --> 00:03:06.475 and thinking about kind of  
NOTE Confidence: 0.9489165

00:03:06.475 --> 00:03:07.275 the work that I've been  
NOTE Confidence: 0.9489165

00:03:07.275 --> 00:03:08.555 doing. This one question that's  
NOTE Confidence: 0.9489165

00:03:08.555 --> 00:03:09.835 been on my mind that  
NOTE Confidence: 0.9489165

00:03:09.835 --> 00:03:10.975 I thought I would  
NOTE Confidence: 0.956904

00:03:11.355 --> 00:03:12.395 spend the time kind of  
NOTE Confidence: 0.956904

00:03:12.395 --> 00:03:13.775 going through the data  
NOTE Confidence: 0.8638222

00:03:14.235 --> 00:03:15.055 and also,  
NOTE Confidence: 0.97562397

00:03:15.755 --> 00:03:17.549 I suppose, exploring this idea  
NOTE Confidence: 0.97562397

00:03:17.549 --> 00:03:19.150 whether or not there is  
NOTE Confidence: 0.97562397

00:03:19.150 --> 00:03:20.909 a future for precision mental  
NOTE Confidence: 0.97562397

00:03:20.909 --> 00:03:21.409 health  
NOTE Confidence: 0.9766747

00:03:21.870 --> 00:03:23.889 in anxiety disorders in children.



NOTE Confidence: 0.99543667  
00:03:25.230 --> 00:03:26.750 We've had there's been a  
NOTE Confidence: 0.99543667  
00:03:26.750 --> 00:03:28.769 lot of talk around personalized  
NOTE Confidence: 0.9859003  
00:03:29.069 --> 00:03:30.775 care and also precision  
NOTE Confidence: 0.94153583  
00:03:31.075 --> 00:03:32.595 mental health. So I use  
NOTE Confidence: 0.94153583  
00:03:32.595 --> 00:03:33.955 this kind of slightly different  
NOTE Confidence: 0.94153583  
00:03:33.955 --> 00:03:35.015 term. So personalisation,  
NOTE Confidence: 0.99710613  
00:03:35.394 --> 00:03:36.455 I think, can be  
NOTE Confidence: 0.9090999  
00:03:36.915 --> 00:03:38.995 any adaptation really that a  
NOTE Confidence: 0.9090999  
00:03:38.995 --> 00:03:40.775 person might make to therapy.  
NOTE Confidence: 0.96677434  
00:03:42.035 --> 00:03:43.735 You know, maybe you're tailoring  
NOTE Confidence: 0.96677434  
00:03:43.795 --> 00:03:45.415 something to a a specific  
NOTE Confidence: 0.95775497  
00:03:45.930 --> 00:03:47.630 child because of their presentation  
NOTE Confidence: 0.95775497  
00:03:47.690 --> 00:03:49.070 or maybe their interests.  
NOTE Confidence: 0.99729186  
00:03:50.250 --> 00:03:50.750 But  
NOTE Confidence: 0.8513968  
00:03:51.050 --> 00:03:52.110 that's kind of personalising  
NOTE Confidence: 0.9963732

00:03:52.570 --> 00:03:54.590 it's not really driven by  
NOTE Confidence: 0.9963732

00:03:54.650 --> 00:03:55.150 data.  
NOTE Confidence: 0.97770137

00:03:55.530 --> 00:03:56.990 So when I say precision  
NOTE Confidence: 0.97770137

00:03:57.050 --> 00:03:59.050 mental health or precision mental  
NOTE Confidence: 0.97770137

00:03:59.050 --> 00:04:01.275 health care, precision care, it's  
NOTE Confidence: 0.97770137

00:04:01.275 --> 00:04:01.775 about  
NOTE Confidence: 0.95674706

00:04:02.155 --> 00:04:04.335 personalization that's driven by data,  
NOTE Confidence: 0.83395016

00:04:04.715 --> 00:04:05.215 which,  
NOTE Confidence: 0.98237664

00:04:05.595 --> 00:04:06.875 they're they're both quite different  
NOTE Confidence: 0.98237664

00:04:06.875 --> 00:04:07.375 things.  
NOTE Confidence: 0.9852373

00:04:08.395 --> 00:04:08.895 So  
NOTE Confidence: 0.97971076

00:04:09.755 --> 00:04:11.355 I do think that that  
NOTE Confidence: 0.97971076

00:04:11.355 --> 00:04:12.255 kind of personalization,  
NOTE Confidence: 0.9822286

00:04:12.555 --> 00:04:13.595 there's always gonna be a  
NOTE Confidence: 0.9822286

00:04:13.595 --> 00:04:14.700 future for that because that's  
NOTE Confidence: 0.9822286

00:04:14.700 --> 00:04:16.060 how clinicians work. As a

NOTE Confidence: 0.9822286  
00:04:16.060 --> 00:04:17.279 clinician, you always  
NOTE Confidence: 0.99968624  
00:04:17.980 --> 00:04:18.960 tailor your  
NOTE Confidence: 0.96165055  
00:04:19.419 --> 00:04:20.779 approach and, you know, you're  
NOTE Confidence: 0.96165055  
00:04:20.779 --> 00:04:22.779 not gonna approach a seven  
NOTE Confidence: 0.96165055  
00:04:22.779 --> 00:04:23.820 year old in the same  
NOTE Confidence: 0.96165055  
00:04:23.820 --> 00:04:24.880 way that you would approach  
NOTE Confidence: 0.96165055  
00:04:24.940 --> 00:04:26.400 a sixteen year old boy,  
NOTE Confidence: 0.96165055  
00:04:26.460 --> 00:04:27.580 seven year old girl, for  
NOTE Confidence: 0.96165055  
00:04:27.580 --> 00:04:28.080 instance.  
NOTE Confidence: 0.9755811  
00:04:28.475 --> 00:04:29.675 And you'll you'll have a  
NOTE Confidence: 0.9755811  
00:04:29.675 --> 00:04:30.795 different style in the way  
NOTE Confidence: 0.9755811  
00:04:30.795 --> 00:04:31.995 that you interact with the  
NOTE Confidence: 0.9755811  
00:04:31.995 --> 00:04:33.295 child and with the family.  
NOTE Confidence: 0.9755811  
00:04:33.514 --> 00:04:34.875 But that's based on kind  
NOTE Confidence: 0.9755811  
00:04:34.875 --> 00:04:36.955 of your clinical judgment. It's  
NOTE Confidence: 0.9755811

00:04:36.955 --> 00:04:38.794 not necessarily based on getting  
NOTE Confidence: 0.9755811

00:04:38.794 --> 00:04:39.695 better outcomes.  
NOTE Confidence: 0.96920747

00:04:40.075 --> 00:04:41.435 So for me, the idea  
NOTE Confidence: 0.96920747

00:04:41.435 --> 00:04:42.955 of precision mental health care  
NOTE Confidence: 0.96920747

00:04:42.955 --> 00:04:45.490 is is more about personalising  
NOTE Confidence: 0.9897223

00:04:46.270 --> 00:04:48.350 that's going to improve treatment  
NOTE Confidence: 0.9897223

00:04:48.350 --> 00:04:48.850 outcomes.  
NOTE Confidence: 0.99765116

00:04:49.230 --> 00:04:50.110 So what is it that  
NOTE Confidence: 0.99765116

00:04:50.110 --> 00:04:51.010 you will do,  
NOTE Confidence: 0.9808047

00:04:52.110 --> 00:04:53.390 that will be better for  
NOTE Confidence: 0.9808047

00:04:53.390 --> 00:04:54.270 the seven year old as  
NOTE Confidence: 0.9808047

00:04:54.270 --> 00:04:55.310 opposed to the sixteen year  
NOTE Confidence: 0.9808047

00:04:55.310 --> 00:04:56.930 old that's based on data  
NOTE Confidence: 0.9808047

00:04:56.990 --> 00:04:58.690 that is gonna improve outcomes?  
NOTE Confidence: 0.94679666

00:05:00.085 --> 00:05:01.284 So the the slightly different  
NOTE Confidence: 0.94679666

00:05:01.284 --> 00:05:02.085 things, but I just wanna

NOTE Confidence: 0.94679666  
00:05:02.085 --> 00:05:03.284 make it clear they were  
NOTE Confidence: 0.94679666  
00:05:03.284 --> 00:05:04.805 the different definitions that I  
NOTE Confidence: 0.94679666  
00:05:04.805 --> 00:05:06.425 use. And it's the precision  
NOTE Confidence: 0.94679666  
00:05:06.645 --> 00:05:07.145 medicine,  
NOTE Confidence: 0.9851714  
00:05:07.525 --> 00:05:08.964 the precision mental health care  
NOTE Confidence: 0.9851714  
00:05:08.964 --> 00:05:10.245 that I'm not a hundred  
NOTE Confidence: 0.9851714  
00:05:10.245 --> 00:05:11.525 percent sure about. I'm not  
NOTE Confidence: 0.9851714  
00:05:11.525 --> 00:05:12.724 sure whether there is a  
NOTE Confidence: 0.9851714  
00:05:12.724 --> 00:05:13.960 future for it. So I'm  
NOTE Confidence: 0.9851714  
00:05:13.960 --> 00:05:15.000 gonna take you through  
NOTE Confidence: 0.93253136  
00:05:16.680 --> 00:05:17.639 as I would never have  
NOTE Confidence: 0.93253136  
00:05:17.639 --> 00:05:19.080 said that maybe five or  
NOTE Confidence: 0.93253136  
00:05:19.080 --> 00:05:21.000 ten years ago, as I  
NOTE Confidence: 0.93253136  
00:05:21.000 --> 00:05:22.360 thought, for sure, this is  
NOTE Confidence: 0.93253136  
00:05:22.360 --> 00:05:23.560 where where where we were  
NOTE Confidence: 0.93253136

00:05:23.560 --> 00:05:25.160 headed. But I've become a  
NOTE Confidence: 0.93253136

00:05:25.160 --> 00:05:26.540 little bit more skeptical,  
NOTE Confidence: 0.98601073

00:05:27.745 --> 00:05:29.044 and I'm not yet convinced.  
NOTE Confidence: 0.98601073

00:05:29.264 --> 00:05:30.625 I'm still hopeful, though. I'm  
NOTE Confidence: 0.98601073

00:05:30.625 --> 00:05:31.824 still very hopeful that there  
NOTE Confidence: 0.98601073

00:05:31.824 --> 00:05:32.865 there is a future, but  
NOTE Confidence: 0.98601073

00:05:32.865 --> 00:05:33.745 I wanna take you through  
NOTE Confidence: 0.98601073

00:05:33.745 --> 00:05:34.485 the data,  
NOTE Confidence: 0.9950811

00:05:35.185 --> 00:05:36.384 that I've been working on  
NOTE Confidence: 0.9950811

00:05:36.384 --> 00:05:37.425 and others around the world  
NOTE Confidence: 0.9950811

00:05:37.425 --> 00:05:38.305 have been working on as  
NOTE Confidence: 0.9950811

00:05:38.305 --> 00:05:39.264 well. I've even slipped in  
NOTE Confidence: 0.9950811

00:05:39.264 --> 00:05:40.724 a slide of Wendy's work.  
NOTE Confidence: 0.90915966

00:05:44.400 --> 00:05:45.300 Yeah. That's right.  
NOTE Confidence: 0.99318457

00:05:45.920 --> 00:05:46.900 Paying you back.  
NOTE Confidence: 0.97525465

00:05:47.760 --> 00:05:48.800 But, yeah, just to see

NOTE Confidence: 0.97525465  
00:05:48.800 --> 00:05:50.240 where where we're at. What  
NOTE Confidence: 0.97525465  
00:05:50.240 --> 00:05:51.520 do we know in terms  
NOTE Confidence: 0.97525465  
00:05:51.520 --> 00:05:53.060 of data driven decisions  
NOTE Confidence: 0.97586673  
00:05:53.440 --> 00:05:54.960 about what is gonna improve  
NOTE Confidence: 0.97586673  
00:05:54.960 --> 00:05:56.880 outcomes for children and young  
NOTE Confidence: 0.97586673  
00:05:56.880 --> 00:05:57.380 people?  
NOTE Confidence: 0.99044573  
00:05:58.645 --> 00:06:00.085 Alright. And then you can  
NOTE Confidence: 0.99044573  
00:06:00.085 --> 00:06:01.205 make your own decisions about  
NOTE Confidence: 0.99044573  
00:06:01.205 --> 00:06:01.925 it as well. I'd be  
NOTE Confidence: 0.99044573  
00:06:01.925 --> 00:06:03.604 keen to hear from everyone  
NOTE Confidence: 0.99044573  
00:06:03.604 --> 00:06:04.645 here what you what you  
NOTE Confidence: 0.99044573  
00:06:04.645 --> 00:06:05.685 think about it, whether or  
NOTE Confidence: 0.99044573  
00:06:05.685 --> 00:06:07.044 not there is a is  
NOTE Confidence: 0.99044573  
00:06:07.044 --> 00:06:07.705 a future.  
NOTE Confidence: 0.9430122  
00:06:08.005 --> 00:06:09.785 Am I too jaded already,  
NOTE Confidence: 0.9430122

00:06:10.085 --> 00:06:10.404 or,  
NOTE Confidence: 0.9802316  
00:06:11.525 --> 00:06:12.645 am I not looking at,  
NOTE Confidence: 0.91745687  
00:06:13.410 --> 00:06:13.910 yeah,  
NOTE Confidence: 0.98104703  
00:06:14.370 --> 00:06:15.110 the possibilities?  
NOTE Confidence: 0.99373615  
00:06:16.210 --> 00:06:17.330 Alright. So before I get  
NOTE Confidence: 0.99373615  
00:06:17.330 --> 00:06:18.770 started, though, just wanted to  
NOTE Confidence: 0.99373615  
00:06:18.770 --> 00:06:20.130 make sure that, you're aware  
NOTE Confidence: 0.99373615  
00:06:20.130 --> 00:06:21.170 that I have no financial  
NOTE Confidence: 0.99373615  
00:06:21.170 --> 00:06:22.450 interest to disclose that are  
NOTE Confidence: 0.99373615  
00:06:22.450 --> 00:06:24.050 relevant to the what I'm  
NOTE Confidence: 0.99373615  
00:06:24.050 --> 00:06:25.270 talking about today.  
NOTE Confidence: 0.9541096  
00:06:28.985 --> 00:06:31.145 You already understand about anxiety  
NOTE Confidence: 0.9541096  
00:06:31.145 --> 00:06:33.085 disorders and how common,  
NOTE Confidence: 0.93061113  
00:06:33.625 --> 00:06:35.225 impairing they are because I'm  
NOTE Confidence: 0.93061113  
00:06:35.225 --> 00:06:36.345 sure you hear Wendy talk  
NOTE Confidence: 0.93061113  
00:06:36.345 --> 00:06:37.225 about it all the time



NOTE Confidence: 0.93061113  
00:06:37.225 --> 00:06:37.805 and, Ellie,  
NOTE Confidence: 0.9587037  
00:06:38.985 --> 00:06:40.639 but I just wanted to  
NOTE Confidence: 0.9587037  
00:06:40.639 --> 00:06:41.760 take you before I started  
NOTE Confidence: 0.9587037  
00:06:41.760 --> 00:06:43.200 talking about the personalization a  
NOTE Confidence: 0.9587037  
00:06:43.200 --> 00:06:44.419 little bit more about,  
NOTE Confidence: 0.9996336  
00:06:46.400 --> 00:06:47.860 the fact that anxiety disorders  
NOTE Confidence: 0.9552547  
00:06:48.160 --> 00:06:49.760 are still overlooked. And people  
NOTE Confidence: 0.9552547  
00:06:49.760 --> 00:06:50.740 might not necessarily  
NOTE Confidence: 0.9556225  
00:06:51.040 --> 00:06:52.020 think that anymore,  
NOTE Confidence: 0.9979809  
00:06:52.480 --> 00:06:52.980 but  
NOTE Confidence: 0.9845829  
00:06:53.525 --> 00:06:54.725 when you see what's happening  
NOTE Confidence: 0.9845829  
00:06:54.725 --> 00:06:56.425 in the community and particularly  
NOTE Confidence: 0.9845829  
00:06:56.565 --> 00:06:57.625 within children  
NOTE Confidence: 0.9780799  
00:06:58.165 --> 00:06:59.765 and in Australia, they are  
NOTE Confidence: 0.9780799  
00:06:59.765 --> 00:07:01.225 still very much overlooked,  
NOTE Confidence: 0.975269

00:07:02.005 --> 00:07:03.865 in terms of being considered,  
NOTE Confidence: 0.9946186

00:07:04.245 --> 00:07:05.765 a mental disorder or something  
NOTE Confidence: 0.9946186

00:07:05.765 --> 00:07:07.205 that's impairing and something that  
NOTE Confidence: 0.9946186

00:07:07.205 --> 00:07:08.505 we need to take seriously.  
NOTE Confidence: 0.95672923

00:07:09.500 --> 00:07:11.040 And I think in Australia,  
NOTE Confidence: 0.99939483

00:07:11.900 --> 00:07:13.580 this comes about because of  
NOTE Confidence: 0.99939483

00:07:13.580 --> 00:07:14.720 a common belief  
NOTE Confidence: 0.98467225

00:07:15.180 --> 00:07:17.260 that mental disorders don't start  
NOTE Confidence: 0.98467225

00:07:17.260 --> 00:07:18.860 until adolescence. I don't know  
NOTE Confidence: 0.98467225

00:07:18.860 --> 00:07:20.160 if that's something that  
NOTE Confidence: 0.88470495

00:07:20.540 --> 00:07:22.375 is is a common. You're  
NOTE Confidence: 0.88470495

00:07:22.375 --> 00:07:23.415 here in the child study  
NOTE Confidence: 0.88470495

00:07:23.415 --> 00:07:24.695 center, so you're kinda focusing  
NOTE Confidence: 0.88470495

00:07:24.695 --> 00:07:25.435 on kids.  
NOTE Confidence: 0.98105806

00:07:25.895 --> 00:07:27.335 But in Australia, there is  
NOTE Confidence: 0.98105806

00:07:27.335 --> 00:07:28.775 a lot of focus on

NOTE Confidence: 0.98105806  
00:07:28.775 --> 00:07:30.855 adolescents, and that is where  
NOTE Confidence: 0.98105806  
00:07:30.855 --> 00:07:32.295 a lot of interventions and  
NOTE Confidence: 0.98105806  
00:07:32.295 --> 00:07:33.495 a lot of government money  
NOTE Confidence: 0.98105806  
00:07:33.495 --> 00:07:34.955 has been spent on improving  
NOTE Confidence: 0.98105806  
00:07:35.015 --> 00:07:36.315 interventions for adolescents.  
NOTE Confidence: 0.9994482  
00:07:36.889 --> 00:07:38.909 With the assumption that children  
NOTE Confidence: 0.99970794  
00:07:39.289 --> 00:07:40.189 don't experience  
NOTE Confidence: 0.94832087  
00:07:40.569 --> 00:07:42.490 disorders like anxiety or depression,  
NOTE Confidence: 0.94832087  
00:07:42.490 --> 00:07:43.930 that it doesn't start until,  
NOTE Confidence: 0.7251487  
00:07:44.250 --> 00:07:45.069 till adolescence.  
NOTE Confidence: 0.9959988  
00:07:45.689 --> 00:07:47.129 And this really comes about  
NOTE Confidence: 0.9959988  
00:07:47.129 --> 00:07:47.629 from,  
NOTE Confidence: 0.99252254  
00:07:48.810 --> 00:07:49.629 Ron Kessler's  
NOTE Confidence: 0.89454424  
00:07:50.250 --> 00:07:50.750 original,  
NOTE Confidence: 0.96672416  
00:07:51.794 --> 00:07:53.014 age of onset paper,  
NOTE Confidence: 0.97501504

00:07:54.354 --> 00:07:56.035 which says the median age  
NOTE Confidence: 0.97501504

00:07:56.035 --> 00:07:56.995 of onset. So this is  
NOTE Confidence: 0.97501504

00:07:56.995 --> 00:07:58.595 kind of national prevalence data  
NOTE Confidence: 0.97501504

00:07:58.595 --> 00:08:00.035 from, the US and around  
NOTE Confidence: 0.97501504

00:08:00.035 --> 00:08:00.615 the world,  
NOTE Confidence: 0.9673756

00:08:01.875 --> 00:08:03.794 looking at you know, asking  
NOTE Confidence: 0.9673756

00:08:03.794 --> 00:08:05.095 people asking adults  
NOTE Confidence: 0.91975623

00:08:05.990 --> 00:08:07.190 when at what age did  
NOTE Confidence: 0.91975623

00:08:07.190 --> 00:08:08.390 they first start to experience  
NOTE Confidence: 0.91975623

00:08:08.390 --> 00:08:09.670 anxiety symptoms, or what age  
NOTE Confidence: 0.91975623

00:08:09.670 --> 00:08:10.890 did they first start experiencing  
NOTE Confidence: 0.9033967

00:08:11.350 --> 00:08:12.330 depressive symptoms.  
NOTE Confidence: 0.9891945

00:08:12.790 --> 00:08:13.830 And when you take the  
NOTE Confidence: 0.9891945

00:08:13.830 --> 00:08:15.430 median age of onset of  
NOTE Confidence: 0.9891945

00:08:15.430 --> 00:08:16.470 all of the disorders, so  
NOTE Confidence: 0.9891945

00:08:16.470 --> 00:08:17.350 it's kind of all the

NOTE Confidence: 0.9891945  
00:08:17.350 --> 00:08:18.570 high prevalence disorders,  
NOTE Confidence: 0.9938111  
00:08:19.065 --> 00:08:20.185 you get this median age  
NOTE Confidence: 0.9938111  
00:08:20.185 --> 00:08:21.565 of onset of fourteen.  
NOTE Confidence: 0.99823064  
00:08:22.265 --> 00:08:23.325 But people misinterpret  
NOTE Confidence: 0.99847275  
00:08:24.025 --> 00:08:25.305 what a median age of  
NOTE Confidence: 0.99847275  
00:08:25.305 --> 00:08:26.285 onset is.  
NOTE Confidence: 0.93263656  
00:08:26.905 --> 00:08:27.945 Like, for me as a  
NOTE Confidence: 0.93263656  
00:08:27.945 --> 00:08:29.305 parent, if I was to  
NOTE Confidence: 0.93263656  
00:08:29.305 --> 00:08:30.525 hear that in the literature  
NOTE Confidence: 0.93263656  
00:08:30.665 --> 00:08:32.845 that in the community that  
NOTE Confidence: 0.9703645  
00:08:33.640 --> 00:08:35.240 mental disorders start at fourteen.  
NOTE Confidence: 0.9703645  
00:08:35.240 --> 00:08:36.279 That's when I'd start to  
NOTE Confidence: 0.9703645  
00:08:36.279 --> 00:08:37.320 focus on, okay, I need  
NOTE Confidence: 0.9703645  
00:08:37.320 --> 00:08:38.120 to I've got a fourteen  
NOTE Confidence: 0.9703645  
00:08:38.120 --> 00:08:38.920 year old, this is when  
NOTE Confidence: 0.9703645

00:08:38.920 --> 00:08:40.360 I need to be concerned  
NOTE Confidence: 0.9703645

00:08:40.360 --> 00:08:41.320 about, when I need to  
NOTE Confidence: 0.9703645

00:08:41.320 --> 00:08:42.620 look out for mental disorders  
NOTE Confidence: 0.9703645

00:08:42.839 --> 00:08:44.059 or mental health symptoms.  
NOTE Confidence: 0.9872627

00:08:45.240 --> 00:08:46.360 But that's it's a median  
NOTE Confidence: 0.9872627

00:08:46.360 --> 00:08:47.559 age of onset. Right? So  
NOTE Confidence: 0.9872627

00:08:47.559 --> 00:08:48.380 by the time,  
NOTE Confidence: 0.9991609

00:08:48.855 --> 00:08:50.315 a child reaches fourteen,  
NOTE Confidence: 0.9547186

00:08:50.774 --> 00:08:51.654 if you were going to  
NOTE Confidence: 0.9547186

00:08:51.654 --> 00:08:52.955 develop a a disorder,  
NOTE Confidence: 0.99889076

00:08:53.495 --> 00:08:55.195 fifty percent of those people  
NOTE Confidence: 0.99889076

00:08:55.495 --> 00:08:56.714 will have already experienced  
NOTE Confidence: 0.98032445

00:08:57.175 --> 00:08:57.675 clinical  
NOTE Confidence: 0.9908462

00:08:58.054 --> 00:08:58.554 symptoms.  
NOTE Confidence: 0.9872913

00:08:59.415 --> 00:08:59.915 But  
NOTE Confidence: 0.9994443

00:09:00.535 --> 00:09:02.135 what's even more important about

NOTE Confidence: 0.9994443  
00:09:02.135 --> 00:09:03.274 this age of onset  
NOTE Confidence: 0.999561  
00:09:03.779 --> 00:09:04.279 data  
NOTE Confidence: 0.911318  
00:09:04.580 --> 00:09:05.959 is that it it's pulled  
NOTE Confidence: 0.9996221  
00:09:06.260 --> 00:09:06.760 together  
NOTE Confidence: 0.99242896  
00:09:07.300 --> 00:09:08.200 of all of  
NOTE Confidence: 0.99859214  
00:09:08.740 --> 00:09:10.500 mental disorders. So when you  
NOTE Confidence: 0.99859214  
00:09:10.500 --> 00:09:11.399 pull it out  
NOTE Confidence: 0.99510854  
00:09:11.700 --> 00:09:12.500 a little bit more  
NOTE Confidence: 0.9688075  
00:09:16.625 --> 00:09:17.425 There we go. I just  
NOTE Confidence: 0.9688075  
00:09:17.425 --> 00:09:18.145 need to press a bit  
NOTE Confidence: 0.9688075  
00:09:18.145 --> 00:09:19.585 harder. So the yellow line  
NOTE Confidence: 0.9688075  
00:09:19.585 --> 00:09:21.105 is anxiety disorders, and that  
NOTE Confidence: 0.9688075  
00:09:21.184 --> 00:09:22.545 the median age of onset  
NOTE Confidence: 0.9688075  
00:09:22.545 --> 00:09:24.545 is actually eleven years. And  
NOTE Confidence: 0.9688075  
00:09:24.545 --> 00:09:26.385 depression, mood disorders all lumped  
NOTE Confidence: 0.9688075

00:09:26.385 --> 00:09:28.465 together, is thirty years. And  
NOTE Confidence: 0.9688075

00:09:28.465 --> 00:09:30.890 fourteen is only there because  
NOTE Confidence: 0.9688075

00:09:30.890 --> 00:09:32.570 you're pooling data from eleven  
NOTE Confidence: 0.9688075

00:09:32.570 --> 00:09:34.029 and thirty. So it's actually  
NOTE Confidence: 0.9688075

00:09:34.089 --> 00:09:35.210 not very helpful as a  
NOTE Confidence: 0.9688075

00:09:35.210 --> 00:09:36.650 parent to think, okay. Well,  
NOTE Confidence: 0.9688075

00:09:36.650 --> 00:09:37.450 this is when I need  
NOTE Confidence: 0.9688075

00:09:37.450 --> 00:09:38.589 to start paying attention.  
NOTE Confidence: 0.9987105

00:09:39.290 --> 00:09:40.570 And if you dive even  
NOTE Confidence: 0.9987105

00:09:40.570 --> 00:09:42.429 deeper to the anxiety disorders,  
NOTE Confidence: 0.9960907

00:09:43.050 --> 00:09:43.950 age of onset,  
NOTE Confidence: 0.9984289

00:09:44.730 --> 00:09:45.230 starts  
NOTE Confidence: 0.94047296

00:09:45.985 --> 00:09:48.064 for specific phobia is five  
NOTE Confidence: 0.94047296

00:09:48.064 --> 00:09:49.824 years, separation is seven years.  
NOTE Confidence: 0.94047296

00:09:49.824 --> 00:09:50.324 So  
NOTE Confidence: 0.9712099

00:09:51.504 --> 00:09:53.365 interventions that start in adolescence



NOTE Confidence: 0.9712099

00:09:53.504 --> 00:09:55.285 are completely missing the boat.

NOTE Confidence: 0.9712099

00:09:55.345 --> 00:09:56.625 You know, these problems have

NOTE Confidence: 0.9712099

00:09:56.625 --> 00:09:57.745 already been around for a

NOTE Confidence: 0.9712099

00:09:57.745 --> 00:09:58.804 really long time.

NOTE Confidence: 0.9978664

00:09:59.559 --> 00:10:01.240 But in Australia, this age

NOTE Confidence: 0.9978664

00:10:01.240 --> 00:10:02.600 of onset of fourteen has

NOTE Confidence: 0.9978664

00:10:02.600 --> 00:10:04.040 been used to argue for

NOTE Confidence: 0.9978664

00:10:04.040 --> 00:10:05.500 interventions being delivered

NOTE Confidence: 0.9692695

00:10:05.880 --> 00:10:07.559 in adolescence. So that's where

NOTE Confidence: 0.9692695

00:10:07.559 --> 00:10:08.779 we have our services.

NOTE Confidence: 0.9995804

00:10:09.160 --> 00:10:10.279 And if you're a child

NOTE Confidence: 0.9995804

00:10:10.279 --> 00:10:12.380 presenting with anxiety and depression,

NOTE Confidence: 0.9779151

00:10:12.834 --> 00:10:14.375 you don't get help until

NOTE Confidence: 0.9779151

00:10:14.434 --> 00:10:15.255 you're a teenager.

NOTE Confidence: 0.9716711

00:10:16.115 --> 00:10:18.035 Unless maybe there's suicidal risk

NOTE Confidence: 0.9716711

00:10:18.035 --> 00:10:19.154 or self harm, then you  
NOTE Confidence: 0.9716711

00:10:19.154 --> 00:10:20.615 might get to see community,  
NOTE Confidence: 0.97085255

00:10:20.995 --> 00:10:23.475 care. Otherwise, you pretty much  
NOTE Confidence: 0.97085255

00:10:23.475 --> 00:10:24.915 wait until you're an adolescent  
NOTE Confidence: 0.97085255

00:10:24.915 --> 00:10:26.195 because that's when the services  
NOTE Confidence: 0.97085255

00:10:26.195 --> 00:10:27.360 are. And a lot of  
NOTE Confidence: 0.97085255

00:10:27.360 --> 00:10:28.640 kids age out of the  
NOTE Confidence: 0.97085255

00:10:28.640 --> 00:10:30.400 child services while they're waiting  
NOTE Confidence: 0.97085255

00:10:30.400 --> 00:10:31.280 because there is such a  
NOTE Confidence: 0.97085255

00:10:31.280 --> 00:10:33.780 huge demand because mental disorders  
NOTE Confidence: 0.97085255

00:10:33.840 --> 00:10:35.120 do not start in adolescence.  
NOTE Confidence: 0.97085255

00:10:35.120 --> 00:10:36.880 They're starting in childhood, and  
NOTE Confidence: 0.97085255

00:10:36.880 --> 00:10:38.559 then we're missing the boat.  
NOTE Confidence: 0.97085255

00:10:38.559 --> 00:10:39.059 So  
NOTE Confidence: 0.9712727

00:10:41.175 --> 00:10:42.615 the the other thing about  
NOTE Confidence: 0.9712727

00:10:42.615 --> 00:10:44.855 this data is that it's

NOTE Confidence: 0.9712727  
00:10:44.855 --> 00:10:45.755 all from  
NOTE Confidence: 0.98773646  
00:10:46.375 --> 00:10:48.215 adults. There's no children or  
NOTE Confidence: 0.98773646  
00:10:48.215 --> 00:10:49.654 adolescents included in this age  
NOTE Confidence: 0.98773646  
00:10:49.654 --> 00:10:50.955 of onset data.  
NOTE Confidence: 0.9746096  
00:10:51.654 --> 00:10:53.415 There is prevalence data around  
NOTE Confidence: 0.9746096  
00:10:53.415 --> 00:10:54.295 that asks about age of  
NOTE Confidence: 0.9746096  
00:10:54.295 --> 00:10:55.410 onset for kids, so we're  
NOTE Confidence: 0.9746096  
00:10:55.410 --> 00:10:56.530 trying we're doing a meta  
NOTE Confidence: 0.9746096  
00:10:56.530 --> 00:10:57.650 analysis at the moment,  
NOTE Confidence: 0.9957428  
00:10:57.970 --> 00:10:59.030 systematic review,  
NOTE Confidence: 0.9783135  
00:10:59.650 --> 00:11:01.030 pooling all of the data  
NOTE Confidence: 0.9783135  
00:11:01.090 --> 00:11:01.590 for  
NOTE Confidence: 0.98505735  
00:11:02.610 --> 00:11:05.330 children and adolescent prevalence studies  
NOTE Confidence: 0.98505735  
00:11:05.330 --> 00:11:06.130 to see if there's a  
NOTE Confidence: 0.98505735  
00:11:06.130 --> 00:11:07.425 difference in age of onset.  
NOTE Confidence: 0.98505735

00:11:07.505 --> 00:11:08.545 Obviously, there will be because

NOTE Confidence: 0.98505735

00:11:08.545 --> 00:11:09.665 we won't have those kids,

NOTE Confidence: 0.98505735

00:11:10.065 --> 00:11:10.964 who are developing

NOTE Confidence: 0.9343894

00:11:11.425 --> 00:11:12.644 problems in adulthood.

NOTE Confidence: 0.96472514

00:11:13.024 --> 00:11:14.245 But if we get closer

NOTE Confidence: 0.96472514

00:11:14.304 --> 00:11:15.904 to the time and asking

NOTE Confidence: 0.96472514

00:11:15.904 --> 00:11:17.265 parents as well, when did

NOTE Confidence: 0.96472514

00:11:17.265 --> 00:11:18.945 these problems first begin? I

NOTE Confidence: 0.96472514

00:11:18.945 --> 00:11:20.385 think we're gonna get a

NOTE Confidence: 0.96472514

00:11:20.385 --> 00:11:21.445 very different picture.

NOTE Confidence: 0.99451286

00:11:24.620 --> 00:11:25.120 Alright.

NOTE Confidence: 0.948776

00:11:25.660 --> 00:11:27.100 So the work that we've

NOTE Confidence: 0.948776

00:11:27.100 --> 00:11:28.559 real really been doing,

NOTE Confidence: 0.9878433

00:11:29.019 --> 00:11:30.699 is trying to improve the

NOTE Confidence: 0.9878433

00:11:30.699 --> 00:11:33.279 lives of children and teenagers

NOTE Confidence: 0.9878433

00:11:33.500 --> 00:11:35.420 with anxiety disorders, not just

NOTE Confidence: 0.9878433

00:11:35.420 --> 00:11:37.019 teenagers, but both kids and

NOTE Confidence: 0.9878433

00:11:37.019 --> 00:11:37.519 teens.

NOTE Confidence: 0.98908716

00:11:37.925 --> 00:11:38.804 And we've been doing a

NOTE Confidence: 0.98908716

00:11:38.804 --> 00:11:40.004 lot of work on clinical

NOTE Confidence: 0.98908716

00:11:40.004 --> 00:11:42.564 trials, trying to develop treatments

NOTE Confidence: 0.98908716

00:11:42.564 --> 00:11:43.225 that work,

NOTE Confidence: 0.95751977

00:11:44.725 --> 00:11:47.204 psychological treatments and medication treatments

NOTE Confidence: 0.95751977

00:11:47.204 --> 00:11:49.125 as well, trying to reduce

NOTE Confidence: 0.95751977

00:11:49.125 --> 00:11:50.404 the symptoms and the long

NOTE Confidence: 0.95751977

00:11:50.404 --> 00:11:52.360 term impact that anxiety symptoms

NOTE Confidence: 0.95751977

00:11:52.360 --> 00:11:53.800 and disorders might have on

NOTE Confidence: 0.95751977

00:11:53.800 --> 00:11:55.100 a on a young person

NOTE Confidence: 0.95751977

00:11:55.399 --> 00:11:56.779 and missing out on education,

NOTE Confidence: 0.99379283

00:11:57.240 --> 00:11:58.860 missing out on social interactions.

NOTE Confidence: 0.9807844

00:12:00.920 --> 00:12:01.420 But

NOTE Confidence: 0.9981782  
00:12:02.679 --> 00:12:04.520 the big question that we've  
NOTE Confidence: 0.9981782  
00:12:04.520 --> 00:12:06.220 been really searching for,  
NOTE Confidence: 0.9711066  
00:12:07.135 --> 00:12:08.575 not just in anxiety disorders,  
NOTE Confidence: 0.9711066  
00:12:08.575 --> 00:12:10.015 but across mental health research,  
NOTE Confidence: 0.9711066  
00:12:10.015 --> 00:12:11.535 is being able to answer  
NOTE Confidence: 0.9711066  
00:12:11.535 --> 00:12:12.355 this question,  
NOTE Confidence: 0.94262177  
00:12:12.975 --> 00:12:14.255 that was posed by Gordon  
NOTE Confidence: 0.94262177  
00:12:14.255 --> 00:12:15.774 Paul quite a long time  
NOTE Confidence: 0.94262177  
00:12:15.774 --> 00:12:17.615 ago, which is what treatment  
NOTE Confidence: 0.94262177  
00:12:17.615 --> 00:12:18.115 works,  
NOTE Confidence: 0.99368954  
00:12:18.654 --> 00:12:19.440 by whom,  
NOTE Confidence: 0.9330165  
00:12:19.920 --> 00:12:21.600 for this individual with that  
NOTE Confidence: 0.9330165  
00:12:21.600 --> 00:12:22.580 specific problem,  
NOTE Confidence: 0.95996064  
00:12:22.960 --> 00:12:24.420 under which set of circumstances.  
NOTE Confidence: 0.94026387  
00:12:25.360 --> 00:12:26.880 So this is really what  
NOTE Confidence: 0.94026387

00:12:26.880 --> 00:12:28.160 we've been striving for and  
NOTE Confidence: 0.94026387

00:12:28.160 --> 00:12:29.920 the holy grail, really, in  
NOTE Confidence: 0.94026387

00:12:29.920 --> 00:12:31.140 in terms of  
NOTE Confidence: 0.98062146

00:12:32.264 --> 00:12:34.425 personalised care or improving treatment  
NOTE Confidence: 0.98062146

00:12:34.425 --> 00:12:36.045 outcomes. We want a treatment  
NOTE Confidence: 0.98062146

00:12:36.184 --> 00:12:37.144 and we want to be  
NOTE Confidence: 0.98062146

00:12:37.144 --> 00:12:38.264 able to help children in  
NOTE Confidence: 0.98062146

00:12:38.264 --> 00:12:39.565 a way that really matches  
NOTE Confidence: 0.98062146

00:12:39.865 --> 00:12:40.684 their needs,  
NOTE Confidence: 0.98984814

00:12:41.304 --> 00:12:43.004 and choosing the right treatment.  
NOTE Confidence: 0.99302185

00:12:44.184 --> 00:12:46.200 But the kind of underlying  
NOTE Confidence: 0.99302185

00:12:46.260 --> 00:12:47.800 assumption of this particular  
NOTE Confidence: 0.98503196

00:12:48.420 --> 00:12:50.040 question or series of questions  
NOTE Confidence: 0.98503196

00:12:50.100 --> 00:12:52.260 is that personalization or precision  
NOTE Confidence: 0.98503196

00:12:52.260 --> 00:12:53.940 is possible, that it will  
NOTE Confidence: 0.98503196

00:12:53.940 --> 00:12:55.399 deliver different outcomes.

NOTE Confidence: 0.9489337  
00:12:56.339 --> 00:12:57.380 So that's what we've been  
NOTE Confidence: 0.9489337  
00:12:57.380 --> 00:12:58.834 on this search for is  
NOTE Confidence: 0.9489337  
00:12:58.834 --> 00:13:00.035 trying to find out is  
NOTE Confidence: 0.9489337  
00:13:00.035 --> 00:13:01.154 there a treatment that might  
NOTE Confidence: 0.9489337  
00:13:01.154 --> 00:13:02.915 work differently for different children  
NOTE Confidence: 0.9489337  
00:13:02.915 --> 00:13:04.355 or does one work better  
NOTE Confidence: 0.9489337  
00:13:04.355 --> 00:13:05.095 than another?  
NOTE Confidence: 0.9468298  
00:13:05.635 --> 00:13:06.774 Under what circumstances?  
NOTE Confidence: 0.98815376  
00:13:07.075 --> 00:13:08.035 So this is what we've  
NOTE Confidence: 0.98815376  
00:13:08.035 --> 00:13:09.635 really been striving for for  
NOTE Confidence: 0.98815376  
00:13:09.635 --> 00:13:10.695 quite some time.  
NOTE Confidence: 0.95815647  
00:13:12.819 --> 00:13:14.899 But personalization itself, like with  
NOTE Confidence: 0.95815647  
00:13:14.899 --> 00:13:16.339 this question, is not really  
NOTE Confidence: 0.95815647  
00:13:16.339 --> 00:13:18.040 new. It is something that  
NOTE Confidence: 0.9896513  
00:13:20.100 --> 00:13:22.199 use my arrow instead. Yeah.  
NOTE Confidence: 0.9175647



00:13:23.220 --> 00:13:24.420 The mouse does not like  
NOTE Confidence: 0.9175647

00:13:24.420 --> 00:13:25.160 my fingers.  
NOTE Confidence: 0.9809801

00:13:25.625 --> 00:13:27.304 Alright. So personalization, as I  
NOTE Confidence: 0.9809801

00:13:27.304 --> 00:13:28.425 said before, is not really  
NOTE Confidence: 0.9809801

00:13:28.425 --> 00:13:30.265 new. It's something that clinicians  
NOTE Confidence: 0.9809801

00:13:30.265 --> 00:13:31.404 have been doing forever,  
NOTE Confidence: 0.9802084

00:13:32.105 --> 00:13:33.304 but the the idea of  
NOTE Confidence: 0.9802084

00:13:33.304 --> 00:13:34.605 science driven personalization  
NOTE Confidence: 0.92837286

00:13:35.065 --> 00:13:36.045 is quite new.  
NOTE Confidence: 0.9084052

00:13:36.425 --> 00:13:37.165 In that,  
NOTE Confidence: 0.9302378

00:13:37.790 --> 00:13:39.070 at the moment even though  
NOTE Confidence: 0.9302378

00:13:39.070 --> 00:13:41.150 clinicians make these choices about  
NOTE Confidence: 0.9302378

00:13:41.150 --> 00:13:42.270 okay I'm gonna try this  
NOTE Confidence: 0.9302378

00:13:42.270 --> 00:13:43.230 instead of that or I'm  
NOTE Confidence: 0.9302378

00:13:43.230 --> 00:13:45.470 gonna, add this particular treatment  
NOTE Confidence: 0.9302378

00:13:45.470 --> 00:13:46.929 component at the moment

NOTE Confidence: 0.9533077  
00:13:47.790 --> 00:13:49.070 we don't have the science  
NOTE Confidence: 0.9533077  
00:13:49.070 --> 00:13:50.370 to drive those decisions.  
NOTE Confidence: 0.9751878  
00:13:51.335 --> 00:13:52.695 We have made some inroads  
NOTE Confidence: 0.9751878  
00:13:52.695 --> 00:13:53.455 into this and I'm going  
NOTE Confidence: 0.9751878  
00:13:53.455 --> 00:13:54.295 to take you through some  
NOTE Confidence: 0.9751878  
00:13:54.295 --> 00:13:55.255 of the work that we  
NOTE Confidence: 0.9751878  
00:13:55.255 --> 00:13:56.875 have been doing around this  
NOTE Confidence: 0.87133646  
00:13:57.255 --> 00:13:58.054 space but,  
NOTE Confidence: 0.9802064  
00:13:59.415 --> 00:14:00.455 yeah, I don't think we're  
NOTE Confidence: 0.9802064  
00:14:00.455 --> 00:14:01.195 there yet.  
NOTE Confidence: 0.9773071  
00:14:02.375 --> 00:14:03.895 So really I'll just backtrack  
NOTE Confidence: 0.9773071  
00:14:03.895 --> 00:14:05.040 a little bit because the  
NOTE Confidence: 0.9773071  
00:14:05.199 --> 00:14:06.160 most of the work that  
NOTE Confidence: 0.9773071  
00:14:06.160 --> 00:14:07.759 we have been doing within  
NOTE Confidence: 0.9773071  
00:14:07.759 --> 00:14:08.959 the child mental health space  
NOTE Confidence: 0.9773071

00:14:08.959 --> 00:14:10.720 and within anxiety disorders is  
NOTE Confidence: 0.9773071

00:14:10.720 --> 00:14:11.920 a one size fits all  
NOTE Confidence: 0.9773071

00:14:11.920 --> 00:14:13.920 approach. It's very different to  
NOTE Confidence: 0.9773071

00:14:13.920 --> 00:14:15.279 the what treatment works for  
NOTE Confidence: 0.9773071

00:14:15.279 --> 00:14:17.059 whom, under what circumstances.  
NOTE Confidence: 0.9351911

00:14:17.679 --> 00:14:19.199 It's if you present with  
NOTE Confidence: 0.9351911

00:14:19.199 --> 00:14:19.360 the,  
NOTE Confidence: 0.93872124

00:14:20.235 --> 00:14:22.075 with an anxiety disorder, it  
NOTE Confidence: 0.93872124

00:14:22.075 --> 00:14:22.955 can be any one of  
NOTE Confidence: 0.93872124

00:14:22.955 --> 00:14:25.535 them, generalized anxiety, separation anxiety,  
NOTE Confidence: 0.999431

00:14:26.075 --> 00:14:27.055 specific phobia,  
NOTE Confidence: 0.9989558

00:14:28.315 --> 00:14:29.295 social anxiety,  
NOTE Confidence: 0.89034534

00:14:30.714 --> 00:14:32.635 even OCD, that the treatment  
NOTE Confidence: 0.89034534

00:14:32.635 --> 00:14:33.775 would be very similar.  
NOTE Confidence: 0.99684185

00:14:34.110 --> 00:14:35.470 We have this one size  
NOTE Confidence: 0.99684185

00:14:35.470 --> 00:14:36.210 fits all.

NOTE Confidence: 0.9634361  
00:14:37.630 --> 00:14:38.589 It's different a little bit  
NOTE Confidence: 0.9634361  
00:14:38.589 --> 00:14:40.110 from adult treatment if an  
NOTE Confidence: 0.9634361  
00:14:40.110 --> 00:14:41.310 adult might be more likely  
NOTE Confidence: 0.9634361  
00:14:41.310 --> 00:14:42.770 to present with a,  
NOTE Confidence: 0.9492562  
00:14:43.390 --> 00:14:45.310 anxiety disorder, like social anxiety  
NOTE Confidence: 0.9492562  
00:14:45.310 --> 00:14:46.270 disorder, and you might get  
NOTE Confidence: 0.9492562  
00:14:46.270 --> 00:14:48.385 more disorder specific treatment there.  
NOTE Confidence: 0.9492562  
00:14:48.685 --> 00:14:50.445 But really, it's, in the  
NOTE Confidence: 0.9492562  
00:14:50.445 --> 00:14:52.045 child space, it's more a  
NOTE Confidence: 0.9492562  
00:14:52.045 --> 00:14:53.165 one size fits all. And  
NOTE Confidence: 0.9492562  
00:14:53.165 --> 00:14:54.285 this makes sense because of  
NOTE Confidence: 0.9492562  
00:14:54.285 --> 00:14:55.825 high comorbidity between,  
NOTE Confidence: 0.98822767  
00:14:56.365 --> 00:14:58.385 different symptoms and different disorders,  
NOTE Confidence: 0.99581885  
00:14:59.085 --> 00:15:00.525 and it seems economical to  
NOTE Confidence: 0.99581885  
00:15:00.525 --> 00:15:01.565 have this one size fits  
NOTE Confidence: 0.99581885

00:15:01.565 --> 00:15:02.305 all approach.  
NOTE Confidence: 0.9465245

00:15:03.569 --> 00:15:05.009 And it's true really for  
NOTE Confidence: 0.9465245

00:15:05.009 --> 00:15:06.709 both psychological and pharmacological,  
NOTE Confidence: 0.99974513

00:15:07.490 --> 00:15:07.990 interventions.  
NOTE Confidence: 0.97299236

00:15:09.810 --> 00:15:11.250 So this one size fits  
NOTE Confidence: 0.97299236

00:15:11.250 --> 00:15:12.550 all is kind of CBT  
NOTE Confidence: 0.97299236

00:15:12.610 --> 00:15:14.370 in this lumped package, and  
NOTE Confidence: 0.97299236

00:15:14.370 --> 00:15:15.350 we know that  
NOTE Confidence: 0.9600907

00:15:15.730 --> 00:15:16.185 it's,  
NOTE Confidence: 0.9715702

00:15:16.585 --> 00:15:18.265 it's been established as a,  
NOTE Confidence: 0.94270086

00:15:18.825 --> 00:15:20.825 efficacious treatment for anxiety disorders.  
NOTE Confidence: 0.94270086

00:15:20.825 --> 00:15:22.685 There's been many, many trials.  
NOTE Confidence: 0.99635655

00:15:23.625 --> 00:15:24.585 And when you look at  
NOTE Confidence: 0.99635655

00:15:24.585 --> 00:15:26.825 what those treatment components are,  
NOTE Confidence: 0.99635655

00:15:26.825 --> 00:15:28.904 there's lots of different components  
NOTE Confidence: 0.99635655

00:15:28.904 --> 00:15:29.805 that make up

NOTE Confidence: 0.91518146  
00:15:30.110 --> 00:15:31.950 cognitive behavior therapy. And if  
NOTE Confidence: 0.91518146  
00:15:31.950 --> 00:15:32.430 you,  
NOTE Confidence: 0.95513403  
00:15:32.910 --> 00:15:34.370 hear about a a CBT  
NOTE Confidence: 0.95513403  
00:15:34.670 --> 00:15:35.710 therapy, it can have any  
NOTE Confidence: 0.95513403  
00:15:35.710 --> 00:15:36.850 one of these components,  
NOTE Confidence: 0.97405875  
00:15:37.390 --> 00:15:38.990 more emphasis on one over  
NOTE Confidence: 0.97405875  
00:15:38.990 --> 00:15:40.030 another, but they tend to  
NOTE Confidence: 0.97405875  
00:15:40.030 --> 00:15:40.850 have a psychoeducation,  
NOTE Confidence: 0.99939144  
00:15:41.950 --> 00:15:43.010 cognitive restructuring,  
NOTE Confidence: 0.9962319  
00:15:43.790 --> 00:15:44.850 gradual exposure,  
NOTE Confidence: 0.989323  
00:15:45.905 --> 00:15:47.525 where the child faces gradually  
NOTE Confidence: 0.989323  
00:15:47.585 --> 00:15:48.645 faces their fears,  
NOTE Confidence: 0.9789808  
00:15:49.585 --> 00:15:51.105 parent training as well, where  
NOTE Confidence: 0.9789808  
00:15:51.105 --> 00:15:53.205 parents are encouraged to reduce  
NOTE Confidence: 0.9789808  
00:15:53.345 --> 00:15:53.845 accommodation  
NOTE Confidence: 0.8793868

00:15:54.785 --> 00:15:55.265 or,  
NOTE Confidence: 0.9931682

00:15:56.465 --> 00:15:57.605 reduce their overprotection  
NOTE Confidence: 0.9344034

00:15:58.145 --> 00:15:59.185 or kind of rushing in  
NOTE Confidence: 0.9344034

00:15:59.185 --> 00:15:59.730 to help,  
NOTE Confidence: 0.9327423

00:16:00.290 --> 00:16:02.050 and also a relaxation component  
NOTE Confidence: 0.9327423

00:16:02.050 --> 00:16:03.170 that goes onto that. But  
NOTE Confidence: 0.9327423

00:16:03.170 --> 00:16:04.389 that's kind of the standard  
NOTE Confidence: 0.9327423

00:16:04.449 --> 00:16:04.949 treatment,  
NOTE Confidence: 0.93090045

00:16:05.570 --> 00:16:06.070 package.  
NOTE Confidence: 0.97094184

00:16:06.610 --> 00:16:07.730 That'd be about right for  
NOTE Confidence: 0.97094184

00:16:07.730 --> 00:16:09.490 your program at the moment,  
NOTE Confidence: 0.97094184

00:16:09.490 --> 00:16:11.110 Wendy, or your standard CBT.  
NOTE Confidence: 0.9483535

00:16:11.490 --> 00:16:12.310 Sounds familiar.  
NOTE Confidence: 0.9682754

00:16:13.365 --> 00:16:14.645 And we know that CBT  
NOTE Confidence: 0.9682754

00:16:14.645 --> 00:16:15.765 works. Like, when you compare  
NOTE Confidence: 0.9682754

00:16:15.765 --> 00:16:16.985 it to a wait list,

NOTE Confidence: 0.9682754  
00:16:17.205 --> 00:16:18.485 yep. We get really strong  
NOTE Confidence: 0.9682754  
00:16:18.485 --> 00:16:20.345 effects. Compared to doing nothing,  
NOTE Confidence: 0.9682754  
00:16:20.565 --> 00:16:22.165 we know CBT works. When  
NOTE Confidence: 0.9682754  
00:16:22.165 --> 00:16:23.125 we compare it to an  
NOTE Confidence: 0.9682754  
00:16:23.125 --> 00:16:24.105 attention control,  
NOTE Confidence: 0.99646163  
00:16:24.405 --> 00:16:26.085 it works better, but the  
NOTE Confidence: 0.99646163  
00:16:26.085 --> 00:16:27.125 effects are a little bit  
NOTE Confidence: 0.99646163  
00:16:27.125 --> 00:16:27.625 weaker.  
NOTE Confidence: 0.9821085  
00:16:28.200 --> 00:16:29.240 When we compare it to  
NOTE Confidence: 0.9821085  
00:16:29.240 --> 00:16:31.000 treatment as usual, so another  
NOTE Confidence: 0.9821085  
00:16:31.000 --> 00:16:33.640 treatment, another psychological treatment, the  
NOTE Confidence: 0.9821085  
00:16:33.640 --> 00:16:35.160 effects are a little bit  
NOTE Confidence: 0.9821085  
00:16:35.160 --> 00:16:36.840 weaker again. They're there, but  
NOTE Confidence: 0.9821085  
00:16:36.840 --> 00:16:37.740 not as consistent,  
NOTE Confidence: 0.9914763  
00:16:38.200 --> 00:16:38.700 and,  
NOTE Confidence: 0.95867103



00:16:39.480 --> 00:16:40.520 there's a little bit more  
NOTE Confidence: 0.95867103

00:16:40.520 --> 00:16:41.960 limitation in those findings and  
NOTE Confidence: 0.95867103

00:16:41.960 --> 00:16:42.780 not as strong.  
NOTE Confidence: 0.99831295

00:16:44.165 --> 00:16:45.545 So keep this in mind  
NOTE Confidence: 0.9955984

00:16:46.005 --> 00:16:47.204 as I go through these,  
NOTE Confidence: 0.9955984

00:16:47.445 --> 00:16:48.805 the next sets of,  
NOTE Confidence: 0.99473906

00:16:50.324 --> 00:16:51.385 data as well.  
NOTE Confidence: 0.980323

00:16:52.084 --> 00:16:53.845 But importantly, I want to  
NOTE Confidence: 0.980323

00:16:53.845 --> 00:16:54.964 draw attention to the fact  
NOTE Confidence: 0.980323

00:16:54.964 --> 00:16:56.639 that these effects are all  
NOTE Confidence: 0.980323

00:16:56.639 --> 00:16:57.920 on average. So we've got  
NOTE Confidence: 0.980323

00:16:57.920 --> 00:16:59.540 an average treatment package,  
NOTE Confidence: 0.9912203

00:16:59.920 --> 00:17:01.360 and we look at means  
NOTE Confidence: 0.9912203

00:17:01.360 --> 00:17:03.459 and standard deviations. On average,  
NOTE Confidence: 0.99660474

00:17:03.760 --> 00:17:04.660 how does everybody  
NOTE Confidence: 0.997836

00:17:05.359 --> 00:17:07.059 how does the typical child

NOTE Confidence: 0.997836  
00:17:07.200 --> 00:17:08.260 within the sample  
NOTE Confidence: 0.683362  
00:17:09.655 --> 00:17:10.155 fare?  
NOTE Confidence: 0.9359865  
00:17:11.415 --> 00:17:12.375 And so we have we're  
NOTE Confidence: 0.9359865  
00:17:12.375 --> 00:17:13.275 kinda lumping  
NOTE Confidence: 0.9936197  
00:17:13.575 --> 00:17:14.935 all of the children that  
NOTE Confidence: 0.9936197  
00:17:14.935 --> 00:17:15.435 present,  
NOTE Confidence: 0.985752  
00:17:16.295 --> 00:17:17.595 and all of the variation  
NOTE Confidence: 0.985752  
00:17:17.734 --> 00:17:19.575 that we do experience and  
NOTE Confidence: 0.985752  
00:17:19.575 --> 00:17:20.855 we do see in treatment  
NOTE Confidence: 0.985752  
00:17:20.855 --> 00:17:22.455 outcome studies, they're all lumped  
NOTE Confidence: 0.985752  
00:17:22.455 --> 00:17:22.955 together.  
NOTE Confidence: 0.9962164  
00:17:24.220 --> 00:17:25.340 But when we look at  
NOTE Confidence: 0.9962164  
00:17:25.340 --> 00:17:26.700 that average, we know that,  
NOTE Confidence: 0.9962164  
00:17:27.019 --> 00:17:28.619 fifty percent fifty to sixty  
NOTE Confidence: 0.9962164  
00:17:28.619 --> 00:17:29.740 percent of kids are likely  
NOTE Confidence: 0.9962164

00:17:29.740 --> 00:17:30.399 to improve.  
NOTE Confidence: 0.9969551

00:17:31.659 --> 00:17:33.179 But we don't really have  
NOTE Confidence: 0.9969551

00:17:33.179 --> 00:17:33.679 any,  
NOTE Confidence: 0.9549354

00:17:34.139 --> 00:17:36.559 methods for predicting or, previously  
NOTE Confidence: 0.9549354

00:17:36.619 --> 00:17:37.934 hadn't had any methods for  
NOTE Confidence: 0.9549354

00:17:37.934 --> 00:17:39.154 predicting that variability.  
NOTE Confidence: 0.9965709

00:17:39.855 --> 00:17:40.975 How do we know who's  
NOTE Confidence: 0.9965709

00:17:40.975 --> 00:17:41.794 gonna respond?  
NOTE Confidence: 0.9974033

00:17:43.215 --> 00:17:43.715 So  
NOTE Confidence: 0.905416

00:17:44.414 --> 00:17:45.294 and our our,  
NOTE Confidence: 0.8921284

00:17:45.695 --> 00:17:47.475 our treatment approaches really  
NOTE Confidence: 0.9089111

00:17:47.855 --> 00:17:48.014 will  
NOTE Confidence: 0.93903226

00:17:48.894 --> 00:17:50.174 and in terms of guidelines,  
NOTE Confidence: 0.93903226

00:17:50.174 --> 00:17:51.299 I know we've got treatment  
NOTE Confidence: 0.93903226

00:17:51.299 --> 00:17:52.580 guidelines in Australia, but I  
NOTE Confidence: 0.93903226

00:17:52.580 --> 00:17:53.539 know you've also got them

NOTE Confidence: 0.93903226  
00:17:53.539 --> 00:17:54.039 here,  
NOTE Confidence: 0.975569  
00:17:54.419 --> 00:17:54.919 that,  
NOTE Confidence: 0.9937929  
00:17:55.700 --> 00:17:56.919 recommend CBT  
NOTE Confidence: 0.99856436  
00:17:57.299 --> 00:17:58.500 for a child presenting with  
NOTE Confidence: 0.99856436  
00:17:58.500 --> 00:17:59.639 an anxiety disorder.  
NOTE Confidence: 0.9867675  
00:17:59.940 --> 00:18:01.220 But let's just say we've  
NOTE Confidence: 0.9867675  
00:18:01.220 --> 00:18:02.440 got two different children.  
NOTE Confidence: 0.9935689  
00:18:03.195 --> 00:18:04.034 We've got a,  
NOTE Confidence: 0.957053  
00:18:04.475 --> 00:18:06.095 Keira, a nine year old.  
NOTE Confidence: 0.957053  
00:18:06.154 --> 00:18:06.654 She's,  
NOTE Confidence: 0.9882956  
00:18:08.315 --> 00:18:09.914 they're both, both of these  
NOTE Confidence: 0.9882956  
00:18:09.914 --> 00:18:10.815 children are  
NOTE Confidence: 0.9911023  
00:18:11.115 --> 00:18:13.054 medication naive. They've never had  
NOTE Confidence: 0.9911023  
00:18:13.115 --> 00:18:13.434 any,  
NOTE Confidence: 0.6111844  
00:18:13.994 --> 00:18:14.494 medications  
NOTE Confidence: 0.9993175

00:18:16.635 --> 00:18:17.135 before.  
NOTE Confidence: 0.954597

00:18:19.490 --> 00:18:20.690 Keira is a nine year  
NOTE Confidence: 0.954597

00:18:20.690 --> 00:18:22.210 old. She comes from her  
NOTE Confidence: 0.954597

00:18:22.210 --> 00:18:23.490 dad found her dad's family  
NOTE Confidence: 0.954597

00:18:23.490 --> 00:18:25.090 comes from a Polynesian island.  
NOTE Confidence: 0.954597

00:18:25.090 --> 00:18:26.390 Mum was born in India.  
NOTE Confidence: 0.954597

00:18:26.610 --> 00:18:27.890 She's very anxious about her  
NOTE Confidence: 0.954597

00:18:27.890 --> 00:18:29.910 schoolwork and getting things right.  
NOTE Confidence: 0.954597

00:18:30.050 --> 00:18:31.110 She's a bit perfectionistic.  
NOTE Confidence: 0.9338841

00:18:33.025 --> 00:18:34.885 She meets criteria for generalized  
NOTE Confidence: 0.9338841

00:18:35.025 --> 00:18:37.125 anxiety disorder and social anxiety  
NOTE Confidence: 0.9338841

00:18:37.185 --> 00:18:37.685 disorder.  
NOTE Confidence: 0.99733627

00:18:38.225 --> 00:18:39.045 Her parents,  
NOTE Confidence: 0.9417686

00:18:39.425 --> 00:18:40.865 particularly her dad, is very  
NOTE Confidence: 0.9417686

00:18:40.865 --> 00:18:41.365 anxious,  
NOTE Confidence: 0.99544907

00:18:41.665 --> 00:18:42.785 and she's also started to

NOTE Confidence: 0.99544907

00:18:42.785 --> 00:18:44.725 experience some mild depressive symptoms.

NOTE Confidence: 0.9935159

00:18:45.750 --> 00:18:46.710 Jay, on the other hand,

NOTE Confidence: 0.9935159

00:18:46.710 --> 00:18:47.670 is a sixteen year old

NOTE Confidence: 0.9935159

00:18:47.670 --> 00:18:49.590 boy. He hasn't previously had

NOTE Confidence: 0.9935159

00:18:49.590 --> 00:18:51.030 huge amounts of anxiety. He's

NOTE Confidence: 0.9935159

00:18:51.030 --> 00:18:52.630 been coping okay. He's just

NOTE Confidence: 0.9935159

00:18:52.630 --> 00:18:54.650 started driving and started experiencing

NOTE Confidence: 0.9997985

00:18:55.109 --> 00:18:55.609 regular

NOTE Confidence: 0.98622346

00:18:56.070 --> 00:18:57.430 panic attacks that are now

NOTE Confidence: 0.98622346

00:18:57.430 --> 00:18:58.650 coming out of the blue.

NOTE Confidence: 0.98622346

00:18:58.695 --> 00:18:59.654 He comes from a a

NOTE Confidence: 0.98622346

00:18:59.654 --> 00:19:01.034 single parent household,

NOTE Confidence: 0.9807386

00:19:02.695 --> 00:19:03.734 and he's been having these

NOTE Confidence: 0.9807386

00:19:03.734 --> 00:19:05.494 panic attacks regularly and seeking

NOTE Confidence: 0.9807386

00:19:05.494 --> 00:19:05.994 treatment.

NOTE Confidence: 0.95888364

00:19:07.174 --> 00:19:08.455 At the moment, our treatment  
NOTE Confidence: 0.95888364

00:19:08.455 --> 00:19:10.554 guidelines would say that the  
NOTE Confidence: 0.95888364

00:19:10.695 --> 00:19:11.195 CBT  
NOTE Confidence: 0.9971006

00:19:11.494 --> 00:19:12.875 treatment is the same.  
NOTE Confidence: 0.9709614

00:19:13.900 --> 00:19:14.940 All all we know from  
NOTE Confidence: 0.9709614

00:19:14.940 --> 00:19:15.900 science is that you would  
NOTE Confidence: 0.9709614

00:19:15.900 --> 00:19:17.420 apply the same approaches. But  
NOTE Confidence: 0.9709614

00:19:17.420 --> 00:19:18.460 as a clinician, you'd probably  
NOTE Confidence: 0.9709614

00:19:18.460 --> 00:19:19.500 think, well, I do something  
NOTE Confidence: 0.9709614

00:19:19.500 --> 00:19:20.960 differently with each of these.  
NOTE Confidence: 0.8821926

00:19:21.340 --> 00:19:22.619 But yet at the moment,  
NOTE Confidence: 0.8821926

00:19:22.619 --> 00:19:23.920 the science says  
NOTE Confidence: 0.87442416

00:19:24.380 --> 00:19:25.500 CBT or is that that's  
NOTE Confidence: 0.87442416

00:19:25.500 --> 00:19:26.160 the recommendation.  
NOTE Confidence: 0.9982822

00:19:28.994 --> 00:19:30.115 Alright. So we've been trying  
NOTE Confidence: 0.9982822

00:19:30.115 --> 00:19:31.234 to move away from this

NOTE Confidence: 0.9982822  
00:19:31.234 --> 00:19:32.934 one size fits all approach  
NOTE Confidence: 0.9405225  
00:19:33.234 --> 00:19:35.554 and trying to understand whether  
NOTE Confidence: 0.9405225  
00:19:35.554 --> 00:19:37.234 a personalized evidence based or  
NOTE Confidence: 0.9405225  
00:19:37.234 --> 00:19:38.215 a precision medicine  
NOTE Confidence: 0.80779004  
00:19:39.154 --> 00:19:39.654 approach  
NOTE Confidence: 0.971167  
00:19:40.020 --> 00:19:41.060 might work a little bit  
NOTE Confidence: 0.971167  
00:19:41.060 --> 00:19:42.740 better. So the goals of  
NOTE Confidence: 0.971167  
00:19:42.740 --> 00:19:43.240 personalization  
NOTE Confidence: 0.9227245  
00:19:43.619 --> 00:19:44.740 really, you've gotta be able  
NOTE Confidence: 0.9227245  
00:19:44.740 --> 00:19:46.180 to make an accurate diagnosis  
NOTE Confidence: 0.9227245  
00:19:46.180 --> 00:19:47.619 or an accurate picture or  
NOTE Confidence: 0.9227245  
00:19:47.619 --> 00:19:49.300 profile. Doesn't necessarily have to  
NOTE Confidence: 0.9227245  
00:19:49.300 --> 00:19:50.500 be diagnosis if you don't  
NOTE Confidence: 0.9227245  
00:19:50.500 --> 00:19:51.619 come from a a medical  
NOTE Confidence: 0.9227245  
00:19:51.619 --> 00:19:52.119 model.  
NOTE Confidence: 0.97483027



00:19:53.404 --> 00:19:54.684 Being able to predict what  
NOTE Confidence: 0.97483027

00:19:54.684 --> 00:19:56.605 that individual risk is, being  
NOTE Confidence: 0.97483027

00:19:56.605 --> 00:19:57.965 able to predict how likely  
NOTE Confidence: 0.97483027

00:19:57.965 --> 00:19:59.424 the child might be to  
NOTE Confidence: 0.97483027

00:19:59.644 --> 00:20:00.144 respond  
NOTE Confidence: 0.9486676

00:20:00.605 --> 00:20:02.065 suboptimally to treatment.  
NOTE Confidence: 0.9147947

00:20:03.005 --> 00:20:05.085 But the ultimate goal of  
NOTE Confidence: 0.9147947

00:20:05.085 --> 00:20:05.585 personalization  
NOTE Confidence: 0.99842304

00:20:06.044 --> 00:20:07.404 is really to achieve a  
NOTE Confidence: 0.99842304

00:20:07.404 --> 00:20:08.225 more effective  
NOTE Confidence: 0.9976238

00:20:09.960 --> 00:20:10.460 response.  
NOTE Confidence: 0.9609536

00:20:11.720 --> 00:20:12.600 There are a number of  
NOTE Confidence: 0.9609536

00:20:12.600 --> 00:20:14.760 ways to approach personalization or  
NOTE Confidence: 0.9609536

00:20:14.760 --> 00:20:16.460 precision medicine in this case.  
NOTE Confidence: 0.96199876

00:20:16.920 --> 00:20:18.520 You can adapt treatment for  
NOTE Confidence: 0.96199876

00:20:18.520 --> 00:20:19.720 subgroups. So if you've got

NOTE Confidence: 0.96199876  
00:20:19.720 --> 00:20:21.160 a child presenting with social  
NOTE Confidence: 0.96199876  
00:20:21.160 --> 00:20:23.080 anxiety like Kira, in the  
NOTE Confidence: 0.96199876  
00:20:23.080 --> 00:20:24.060 example before,  
NOTE Confidence: 0.9977423  
00:20:24.565 --> 00:20:25.305 you may  
NOTE Confidence: 0.9907093  
00:20:26.165 --> 00:20:28.005 deliver a different treatment and  
NOTE Confidence: 0.9907093  
00:20:28.005 --> 00:20:29.305 adapt it for children  
NOTE Confidence: 0.82953215  
00:20:29.765 --> 00:20:30.265 with,  
NOTE Confidence: 0.99716026  
00:20:31.125 --> 00:20:32.905 particular in particular subgroups.  
NOTE Confidence: 0.957181  
00:20:34.565 --> 00:20:36.405 Modular therapies are another kind  
NOTE Confidence: 0.957181  
00:20:36.405 --> 00:20:38.700 of precision approach where depending  
NOTE Confidence: 0.957181  
00:20:38.700 --> 00:20:40.300 on the presentation, you might  
NOTE Confidence: 0.957181  
00:20:40.300 --> 00:20:42.720 add, or subtract different modules,  
NOTE Confidence: 0.965475  
00:20:43.500 --> 00:20:44.240 of treatment,  
NOTE Confidence: 0.9858161  
00:20:44.700 --> 00:20:45.200 components.  
NOTE Confidence: 0.9516245  
00:20:46.460 --> 00:20:48.240 And there's also more individualized  
NOTE Confidence: 0.9408736

00:20:48.540 --> 00:20:50.940 metrics and predictive analytics that

NOTE Confidence: 0.9408736

00:20:50.940 --> 00:20:52.559 are using kind of more,

NOTE Confidence: 0.967161

00:20:53.355 --> 00:20:55.375 recent techniques to try and,

NOTE Confidence: 0.9759594

00:20:56.155 --> 00:20:57.915 predict ahead of time based

NOTE Confidence: 0.9759594

00:20:57.915 --> 00:20:59.775 on previous sets of data,

NOTE Confidence: 0.9759594

00:20:59.915 --> 00:21:01.115 how likely is it that

NOTE Confidence: 0.9759594

00:21:01.115 --> 00:21:03.275 this child is to respond

NOTE Confidence: 0.9759594

00:21:03.275 --> 00:21:03.934 to treatment.

NOTE Confidence: 0.99473065

00:21:04.795 --> 00:21:05.455 So using

NOTE Confidence: 0.99940073

00:21:07.200 --> 00:21:07.859 predictive analytics

NOTE Confidence: 0.9453192

00:21:08.320 --> 00:21:10.399 or previous datasets to be

NOTE Confidence: 0.9453192

00:21:10.399 --> 00:21:11.220 able to predict

NOTE Confidence: 0.98966223

00:21:11.679 --> 00:21:12.880 with the goal of being

NOTE Confidence: 0.98966223

00:21:12.880 --> 00:21:13.840 of being able to get

NOTE Confidence: 0.98966223

00:21:13.840 --> 00:21:15.220 a better treatment response.

NOTE Confidence: 0.93969005

00:21:15.520 --> 00:21:16.559 And sorry. I should have

NOTE Confidence: 0.93969005  
00:21:16.559 --> 00:21:17.679 said this is, the work  
NOTE Confidence: 0.93969005  
00:21:17.679 --> 00:21:19.200 of a PhD student who's  
NOTE Confidence: 0.93969005  
00:21:19.200 --> 00:21:19.545 now  
NOTE Confidence: 0.9539783  
00:21:20.265 --> 00:21:21.385 in the process of becoming  
NOTE Confidence: 0.9539783  
00:21:21.385 --> 00:21:23.065 a postdoc, Liz Alberti, who  
NOTE Confidence: 0.9539783  
00:21:23.065 --> 00:21:24.585 also had a pastrami sandwich  
NOTE Confidence: 0.9539783  
00:21:24.585 --> 00:21:25.965 yesterday and loved it.  
NOTE Confidence: 0.99461323  
00:21:27.545 --> 00:21:27.785 She's  
NOTE Confidence: 0.9903845  
00:21:28.825 --> 00:21:30.285 unfortunately, the the  
NOTE Confidence: 0.95838374  
00:21:30.585 --> 00:21:31.545 the pool of Yale was  
NOTE Confidence: 0.95838374  
00:21:31.545 --> 00:21:32.505 not quite as strong as  
NOTE Confidence: 0.95838374  
00:21:32.505 --> 00:21:33.885 New York City, so she's  
NOTE Confidence: 0.95838374  
00:21:33.945 --> 00:21:35.160 staying in New York City.  
NOTE Confidence: 0.95838374  
00:21:35.480 --> 00:21:36.619 Sorry to say, everyone.  
NOTE Confidence: 0.97191477  
00:21:37.160 --> 00:21:37.400 But,  
NOTE Confidence: 0.9636513

00:21:38.119 --> 00:21:40.060 she's having fun driving around  
NOTE Confidence: 0.9636513

00:21:40.119 --> 00:21:41.880 Central Park today instead. It's  
NOTE Confidence: 0.9636513

00:21:41.880 --> 00:21:42.859 her first trip.  
NOTE Confidence: 0.9707905

00:21:43.800 --> 00:21:45.000 Anyway, she's been doing this  
NOTE Confidence: 0.9707905

00:21:45.000 --> 00:21:45.800 work as part of her  
NOTE Confidence: 0.9707905

00:21:45.800 --> 00:21:47.160 PhD in trying to look  
NOTE Confidence: 0.9707905

00:21:47.160 --> 00:21:47.475 at,  
NOTE Confidence: 0.99935514

00:21:48.035 --> 00:21:49.635 how we can shift the  
NOTE Confidence: 0.99935514

00:21:49.635 --> 00:21:50.135 field  
NOTE Confidence: 0.95154303

00:21:50.515 --> 00:21:51.335 more towards,  
NOTE Confidence: 0.9717434

00:21:51.875 --> 00:21:53.655 using science to drive personalization.  
NOTE Confidence: 0.9709885

00:21:54.515 --> 00:21:55.875 So the different methods that  
NOTE Confidence: 0.9709885

00:21:55.875 --> 00:21:56.914 you might want to use  
NOTE Confidence: 0.9709885

00:21:56.914 --> 00:21:57.815 to get towards  
NOTE Confidence: 0.96007264

00:21:58.674 --> 00:22:00.835 personalization or precision medicine, you  
NOTE Confidence: 0.96007264

00:22:00.835 --> 00:22:01.955 want to understand what the

NOTE Confidence: 0.96007264  
00:22:01.955 --> 00:22:04.000 predictors are, so which children  
NOTE Confidence: 0.96007264  
00:22:04.000 --> 00:22:05.119 are likely to respond to  
NOTE Confidence: 0.96007264  
00:22:05.119 --> 00:22:05.619 treatment.  
NOTE Confidence: 0.9474945  
00:22:06.080 --> 00:22:07.619 And then also, really importantly,  
NOTE Confidence: 0.9474945  
00:22:07.760 --> 00:22:08.740 what are the moderators?  
NOTE Confidence: 0.99314505  
00:22:09.119 --> 00:22:10.880 Just knowing who's gonna have  
NOTE Confidence: 0.99314505  
00:22:10.880 --> 00:22:11.380 suboptimal  
NOTE Confidence: 0.99867034  
00:22:11.680 --> 00:22:12.180 responses  
NOTE Confidence: 0.99745476  
00:22:12.720 --> 00:22:13.840 is not helpful if we  
NOTE Confidence: 0.99745476  
00:22:13.840 --> 00:22:14.640 don't know anything  
NOTE Confidence: 0.95371896  
00:22:15.119 --> 00:22:15.920 if we don't know what's  
NOTE Confidence: 0.95371896  
00:22:15.920 --> 00:22:17.300 gonna work better for them.  
NOTE Confidence: 0.9565155  
00:22:18.164 --> 00:22:19.764 And then mediators are also  
NOTE Confidence: 0.9565155  
00:22:19.764 --> 00:22:20.264 important,  
NOTE Confidence: 0.9924183  
00:22:20.884 --> 00:22:22.345 less so for the baseline,  
NOTE Confidence: 0.9903938

00:22:23.044 --> 00:22:23.544 predictors,  
NOTE Confidence: 0.9372522

00:22:24.725 --> 00:22:26.565 and predictive metrics, but it's  
NOTE Confidence: 0.9372522

00:22:26.565 --> 00:22:27.845 important in being able if  
NOTE Confidence: 0.9372522

00:22:27.845 --> 00:22:28.585 we're targeting  
NOTE Confidence: 0.99904096

00:22:28.965 --> 00:22:30.024 treatments that  
NOTE Confidence: 0.99666154

00:22:30.404 --> 00:22:31.945 actually work on the mechanisms  
NOTE Confidence: 0.95589906

00:22:32.520 --> 00:22:33.800 that that's perhaps what we  
NOTE Confidence: 0.95589906

00:22:33.800 --> 00:22:34.540 can target,  
NOTE Confidence: 0.8539559

00:22:35.000 --> 00:22:36.300 to personalize care.  
NOTE Confidence: 0.9975699

00:22:39.480 --> 00:22:40.540 Alright. So  
NOTE Confidence: 0.99685544

00:22:41.080 --> 00:22:42.280 I wanna focus just a  
NOTE Confidence: 0.99685544

00:22:42.280 --> 00:22:43.580 little bit on the predictors  
NOTE Confidence: 0.9646079

00:22:43.960 --> 00:22:44.920 aspects. That's some of the  
NOTE Confidence: 0.9646079

00:22:44.920 --> 00:22:46.035 work that we've been doing,  
NOTE Confidence: 0.9646079

00:22:46.355 --> 00:22:48.035 looking at what predicts treatment  
NOTE Confidence: 0.9646079

00:22:48.035 --> 00:22:49.015 outcomes. So

NOTE Confidence: 0.99585515  
00:22:49.315 --> 00:22:50.455 can we identify  
NOTE Confidence: 0.99431074  
00:22:51.075 --> 00:22:52.275 ahead of time so when  
NOTE Confidence: 0.99431074  
00:22:52.275 --> 00:22:54.055 a child presents to treatment,  
NOTE Confidence: 0.94728005  
00:22:54.595 --> 00:22:56.755 can we identify who's which  
NOTE Confidence: 0.94728005  
00:22:56.755 --> 00:22:57.795 one of them which which  
NOTE Confidence: 0.94728005  
00:22:57.795 --> 00:22:58.835 of the children is not  
NOTE Confidence: 0.94728005  
00:22:58.835 --> 00:23:00.215 gonna respond favorably?  
NOTE Confidence: 0.99643415  
00:23:00.679 --> 00:23:01.980 So rather than this,  
NOTE Confidence: 0.95027727  
00:23:03.559 --> 00:23:04.520 you know, kind of going  
NOTE Confidence: 0.95027727  
00:23:04.520 --> 00:23:06.140 and treating everybody the same,  
NOTE Confidence: 0.95027727  
00:23:06.359 --> 00:23:08.780 it's before that treatment starts,  
NOTE Confidence: 0.96313447  
00:23:09.960 --> 00:23:11.559 what is it who's gonna  
NOTE Confidence: 0.96313447  
00:23:11.559 --> 00:23:12.780 respond to that treatment?  
NOTE Confidence: 0.99905324  
00:23:14.225 --> 00:23:15.185 And we're actually in a  
NOTE Confidence: 0.99905324  
00:23:15.185 --> 00:23:16.325 pretty good place  
NOTE Confidence: 0.9600743



00:23:17.025 --> 00:23:18.245 in the last five years  
NOTE Confidence: 0.9600743

00:23:18.305 --> 00:23:19.505 in terms of answering that  
NOTE Confidence: 0.9600743

00:23:19.505 --> 00:23:21.105 question. The moderators not so  
NOTE Confidence: 0.9600743

00:23:21.105 --> 00:23:23.025 much but predictors we we  
NOTE Confidence: 0.9600743

00:23:23.025 --> 00:23:24.405 have a much better understanding  
NOTE Confidence: 0.9600743

00:23:24.625 --> 00:23:25.125 of.  
NOTE Confidence: 0.9904048

00:23:26.590 --> 00:23:27.549 One of the things that's  
NOTE Confidence: 0.9904048

00:23:27.549 --> 00:23:29.470 complicated this piece of work  
NOTE Confidence: 0.9904048

00:23:29.470 --> 00:23:30.929 is around the the,  
NOTE Confidence: 0.9360019

00:23:31.390 --> 00:23:33.090 the issues around methods,  
NOTE Confidence: 0.9986324

00:23:33.390 --> 00:23:34.190 that there are a lot  
NOTE Confidence: 0.9986324

00:23:34.190 --> 00:23:35.789 of different methods to look  
NOTE Confidence: 0.9986324

00:23:35.789 --> 00:23:36.850 at treatment effects.  
NOTE Confidence: 0.9664889

00:23:37.230 --> 00:23:38.029 So we have,  
NOTE Confidence: 0.91125834

00:23:39.345 --> 00:23:40.945 we also use in in  
NOTE Confidence: 0.91125834

00:23:40.945 --> 00:23:41.984 child work, we use the

NOTE Confidence: 0.91125834  
00:23:41.984 --> 00:23:43.905 clinicians report, we use parent  
NOTE Confidence: 0.91125834  
00:23:43.905 --> 00:23:45.184 report, and we use child  
NOTE Confidence: 0.91125834  
00:23:45.184 --> 00:23:45.684 report,  
NOTE Confidence: 0.9925255  
00:23:46.544 --> 00:23:48.145 and you can get three  
NOTE Confidence: 0.9925255  
00:23:48.145 --> 00:23:49.365 different treatment effects,  
NOTE Confidence: 0.9997842  
00:23:50.225 --> 00:23:51.684 based on those three different  
NOTE Confidence: 0.9731983  
00:23:52.770 --> 00:23:53.270 reports.  
NOTE Confidence: 0.88575655  
00:23:53.570 --> 00:23:54.369 So it's then how do  
NOTE Confidence: 0.88575655  
00:23:54.369 --> 00:23:55.570 you work out what treatment's  
NOTE Confidence: 0.88575655  
00:23:55.570 --> 00:23:56.230 gonna work,  
NOTE Confidence: 0.9514376  
00:23:56.770 --> 00:23:58.390 if you're using different methods?  
NOTE Confidence: 0.9774273  
00:23:59.410 --> 00:24:00.369 You know, which one are  
NOTE Confidence: 0.9774273  
00:24:00.369 --> 00:24:00.950 you gonna  
NOTE Confidence: 0.9419697  
00:24:01.490 --> 00:24:02.869 give preference to a priority  
NOTE Confidence: 0.9419697  
00:24:02.930 --> 00:24:04.290 to? We also have kind  
NOTE Confidence: 0.9419697

00:24:04.290 --> 00:24:05.730 of different methods of looking  
NOTE Confidence: 0.9419697

00:24:05.730 --> 00:24:06.230 at  
NOTE Confidence: 0.96657306

00:24:07.144 --> 00:24:08.505 at the effect. We can  
NOTE Confidence: 0.96657306

00:24:08.505 --> 00:24:10.125 use the end point. So  
NOTE Confidence: 0.96657306

00:24:10.264 --> 00:24:11.945 remission has the disorder that  
NOTE Confidence: 0.96657306

00:24:11.945 --> 00:24:13.304 they started treatment with. Is  
NOTE Confidence: 0.96657306

00:24:13.304 --> 00:24:14.524 that no longer there?  
NOTE Confidence: 0.9513376

00:24:14.984 --> 00:24:16.365 And that's an end point  
NOTE Confidence: 0.9513376

00:24:16.424 --> 00:24:17.625 where they they get to  
NOTE Confidence: 0.9513376

00:24:17.625 --> 00:24:18.764 at the end of treatment.  
NOTE Confidence: 0.9513376

00:24:18.825 --> 00:24:19.784 Or you can also look  
NOTE Confidence: 0.9513376

00:24:19.784 --> 00:24:20.825 at in terms of change  
NOTE Confidence: 0.9513376

00:24:20.825 --> 00:24:21.565 in severity.  
NOTE Confidence: 0.9429892

00:24:22.570 --> 00:24:24.030 And that change in severity  
NOTE Confidence: 0.968433

00:24:24.570 --> 00:24:26.490 really is determined by how  
NOTE Confidence: 0.968433

00:24:26.490 --> 00:24:27.609 high or how severe they

NOTE Confidence: 0.968433  
00:24:27.609 --> 00:24:28.570 were in the first place.  
NOTE Confidence: 0.968433  
00:24:28.570 --> 00:24:29.310 So sometimes  
NOTE Confidence: 0.978637  
00:24:29.850 --> 00:24:31.150 when you look at predictors  
NOTE Confidence: 0.978637  
00:24:31.290 --> 00:24:33.130 of outcome or even treatment  
NOTE Confidence: 0.978637  
00:24:33.130 --> 00:24:34.730 effects, those two different those  
NOTE Confidence: 0.978637  
00:24:34.730 --> 00:24:36.090 things will be different in  
NOTE Confidence: 0.978637  
00:24:36.090 --> 00:24:36.910 terms of,  
NOTE Confidence: 0.9933355  
00:24:37.290 --> 00:24:37.935 in terms of  
NOTE Confidence: 0.98649454  
00:24:39.535 --> 00:24:41.075 effects. Alright. So  
NOTE Confidence: 0.97890437  
00:24:41.855 --> 00:24:43.295 now ten years ago, we  
NOTE Confidence: 0.97890437  
00:24:43.295 --> 00:24:44.335 set out on this piece  
NOTE Confidence: 0.97890437  
00:24:44.335 --> 00:24:45.295 of work looking at, well,  
NOTE Confidence: 0.97890437  
00:24:45.295 --> 00:24:46.335 what does the literature say  
NOTE Confidence: 0.97890437  
00:24:46.335 --> 00:24:47.215 so far? What do we  
NOTE Confidence: 0.97890437  
00:24:47.215 --> 00:24:48.835 know about predictors of outcome?  
NOTE Confidence: 0.97633845

00:24:49.695 --> 00:24:51.330 And we did a systematic  
NOTE Confidence: 0.97633845

00:24:51.330 --> 00:24:52.210 review at the same time  
NOTE Confidence: 0.97633845

00:24:52.210 --> 00:24:53.490 as Michael Fassum did a,  
NOTE Confidence: 0.97633845

00:24:53.809 --> 00:24:55.250 systematic review, and we pretty  
NOTE Confidence: 0.97633845

00:24:55.250 --> 00:24:56.290 much came to the same  
NOTE Confidence: 0.97633845

00:24:56.290 --> 00:24:56.790 conclusion.  
NOTE Confidence: 0.9832048

00:24:57.170 --> 00:24:58.530 It's usually devastating when you  
NOTE Confidence: 0.9832048

00:24:58.530 --> 00:24:59.410 see that somebody else has  
NOTE Confidence: 0.9832048

00:24:59.410 --> 00:25:00.530 done a systematic review at  
NOTE Confidence: 0.9832048

00:25:00.530 --> 00:25:01.650 exactly the same time as  
NOTE Confidence: 0.9832048

00:25:01.650 --> 00:25:03.730 you, but always reassuring that  
NOTE Confidence: 0.9832048

00:25:03.730 --> 00:25:04.530 you come up with the  
NOTE Confidence: 0.9832048

00:25:04.530 --> 00:25:05.990 same as the same answer.  
NOTE Confidence: 0.9554209

00:25:06.365 --> 00:25:07.325 That's the whole purpose of  
NOTE Confidence: 0.9554209

00:25:07.325 --> 00:25:09.005 a systematic review. But,  
NOTE Confidence: 0.9871565

00:25:09.405 --> 00:25:11.085 that there were very few

NOTE Confidence: 0.9871565  
00:25:11.085 --> 00:25:12.145 consistent predictors.  
NOTE Confidence: 0.97924405  
00:25:12.605 --> 00:25:13.565 Not that they were not  
NOTE Confidence: 0.97924405  
00:25:13.565 --> 00:25:14.525 there, it's just that they  
NOTE Confidence: 0.97924405  
00:25:14.525 --> 00:25:15.345 weren't consistent.  
NOTE Confidence: 0.9827861  
00:25:16.045 --> 00:25:17.405 There was a few hints  
NOTE Confidence: 0.9827861  
00:25:17.405 --> 00:25:18.225 in the literature.  
NOTE Confidence: 0.9520661  
00:25:19.180 --> 00:25:21.580 Social anxiety disorder predicted poorer  
NOTE Confidence: 0.9520661  
00:25:21.580 --> 00:25:23.119 outcomes and, in fact, generalised  
NOTE Confidence: 0.9520661  
00:25:23.260 --> 00:25:25.359 anxiety predicted better outcomes.  
NOTE Confidence: 0.91430634  
00:25:27.020 --> 00:25:29.420 Greater symptom severity predicted greater  
NOTE Confidence: 0.91430634  
00:25:29.420 --> 00:25:31.040 change but poorer endpoints.  
NOTE Confidence: 0.9795754  
00:25:32.125 --> 00:25:33.265 Comorbid disorders  
NOTE Confidence: 0.8753698  
00:25:33.645 --> 00:25:34.705 like, having  
NOTE Confidence: 0.99054015  
00:25:35.005 --> 00:25:36.145 comorbid depression,  
NOTE Confidence: 0.83760667  
00:25:37.484 --> 00:25:39.025 in particular, so it wasn't  
NOTE Confidence: 0.83760667

00:25:39.164 --> 00:25:39.664 comorbidity  
NOTE Confidence: 0.9009088

00:25:40.205 --> 00:25:40.705 generally,  
NOTE Confidence: 0.99873775

00:25:41.484 --> 00:25:41.984 predicted  
NOTE Confidence: 0.95201963

00:25:42.684 --> 00:25:44.445 poorer treatment response. Although there  
NOTE Confidence: 0.95201963

00:25:44.445 --> 00:25:46.044 were some studies in this  
NOTE Confidence: 0.95201963

00:25:46.044 --> 00:25:47.640 review that was not just,  
NOTE Confidence: 0.95201963

00:25:47.960 --> 00:25:48.860 depression but  
NOTE Confidence: 0.9766949

00:25:49.400 --> 00:25:50.840 tended to be associated with  
NOTE Confidence: 0.9766949

00:25:50.840 --> 00:25:51.900 poor treatment response,  
NOTE Confidence: 0.92324114

00:25:53.560 --> 00:25:54.920 and parent symptoms as well.  
NOTE Confidence: 0.92324114

00:25:54.920 --> 00:25:56.200 If a parent also presented  
NOTE Confidence: 0.92324114

00:25:56.200 --> 00:25:57.960 with anxiety or depression that  
NOTE Confidence: 0.92324114

00:25:57.960 --> 00:25:59.640 the the child had poorer  
NOTE Confidence: 0.92324114

00:25:59.640 --> 00:26:00.140 endpoints.  
NOTE Confidence: 0.9909057

00:26:00.994 --> 00:26:02.595 But whenever we found a  
NOTE Confidence: 0.9909057

00:26:02.595 --> 00:26:03.655 study that showed

NOTE Confidence: 0.9940519

00:26:04.515 --> 00:26:06.595 social phobia, social anxiety predicted

NOTE Confidence: 0.9940519

00:26:06.595 --> 00:26:07.875 outcome, we found another study

NOTE Confidence: 0.9940519

00:26:07.875 --> 00:26:08.755 that didn't show it. So

NOTE Confidence: 0.9940519

00:26:08.755 --> 00:26:10.435 it was so inconsistent that

NOTE Confidence: 0.9940519

00:26:10.435 --> 00:26:12.355 we really we concluded that

NOTE Confidence: 0.9940519

00:26:12.355 --> 00:26:14.135 there was no consistent predictors.

NOTE Confidence: 0.97117734

00:26:16.190 --> 00:26:17.470 But there were so many

NOTE Confidence: 0.97117734

00:26:17.470 --> 00:26:19.230 limitations with the the work.

NOTE Confidence: 0.97117734

00:26:19.230 --> 00:26:20.510 There was you know, we

NOTE Confidence: 0.97117734

00:26:20.510 --> 00:26:21.550 we only ever power our

NOTE Confidence: 0.97117734

00:26:21.550 --> 00:26:23.070 clinical trials to show a

NOTE Confidence: 0.97117734

00:26:23.070 --> 00:26:25.390 treatment effect of, does treatment

NOTE Confidence: 0.97117734

00:26:25.390 --> 00:26:26.670 a work better than treatment

NOTE Confidence: 0.97117734

00:26:26.670 --> 00:26:27.869 b? We never power it

NOTE Confidence: 0.97117734

00:26:27.869 --> 00:26:28.830 enough to be able to

NOTE Confidence: 0.97117734



00:26:28.830 --> 00:26:29.475 look at,  
NOTE Confidence: 0.93475175

00:26:29.875 --> 00:26:31.875 predictors or moderators. So all  
NOTE Confidence: 0.93475175

00:26:31.875 --> 00:26:33.155 of the the studies in  
NOTE Confidence: 0.93475175

00:26:33.155 --> 00:26:33.655 this  
NOTE Confidence: 0.9986147

00:26:34.035 --> 00:26:35.635 review tended to be small  
NOTE Confidence: 0.9986147

00:26:35.635 --> 00:26:36.455 sample sizes.  
NOTE Confidence: 0.9320824

00:26:36.994 --> 00:26:38.994 There was limited power, hence  
NOTE Confidence: 0.9320824

00:26:38.994 --> 00:26:40.434 the reason why some studies  
NOTE Confidence: 0.9320824

00:26:40.434 --> 00:26:42.674 showed that depression predicted outcome  
NOTE Confidence: 0.9320824

00:26:42.674 --> 00:26:44.355 and other studies didn't. If  
NOTE Confidence: 0.9320824

00:26:44.355 --> 00:26:45.095 a one  
NOTE Confidence: 0.99017406

00:26:45.500 --> 00:26:46.859 sample of a hundred only  
NOTE Confidence: 0.99017406

00:26:46.859 --> 00:26:49.520 had five children with, comorbid  
NOTE Confidence: 0.99017406

00:26:49.580 --> 00:26:50.080 depression,  
NOTE Confidence: 0.99757934

00:26:50.780 --> 00:26:51.280 then,  
NOTE Confidence: 0.9996141

00:26:51.740 --> 00:26:52.560 the likelihood

NOTE Confidence: 0.9948385  
00:26:52.940 --> 00:26:54.700 of, that study being able  
NOTE Confidence: 0.9948385  
00:26:54.700 --> 00:26:55.680 to show an effect  
NOTE Confidence: 0.9454731  
00:26:55.980 --> 00:26:57.580 is very different from, you  
NOTE Confidence: 0.9454731  
00:26:57.580 --> 00:26:58.934 know, study that had much  
NOTE Confidence: 0.9454731  
00:26:58.934 --> 00:27:00.855 greater numbers. So we had  
NOTE Confidence: 0.9454731  
00:27:00.855 --> 00:27:01.835 limited power,  
NOTE Confidence: 0.97035784  
00:27:03.174 --> 00:27:05.174 different assessment methods, as I  
NOTE Confidence: 0.97035784  
00:27:05.174 --> 00:27:06.855 talked about, different definitions of  
NOTE Confidence: 0.97035784  
00:27:06.855 --> 00:27:07.355 outcome.  
NOTE Confidence: 0.8965207  
00:27:08.054 --> 00:27:08.794 And also,  
NOTE Confidence: 0.98236716  
00:27:09.095 --> 00:27:09.815 you know, if you look  
NOTE Confidence: 0.98236716  
00:27:09.815 --> 00:27:11.494 at one variable relating to  
NOTE Confidence: 0.98236716  
00:27:11.494 --> 00:27:13.640 another and it's only related  
NOTE Confidence: 0.98236716  
00:27:13.640 --> 00:27:15.000 to it's only related to  
NOTE Confidence: 0.98236716  
00:27:15.000 --> 00:27:16.919 outcome because of its relationship  
NOTE Confidence: 0.98236716

00:27:16.919 --> 00:27:17.980 with another variable,  
NOTE Confidence: 0.9592941

00:27:18.359 --> 00:27:19.240 you know, you're gonna get  
NOTE Confidence: 0.9592941

00:27:19.240 --> 00:27:20.840 inconsistency depending on whether or  
NOTE Confidence: 0.9592941

00:27:20.840 --> 00:27:21.880 not that variable has been  
NOTE Confidence: 0.9592941

00:27:21.880 --> 00:27:23.240 controlled for. So it was  
NOTE Confidence: 0.9592941

00:27:23.240 --> 00:27:24.039 a lot of mess in  
NOTE Confidence: 0.9592941

00:27:24.039 --> 00:27:25.160 the literature. And so we  
NOTE Confidence: 0.9592941

00:27:25.160 --> 00:27:26.774 thought, well, what about if  
NOTE Confidence: 0.9592941

00:27:26.774 --> 00:27:28.134 we try to address this  
NOTE Confidence: 0.9592941

00:27:28.134 --> 00:27:28.955 issue of  
NOTE Confidence: 0.9916407

00:27:29.575 --> 00:27:30.315 of limited  
NOTE Confidence: 0.9296947

00:27:30.615 --> 00:27:32.294 power and increased our sample  
NOTE Confidence: 0.9296947

00:27:32.294 --> 00:27:33.274 sizes? So,  
NOTE Confidence: 0.97390425

00:27:34.615 --> 00:27:35.894 Wendy was involved in this  
NOTE Confidence: 0.97390425

00:27:35.894 --> 00:27:37.014 work as well where we  
NOTE Confidence: 0.97390425

00:27:37.014 --> 00:27:38.615 were actually interested more in,

NOTE Confidence: 0.97390425

00:27:39.014 --> 00:27:41.070 genetic predictors of treatment outcome,

NOTE Confidence: 0.97390425

00:27:41.070 --> 00:27:42.510 which I will mention briefly.

NOTE Confidence: 0.97390425

00:27:42.510 --> 00:27:44.430 But we needed for genetic

NOTE Confidence: 0.97390425

00:27:44.430 --> 00:27:45.950 studies, we needed much larger

NOTE Confidence: 0.97390425

00:27:45.950 --> 00:27:48.050 samples. So it was fantastic

NOTE Confidence: 0.97390425

00:27:48.109 --> 00:27:49.470 because we got much bigger

NOTE Confidence: 0.97390425

00:27:49.470 --> 00:27:49.970 samples,

NOTE Confidence: 0.9449836

00:27:50.270 --> 00:27:51.470 and then we're able to,

NOTE Confidence: 0.9449836

00:27:51.869 --> 00:27:53.234 to have potentially be

NOTE Confidence: 0.99726254

00:27:53.695 --> 00:27:54.815 more power to be able

NOTE Confidence: 0.99726254

00:27:54.815 --> 00:27:55.475 to detect,

NOTE Confidence: 0.9997285

00:27:56.095 --> 00:27:56.595 predictors.

NOTE Confidence: 0.93148744

00:27:56.975 --> 00:27:58.255 We also pulled by that

NOTE Confidence: 0.93148744

00:27:58.255 --> 00:27:59.135 stage. We'd had a number

NOTE Confidence: 0.93148744

00:27:59.135 --> 00:28:00.335 of clinical trials, so we

NOTE Confidence: 0.93148744

00:28:00.335 --> 00:28:01.215 were able to pull the  
NOTE Confidence: 0.93148744

00:28:01.215 --> 00:28:02.654 data together. So it's like  
NOTE Confidence: 0.93148744

00:28:02.654 --> 00:28:04.015 when you pull data, can  
NOTE Confidence: 0.93148744

00:28:04.015 --> 00:28:05.154 we get more of  
NOTE Confidence: 0.9958132

00:28:07.250 --> 00:28:09.250 understanding of predictors through through  
NOTE Confidence: 0.9958132

00:28:09.250 --> 00:28:09.750 combining  
NOTE Confidence: 0.87495136

00:28:10.050 --> 00:28:10.550 RCTs?  
NOTE Confidence: 0.99723244

00:28:11.090 --> 00:28:12.230 So this is a study,  
NOTE Confidence: 0.9117526

00:28:12.609 --> 00:28:13.890 I did two thousand and  
NOTE Confidence: 0.9117526

00:28:13.890 --> 00:28:15.970 fifteen just with our samples  
NOTE Confidence: 0.9117526

00:28:15.970 --> 00:28:17.250 that we'd collected within our  
NOTE Confidence: 0.9117526

00:28:17.250 --> 00:28:17.910 own lab.  
NOTE Confidence: 0.9972687

00:28:18.450 --> 00:28:18.950 And  
NOTE Confidence: 0.989649

00:28:19.725 --> 00:28:21.005 we were able to really  
NOTE Confidence: 0.989649

00:28:21.005 --> 00:28:22.605 consistently show with this much  
NOTE Confidence: 0.989649

00:28:22.605 --> 00:28:24.525 larger sample that children with

NOTE Confidence: 0.989649  
00:28:24.525 --> 00:28:26.125 social anxiety disorder on the  
NOTE Confidence: 0.989649  
00:28:26.125 --> 00:28:26.625 left  
NOTE Confidence: 0.98721397  
00:28:27.244 --> 00:28:29.165 had much poorer outcomes. So  
NOTE Confidence: 0.98721397  
00:28:29.165 --> 00:28:30.145 it's not that they  
NOTE Confidence: 0.96032226  
00:28:30.924 --> 00:28:32.445 were not responding. They were  
NOTE Confidence: 0.96032226  
00:28:32.445 --> 00:28:33.645 responding to treatment, but they  
NOTE Confidence: 0.96032226  
00:28:33.645 --> 00:28:35.529 just weren't responding as well  
NOTE Confidence: 0.9988054  
00:28:35.830 --> 00:28:37.770 as children with other presentations.  
NOTE Confidence: 0.9073944  
00:28:38.309 --> 00:28:39.049 And interestingly,  
NOTE Confidence: 0.9454144  
00:28:39.350 --> 00:28:41.270 OCD here often people separate  
NOTE Confidence: 0.9454144  
00:28:41.270 --> 00:28:42.870 that as a separate you  
NOTE Confidence: 0.9454144  
00:28:42.870 --> 00:28:43.830 know, have a different type  
NOTE Confidence: 0.9454144  
00:28:43.830 --> 00:28:45.350 of treatment, but we consider  
NOTE Confidence: 0.9454144  
00:28:45.350 --> 00:28:45.850 it  
NOTE Confidence: 0.9314667  
00:28:46.470 --> 00:28:47.830 part of the anxiety disorders  
NOTE Confidence: 0.9314667

00:28:47.830 --> 00:28:49.110 and showed that actually our  
NOTE Confidence: 0.9314667

00:28:49.110 --> 00:28:51.795 CBT works, very well, much  
NOTE Confidence: 0.9314667

00:28:51.795 --> 00:28:53.075 better than it does for,  
NOTE Confidence: 0.9996855

00:28:53.395 --> 00:28:54.295 social anxiety.  
NOTE Confidence: 0.99734354

00:28:56.195 --> 00:28:57.495 We also looked at comorbidity  
NOTE Confidence: 0.9846454

00:28:57.795 --> 00:28:59.075 as well and showed that  
NOTE Confidence: 0.9846454

00:28:59.075 --> 00:29:01.315 children with comorbid mood disorder  
NOTE Confidence: 0.9846454

00:29:01.315 --> 00:29:02.115 had poorer  
NOTE Confidence: 0.8221534

00:29:02.515 --> 00:29:04.295 lower remission rates, poorer endpoints.  
NOTE Confidence: 0.9371817

00:29:05.560 --> 00:29:07.000 So pooling again this data  
NOTE Confidence: 0.9371817

00:29:07.000 --> 00:29:08.760 together was able to consistent  
NOTE Confidence: 0.9371817

00:29:08.920 --> 00:29:09.960 like, kind of have a  
NOTE Confidence: 0.9371817

00:29:09.960 --> 00:29:11.480 more robust finding and something  
NOTE Confidence: 0.9371817

00:29:11.480 --> 00:29:12.360 that we can be more  
NOTE Confidence: 0.9371817

00:29:12.360 --> 00:29:13.340 confident in.  
NOTE Confidence: 0.9664793

00:29:14.520 --> 00:29:15.260 We also,

NOTE Confidence: 0.9992237  
00:29:16.920 --> 00:29:17.160 looked  
NOTE Confidence: 0.96956927  
00:29:18.034 --> 00:29:19.235 oh, this is the genetic  
NOTE Confidence: 0.96956927  
00:29:19.235 --> 00:29:20.195 study. So this is an  
NOTE Confidence: 0.96956927  
00:29:20.195 --> 00:29:21.475 even bigger sample size of  
NOTE Confidence: 0.96956927  
00:29:21.475 --> 00:29:23.715 fifteen hundred. We looked at  
NOTE Confidence: 0.96956927  
00:29:23.875 --> 00:29:24.615 this is including,  
NOTE Confidence: 0.8320294  
00:29:25.955 --> 00:29:26.455 data,  
NOTE Confidence: 0.9994399  
00:29:27.715 --> 00:29:28.215 from  
NOTE Confidence: 0.9510729  
00:29:28.755 --> 00:29:30.135 Yale and Florida,  
NOTE Confidence: 0.9993437  
00:29:31.635 --> 00:29:32.135 combining  
NOTE Confidence: 0.93503135  
00:29:33.250 --> 00:29:34.690 the data sets from around  
NOTE Confidence: 0.93503135  
00:29:34.690 --> 00:29:35.270 the world.  
NOTE Confidence: 0.9991714  
00:29:35.970 --> 00:29:36.789 We had  
NOTE Confidence: 0.99661475  
00:29:37.090 --> 00:29:39.350 samples from Oxford, from Groningen,  
NOTE Confidence: 0.99661475  
00:29:39.570 --> 00:29:40.470 from Amsterdam,  
NOTE Confidence: 0.9274781



00:29:40.850 --> 00:29:42.950 Denmark, Norway, and Sydney,  
NOTE Confidence: 0.87412244

00:29:43.650 --> 00:29:44.630 pulling them together  
NOTE Confidence: 0.8897848

00:29:45.090 --> 00:29:46.470 and showed again  
NOTE Confidence: 0.9354626

00:29:46.955 --> 00:29:48.575 with social anxiety disorder.  
NOTE Confidence: 0.99649537

00:29:50.395 --> 00:29:51.135 This is  
NOTE Confidence: 0.8597795

00:29:51.515 --> 00:29:52.955 a change or a change  
NOTE Confidence: 0.8597795

00:29:52.955 --> 00:29:53.695 in severity  
NOTE Confidence: 0.95252323

00:29:54.155 --> 00:29:55.355 that the slope of the  
NOTE Confidence: 0.95252323

00:29:55.355 --> 00:29:57.035 line is it's it it's  
NOTE Confidence: 0.95252323

00:29:57.035 --> 00:29:57.855 still improving,  
NOTE Confidence: 0.9686511

00:29:58.395 --> 00:29:59.995 but not as well as  
NOTE Confidence: 0.9686511

00:29:59.995 --> 00:30:01.055 children with other,  
NOTE Confidence: 0.9962458

00:30:02.110 --> 00:30:03.650 primary anxiety disorders.  
NOTE Confidence: 0.9973463

00:30:06.270 --> 00:30:08.110 We also looked more closely  
NOTE Confidence: 0.9973463

00:30:08.110 --> 00:30:09.470 at parental mental health as  
NOTE Confidence: 0.9973463

00:30:09.470 --> 00:30:09.970 well

NOTE Confidence: 0.8257244  
00:30:10.270 --> 00:30:12.130 and pulling the data together.  
NOTE Confidence: 0.9566484  
00:30:12.830 --> 00:30:13.330 And  
NOTE Confidence: 0.9700888  
00:30:13.675 --> 00:30:15.435 parental psychopathology was also something  
NOTE Confidence: 0.9700888  
00:30:15.435 --> 00:30:17.035 that was quite inconsistent in  
NOTE Confidence: 0.9700888  
00:30:17.035 --> 00:30:18.635 the literature. Sometimes it showed  
NOTE Confidence: 0.9700888  
00:30:18.635 --> 00:30:19.915 an effect and sometimes it  
NOTE Confidence: 0.9700888  
00:30:19.915 --> 00:30:21.755 didn't. And when we pulled  
NOTE Confidence: 0.9700888  
00:30:21.755 --> 00:30:23.515 this data together, it helped  
NOTE Confidence: 0.9700888  
00:30:23.515 --> 00:30:24.335 really understand  
NOTE Confidence: 0.95704156  
00:30:24.795 --> 00:30:25.995 why that might be is  
NOTE Confidence: 0.95704156  
00:30:25.995 --> 00:30:27.720 that pre to post, you're  
NOTE Confidence: 0.95704156  
00:30:27.720 --> 00:30:29.480 getting similar effects regardless of  
NOTE Confidence: 0.95704156  
00:30:29.480 --> 00:30:30.700 whether or not the parent  
NOTE Confidence: 0.98528564  
00:30:31.000 --> 00:30:33.240 also experiences anxiety, both mothers  
NOTE Confidence: 0.98528564  
00:30:33.240 --> 00:30:33.900 and fathers.  
NOTE Confidence: 0.9837376

00:30:35.000 --> 00:30:35.500 But  
NOTE Confidence: 0.9820534  
00:30:35.960 --> 00:30:37.100 the further you go  
NOTE Confidence: 0.9334253  
00:30:37.560 --> 00:30:38.700 away from the treatment  
NOTE Confidence: 0.9409558  
00:30:39.080 --> 00:30:40.140 that the clinic,  
NOTE Confidence: 0.9972944  
00:30:41.044 --> 00:30:42.565 the more that the parental  
NOTE Confidence: 0.9972944  
00:30:42.565 --> 00:30:43.065 psychopathology  
NOTE Confidence: 0.9996983  
00:30:43.525 --> 00:30:44.585 impacts on  
NOTE Confidence: 0.996786  
00:30:44.885 --> 00:30:46.404 the clinical severity rating of  
NOTE Confidence: 0.996786  
00:30:46.404 --> 00:30:48.325 the child's anxiety. So when  
NOTE Confidence: 0.996786  
00:30:48.325 --> 00:30:49.705 there's no parental psychopathology,  
NOTE Confidence: 0.9755304  
00:30:50.885 --> 00:30:51.845 kids continue to,  
NOTE Confidence: 0.9642968  
00:30:53.460 --> 00:30:54.740 have a lower level of  
NOTE Confidence: 0.9642968  
00:30:54.740 --> 00:30:56.760 anxiety post treatment on average.  
NOTE Confidence: 0.9622176  
00:30:57.380 --> 00:30:58.520 But on average,  
NOTE Confidence: 0.9987091  
00:30:59.059 --> 00:31:00.740 kids who had parents that  
NOTE Confidence: 0.9987091  
00:31:00.740 --> 00:31:01.860 were more likely to have

NOTE Confidence: 0.9987091  
00:31:01.860 --> 00:31:02.919 anxiety and depression,  
NOTE Confidence: 0.9356564  
00:31:03.700 --> 00:31:05.059 their their symptom levels went  
NOTE Confidence: 0.9356564  
00:31:05.059 --> 00:31:06.275 back up again. So this  
NOTE Confidence: 0.9356564  
00:31:06.275 --> 00:31:07.635 pooling of data was really  
NOTE Confidence: 0.9356564  
00:31:07.635 --> 00:31:09.075 exciting for us. We it  
NOTE Confidence: 0.9356564  
00:31:09.075 --> 00:31:09.575 came  
NOTE Confidence: 0.970007  
00:31:10.515 --> 00:31:13.415 with having a stronger understanding  
NOTE Confidence: 0.970007  
00:31:13.475 --> 00:31:14.995 of what predicts poorer outcomes.  
NOTE Confidence: 0.970007  
00:31:14.995 --> 00:31:15.875 So being at the point  
NOTE Confidence: 0.970007  
00:31:15.875 --> 00:31:16.755 where we can say, okay.  
NOTE Confidence: 0.970007  
00:31:16.755 --> 00:31:18.390 When a child presents for  
NOTE Confidence: 0.970007  
00:31:18.390 --> 00:31:18.890 treatment,  
NOTE Confidence: 0.9946086  
00:31:19.350 --> 00:31:20.730 we have a good understanding  
NOTE Confidence: 0.9946086  
00:31:20.870 --> 00:31:21.850 of who's gonna  
NOTE Confidence: 0.995095  
00:31:22.150 --> 00:31:23.530 do less well.  
NOTE Confidence: 0.9900075

00:31:24.150 --> 00:31:24.950 So if you have a  
NOTE Confidence: 0.9900075

00:31:24.950 --> 00:31:27.270 social anxiety disorder, comorbid mood  
NOTE Confidence: 0.9900075

00:31:27.270 --> 00:31:29.190 disorder, and if the parents  
NOTE Confidence: 0.9900075

00:31:29.190 --> 00:31:30.250 present with,  
NOTE Confidence: 0.9050358

00:31:30.790 --> 00:31:32.570 anxiety or, depression.  
NOTE Confidence: 0.9903334

00:31:35.405 --> 00:31:37.345 That's really helpful, but  
NOTE Confidence: 0.9907438

00:31:37.805 --> 00:31:38.605 we wanna know what to  
NOTE Confidence: 0.9907438

00:31:38.605 --> 00:31:39.725 do with it. Right? Like,  
NOTE Confidence: 0.9907438

00:31:39.725 --> 00:31:40.685 how do we we don't  
NOTE Confidence: 0.9907438

00:31:40.685 --> 00:31:42.125 wanna not offer them treatment  
NOTE Confidence: 0.9907438

00:31:42.125 --> 00:31:43.005 just because we know they're  
NOTE Confidence: 0.9907438

00:31:43.005 --> 00:31:44.285 not gonna do as well.  
NOTE Confidence: 0.9907438

00:31:44.285 --> 00:31:45.565 We wanna know what to  
NOTE Confidence: 0.9907438

00:31:45.565 --> 00:31:46.525 do, what else we can  
NOTE Confidence: 0.9907438

00:31:46.525 --> 00:31:47.645 do. So can we actually  
NOTE Confidence: 0.9907438

00:31:47.645 --> 00:31:48.045 use this,

NOTE Confidence: 0.98803544

00:31:49.370 --> 00:31:51.370 knowledge to inform treatment decision

NOTE Confidence: 0.98803544

00:31:51.370 --> 00:31:51.870 making?

NOTE Confidence: 0.9872687

00:31:53.450 --> 00:31:54.650 And that's really, I suppose,

NOTE Confidence: 0.9872687

00:31:54.650 --> 00:31:55.370 when we need to look

NOTE Confidence: 0.9872687

00:31:55.370 --> 00:31:56.810 at moderators and what what

NOTE Confidence: 0.9872687

00:31:56.810 --> 00:31:57.310 can

NOTE Confidence: 0.95490056

00:31:57.690 --> 00:31:59.070 what can improve outcomes.

NOTE Confidence: 0.99780774

00:31:59.850 --> 00:32:01.950 We we started on exploring

NOTE Confidence: 0.99780774

00:32:02.250 --> 00:32:03.130 just whether or not we

NOTE Confidence: 0.99780774

00:32:03.130 --> 00:32:04.395 can use this as a

NOTE Confidence: 0.99780774

00:32:04.635 --> 00:32:05.135 precision

NOTE Confidence: 0.99573517

00:32:05.435 --> 00:32:05.935 tool

NOTE Confidence: 0.9852835

00:32:06.635 --> 00:32:07.135 to,

NOTE Confidence: 0.9100312

00:32:08.315 --> 00:32:09.275 you use perhaps in the

NOTE Confidence: 0.9100312

00:32:09.275 --> 00:32:10.555 clinic, not necessarily that will

NOTE Confidence: 0.9100312

00:32:10.555 --> 00:32:12.895 shape your treatment decisions, but  
NOTE Confidence: 0.9100312

00:32:13.115 --> 00:32:14.335 in terms of  
NOTE Confidence: 0.99958515

00:32:14.955 --> 00:32:17.130 shaping your understanding of treatment  
NOTE Confidence: 0.99958515

00:32:17.130 --> 00:32:17.630 outcome  
NOTE Confidence: 0.93344796

00:32:17.930 --> 00:32:19.050 of kind of pulling all  
NOTE Confidence: 0.93344796

00:32:19.050 --> 00:32:20.650 of these predictors together. So  
NOTE Confidence: 0.93344796

00:32:20.650 --> 00:32:22.330 we with this data set,  
NOTE Confidence: 0.93344796

00:32:22.330 --> 00:32:23.930 the genetic data set I  
NOTE Confidence: 0.93344796

00:32:23.930 --> 00:32:25.550 was talking about before, we  
NOTE Confidence: 0.93344796

00:32:25.850 --> 00:32:27.290 looked at the idea or  
NOTE Confidence: 0.93344796

00:32:27.290 --> 00:32:28.490 kind of explored the idea  
NOTE Confidence: 0.93344796

00:32:28.490 --> 00:32:28.990 of  
NOTE Confidence: 0.9996284

00:32:29.535 --> 00:32:30.035 developing  
NOTE Confidence: 0.73507184

00:32:30.495 --> 00:32:32.995 a a a risk index  
NOTE Confidence: 0.9996654

00:32:33.295 --> 00:32:34.515 that might help us  
NOTE Confidence: 0.9800499

00:32:34.815 --> 00:32:35.935 be able to make those,

NOTE Confidence: 0.9894141  
00:32:36.415 --> 00:32:37.615 decisions and be able to  
NOTE Confidence: 0.9894141  
00:32:37.615 --> 00:32:39.075 know who's not gonna respond,  
NOTE Confidence: 0.9919078  
00:32:39.935 --> 00:32:40.915 well to treatment.  
NOTE Confidence: 0.96308947  
00:32:41.390 --> 00:32:42.190 So I'm not quite at  
NOTE Confidence: 0.96308947  
00:32:42.190 --> 00:32:43.650 the moderators yet. So we're  
NOTE Confidence: 0.86526155  
00:32:44.030 --> 00:32:45.470 changing treatment still back at  
NOTE Confidence: 0.86526155  
00:32:45.470 --> 00:32:45.970 predictors,  
NOTE Confidence: 0.97501576  
00:32:46.430 --> 00:32:48.110 just to clarify. So we  
NOTE Confidence: 0.97501576  
00:32:48.110 --> 00:32:48.850 we created,  
NOTE Confidence: 0.8943349  
00:32:49.390 --> 00:32:51.170 we we're just using regression  
NOTE Confidence: 0.9151475  
00:32:51.710 --> 00:32:52.210 methods,  
NOTE Confidence: 0.95397586  
00:32:53.390 --> 00:32:54.670 and we looked at all  
NOTE Confidence: 0.95397586  
00:32:54.670 --> 00:32:55.950 the predictors in our data  
NOTE Confidence: 0.95397586  
00:32:55.950 --> 00:32:56.450 set  
NOTE Confidence: 0.83836293  
00:32:56.785 --> 00:32:57.285 and,  
NOTE Confidence: 0.9577449



00:32:58.785 --> 00:33:00.945 chose those variables that were  
NOTE Confidence: 0.9577449

00:33:00.945 --> 00:33:03.025 strong predictors, and then we  
NOTE Confidence: 0.9577449

00:33:03.025 --> 00:33:04.225 developed a score. So if  
NOTE Confidence: 0.9577449

00:33:04.225 --> 00:33:05.585 a child presented with social  
NOTE Confidence: 0.9577449

00:33:05.585 --> 00:33:06.625 anxiety, they got a risk  
NOTE Confidence: 0.9577449

00:33:06.625 --> 00:33:07.505 score of one. It was  
NOTE Confidence: 0.9577449

00:33:07.505 --> 00:33:09.330 kinda rounded beta weights. They  
NOTE Confidence: 0.9577449

00:33:09.409 --> 00:33:11.169 got parental anxiety. If the  
NOTE Confidence: 0.9577449

00:33:11.169 --> 00:33:13.169 the either parent had anxiety,  
NOTE Confidence: 0.9577449

00:33:13.169 --> 00:33:14.049 we'd give them a risk  
NOTE Confidence: 0.9577449

00:33:14.049 --> 00:33:14.950 score of one.  
NOTE Confidence: 0.96860343

00:33:15.730 --> 00:33:16.929 And low mood was actually,  
NOTE Confidence: 0.96860343

00:33:16.929 --> 00:33:18.289 in this particular model, had  
NOTE Confidence: 0.96860343

00:33:18.289 --> 00:33:19.669 a a high beta weight.  
NOTE Confidence: 0.96860343

00:33:19.890 --> 00:33:21.570 We're also looking at, genetic  
NOTE Confidence: 0.96860343

00:33:21.570 --> 00:33:22.769 predictors as well. I'm not

NOTE Confidence: 0.96860343  
00:33:22.769 --> 00:33:23.730 gonna go into that too  
NOTE Confidence: 0.96860343  
00:33:23.730 --> 00:33:25.075 much today because it was  
NOTE Confidence: 0.96860343  
00:33:25.075 --> 00:33:25.975 a really exciting  
NOTE Confidence: 0.9247859  
00:33:26.355 --> 00:33:28.035 initial finding. But as with  
NOTE Confidence: 0.9247859  
00:33:28.035 --> 00:33:29.255 all genetic studies,  
NOTE Confidence: 0.90868556  
00:33:29.555 --> 00:33:30.695 or not all of them,  
NOTE Confidence: 0.9837527  
00:33:31.315 --> 00:33:32.355 almost all of them, it  
NOTE Confidence: 0.9837527  
00:33:32.355 --> 00:33:33.095 never replicated.  
NOTE Confidence: 0.9936897  
00:33:33.555 --> 00:33:34.915 So we we did show  
NOTE Confidence: 0.9936897  
00:33:34.915 --> 00:33:35.315 that,  
NOTE Confidence: 0.87999326  
00:33:35.875 --> 00:33:37.555 the SS allele looking at  
NOTE Confidence: 0.87999326  
00:33:37.555 --> 00:33:38.055 differential  
NOTE Confidence: 0.99497175  
00:33:38.460 --> 00:33:39.520 susceptibility predicted  
NOTE Confidence: 0.8810118  
00:33:39.980 --> 00:33:41.840 better outcomes that if you  
NOTE Confidence: 0.99145883  
00:33:42.140 --> 00:33:43.659 were more responsive to your  
NOTE Confidence: 0.99145883

00:33:43.659 --> 00:33:44.159 environment,  
NOTE Confidence: 0.96698016  
00:33:44.620 --> 00:33:45.820 then you responded better to  
NOTE Confidence: 0.96698016  
00:33:45.820 --> 00:33:46.940 CVT, but we haven't been  
NOTE Confidence: 0.96698016  
00:33:46.940 --> 00:33:48.480 able to replicate that. So,  
NOTE Confidence: 0.9948018  
00:33:49.179 --> 00:33:50.620 waiting till the data can  
NOTE Confidence: 0.9948018  
00:33:50.620 --> 00:33:51.840 catch up to that one.  
NOTE Confidence: 0.9665111  
00:33:52.380 --> 00:33:53.865 But, anyway, this was just  
NOTE Confidence: 0.9665111  
00:33:53.865 --> 00:33:55.465 an example of how we  
NOTE Confidence: 0.9665111  
00:33:55.465 --> 00:33:56.685 added the predictors,  
NOTE Confidence: 0.9334264  
00:33:57.065 --> 00:33:58.585 the potential risk together to  
NOTE Confidence: 0.9334264  
00:33:58.585 --> 00:34:00.185 create a score. And then  
NOTE Confidence: 0.9334264  
00:34:00.185 --> 00:34:01.385 we looked at using that  
NOTE Confidence: 0.9334264  
00:34:01.385 --> 00:34:03.405 score in another dataset how  
NOTE Confidence: 0.9873384  
00:34:03.865 --> 00:34:05.400 how likely it is that  
NOTE Confidence: 0.9873384  
00:34:05.400 --> 00:34:06.760 the child will respond to  
NOTE Confidence: 0.9873384  
00:34:06.760 --> 00:34:08.440 treatment. So on the left

NOTE Confidence: 0.9873384  
00:34:08.440 --> 00:34:09.739 hand side of the graph,  
NOTE Confidence: 0.9873384  
00:34:09.880 --> 00:34:11.080 children with a score of  
NOTE Confidence: 0.9873384  
00:34:11.080 --> 00:34:12.060 zero to two,  
NOTE Confidence: 0.99787116  
00:34:13.000 --> 00:34:13.660 so that's  
NOTE Confidence: 0.97113764  
00:34:14.040 --> 00:34:15.160 not very many of these  
NOTE Confidence: 0.97113764  
00:34:15.160 --> 00:34:16.520 predictors. So they had either  
NOTE Confidence: 0.97113764  
00:34:16.520 --> 00:34:17.400 none of them or maybe  
NOTE Confidence: 0.97113764  
00:34:17.400 --> 00:34:18.745 just one or two. And  
NOTE Confidence: 0.97113764  
00:34:18.745 --> 00:34:20.265 you can see response rates  
NOTE Confidence: 0.97113764  
00:34:20.265 --> 00:34:21.545 are much higher. They're closer  
NOTE Confidence: 0.97113764  
00:34:21.545 --> 00:34:22.985 to eighty percent. So if  
NOTE Confidence: 0.97113764  
00:34:22.985 --> 00:34:24.105 you only had this small  
NOTE Confidence: 0.97113764  
00:34:24.105 --> 00:34:25.565 number of risks risks,  
NOTE Confidence: 0.9745301  
00:34:26.025 --> 00:34:26.925 then your,  
NOTE Confidence: 0.9827691  
00:34:27.545 --> 00:34:28.045 your  
NOTE Confidence: 0.9552474

00:34:29.225 --> 00:34:30.925 chance of responding to CBT  
NOTE Confidence: 0.9552474

00:34:30.985 --> 00:34:32.745 was much higher. Whereas, it  
NOTE Confidence: 0.9552474

00:34:32.745 --> 00:34:33.969 was kind of this cumulative  
NOTE Confidence: 0.9552474

00:34:33.969 --> 00:34:35.330 risk. The more of these  
NOTE Confidence: 0.9552474

00:34:35.330 --> 00:34:36.870 risk factors that you had,  
NOTE Confidence: 0.9602311

00:34:37.170 --> 00:34:39.090 the less likely. So if  
NOTE Confidence: 0.9602311

00:34:39.090 --> 00:34:40.930 you had a a score  
NOTE Confidence: 0.9602311

00:34:40.930 --> 00:34:42.070 of more than five,  
NOTE Confidence: 0.9267048

00:34:42.850 --> 00:34:44.610 your chances of remission were  
NOTE Confidence: 0.9267048

00:34:44.610 --> 00:34:45.810 really low, kinda dropped to  
NOTE Confidence: 0.9267048

00:34:45.810 --> 00:34:47.750 under, you know, forty percent.  
NOTE Confidence: 0.9991165

00:34:48.385 --> 00:34:49.505 So we're getting quite a  
NOTE Confidence: 0.9991165

00:34:49.505 --> 00:34:51.205 lot of variability in treatment  
NOTE Confidence: 0.9991165

00:34:51.345 --> 00:34:51.845 outcome  
NOTE Confidence: 0.9943309

00:34:52.305 --> 00:34:54.085 based on baseline predictors.  
NOTE Confidence: 0.9972989

00:34:57.265 --> 00:34:57.765 But

NOTE Confidence: 0.9881971  
00:35:01.550 --> 00:35:02.910 the really important thing is  
NOTE Confidence: 0.9881971  
00:35:02.910 --> 00:35:03.950 what works better for them.  
NOTE Confidence: 0.9881971  
00:35:03.950 --> 00:35:04.450 Right?  
NOTE Confidence: 0.9969344  
00:35:05.070 --> 00:35:05.790 If we know they're not  
NOTE Confidence: 0.9969344  
00:35:05.790 --> 00:35:06.770 gonna do well,  
NOTE Confidence: 0.99982834  
00:35:07.070 --> 00:35:08.050 we need to know  
NOTE Confidence: 0.9974996  
00:35:08.830 --> 00:35:10.270 what else to do. Do  
NOTE Confidence: 0.9974996  
00:35:10.270 --> 00:35:12.030 we do CBT plus something?  
NOTE Confidence: 0.9974996  
00:35:12.030 --> 00:35:12.770 Do we do  
NOTE Confidence: 0.9264635  
00:35:13.114 --> 00:35:14.714 you know, modular therapy? Do  
NOTE Confidence: 0.9264635  
00:35:14.714 --> 00:35:16.414 we adapt it for for,  
NOTE Confidence: 0.99926406  
00:35:17.194 --> 00:35:18.255 these different presentations  
NOTE Confidence: 0.99546903  
00:35:18.555 --> 00:35:19.694 for social anxiety?  
NOTE Confidence: 0.94801575  
00:35:22.875 --> 00:35:24.155 But I'm gonna kinda spoil  
NOTE Confidence: 0.94801575  
00:35:24.155 --> 00:35:24.655 the  
NOTE Confidence: 0.9586078

00:35:25.530 --> 00:35:26.570 surprise. I kind of already  
NOTE Confidence: 0.9586078

00:35:26.570 --> 00:35:28.489 have, really, that our efforts  
NOTE Confidence: 0.9586078

00:35:28.489 --> 00:35:30.750 to identify better treatment alternatives  
NOTE Confidence: 0.9660586

00:35:31.370 --> 00:35:33.530 for likely non responders have  
NOTE Confidence: 0.9660586

00:35:33.530 --> 00:35:34.590 been really limited.  
NOTE Confidence: 0.98743033

00:35:34.890 --> 00:35:36.170 We haven't really got to  
NOTE Confidence: 0.98743033

00:35:36.170 --> 00:35:37.290 the point where we can  
NOTE Confidence: 0.98743033

00:35:37.290 --> 00:35:39.210 say one treatment works better  
NOTE Confidence: 0.98743033

00:35:39.210 --> 00:35:40.765 than another. We've I've been  
NOTE Confidence: 0.98743033

00:35:40.765 --> 00:35:41.905 spending the last  
NOTE Confidence: 0.9962979

00:35:42.765 --> 00:35:43.265 fifteen  
NOTE Confidence: 0.9967359

00:35:43.885 --> 00:35:45.344 years trying to  
NOTE Confidence: 0.96996456

00:35:45.805 --> 00:35:47.325 develop a treatment that might  
NOTE Confidence: 0.96996456

00:35:47.325 --> 00:35:47.985 be better,  
NOTE Confidence: 0.96926224

00:35:49.405 --> 00:35:50.364 and it has not led  
NOTE Confidence: 0.96926224

00:35:50.364 --> 00:35:51.745 to anything very fruitful,

NOTE Confidence: 0.9633487  
00:35:52.299 --> 00:35:53.900 which is really disappointing. A  
NOTE Confidence: 0.9633487  
00:35:53.900 --> 00:35:55.019 lot of grant money that's  
NOTE Confidence: 0.9633487  
00:35:55.019 --> 00:35:56.380 gone into looking at does  
NOTE Confidence: 0.9633487  
00:35:56.380 --> 00:35:57.660 this treatment work better than  
NOTE Confidence: 0.9633487  
00:35:57.660 --> 00:35:58.940 that, but we haven't got  
NOTE Confidence: 0.9633487  
00:35:58.940 --> 00:35:59.839 to that point.  
NOTE Confidence: 0.9572074  
00:36:00.700 --> 00:36:01.819 There's a couple of hints  
NOTE Confidence: 0.9572074  
00:36:01.819 --> 00:36:03.019 though, so I haven't lost  
NOTE Confidence: 0.9572074  
00:36:03.019 --> 00:36:03.920 sight entirely.  
NOTE Confidence: 0.93050116  
00:36:04.875 --> 00:36:05.755 I'm gonna take you through  
NOTE Confidence: 0.93050116  
00:36:05.755 --> 00:36:06.815 the journey anyway.  
NOTE Confidence: 0.9677088  
00:36:07.195 --> 00:36:08.015 So, just  
NOTE Confidence: 0.9952922  
00:36:09.114 --> 00:36:10.255 I'll take you through  
NOTE Confidence: 0.9978803  
00:36:11.435 --> 00:36:12.495 the number of  
NOTE Confidence: 0.9823359  
00:36:13.035 --> 00:36:14.795 clinical trials that have had  
NOTE Confidence: 0.9823359



00:36:14.795 --> 00:36:16.475 a negative outcome or not  
NOTE Confidence: 0.9823359

00:36:16.475 --> 00:36:17.594 the outcome we were expecting,  
NOTE Confidence: 0.9823359

00:36:17.594 --> 00:36:18.750 not negative, I should say.  
NOTE Confidence: 0.9823359

00:36:18.750 --> 00:36:19.989 Alright. So we started on  
NOTE Confidence: 0.9823359

00:36:19.989 --> 00:36:21.670 social anxiety disorder. So if  
NOTE Confidence: 0.9823359

00:36:21.670 --> 00:36:23.190 we know that children with  
NOTE Confidence: 0.9823359

00:36:23.190 --> 00:36:24.710 social anxiety disorder are not  
NOTE Confidence: 0.9823359

00:36:24.710 --> 00:36:26.309 likely to not as likely  
NOTE Confidence: 0.9823359

00:36:26.309 --> 00:36:27.910 to improve, maybe we need  
NOTE Confidence: 0.9823359

00:36:27.910 --> 00:36:29.589 a disorder specific approach for  
NOTE Confidence: 0.9823359

00:36:29.589 --> 00:36:31.190 those kids. Maybe this one  
NOTE Confidence: 0.9823359

00:36:31.190 --> 00:36:32.549 size fits all is not  
NOTE Confidence: 0.9823359

00:36:32.549 --> 00:36:33.210 the best  
NOTE Confidence: 0.98035234

00:36:33.510 --> 00:36:34.125 best approach.  
NOTE Confidence: 0.98639137

00:36:34.685 --> 00:36:35.565 So we looked at the  
NOTE Confidence: 0.98639137

00:36:35.565 --> 00:36:36.685 adult literature, and there was

NOTE Confidence: 0.98639137  
00:36:36.685 --> 00:36:37.565 some hint of this in  
NOTE Confidence: 0.98639137  
00:36:37.565 --> 00:36:39.005 the adult literature as well  
NOTE Confidence: 0.98639137  
00:36:39.005 --> 00:36:41.025 for social anxiety disorder that,  
NOTE Confidence: 0.89044255  
00:36:42.844 --> 00:36:43.344 approach  
NOTE Confidence: 0.99532175  
00:36:43.805 --> 00:36:45.585 that focuses more on behavioral  
NOTE Confidence: 0.99532175  
00:36:45.645 --> 00:36:46.145 experiments,  
NOTE Confidence: 0.99936  
00:36:47.005 --> 00:36:48.385 giving video feedback,  
NOTE Confidence: 0.9965506  
00:36:48.840 --> 00:36:50.060 more safety behaviors,  
NOTE Confidence: 0.9457789  
00:36:50.440 --> 00:36:52.280 attention training, and exposure to  
NOTE Confidence: 0.9457789  
00:36:52.280 --> 00:36:52.780 costs.  
NOTE Confidence: 0.69668347  
00:36:53.239 --> 00:36:53.980 But that,  
NOTE Confidence: 0.9320654  
00:36:55.320 --> 00:36:56.520 so kind of, what I  
NOTE Confidence: 0.9320654  
00:36:56.520 --> 00:36:57.800 mean by exposure to costs  
NOTE Confidence: 0.9320654  
00:36:57.800 --> 00:36:58.300 is,  
NOTE Confidence: 0.99172676  
00:36:59.720 --> 00:37:01.935 facing, like, an exposure where  
NOTE Confidence: 0.99172676

00:37:01.935 --> 00:37:03.315 a child has to deliberately  
NOTE Confidence: 0.99172676

00:37:03.375 --> 00:37:04.335 get laughed at in front  
NOTE Confidence: 0.99172676

00:37:04.335 --> 00:37:05.215 of others or,  
NOTE Confidence: 0.9555649

00:37:06.095 --> 00:37:06.975 you know, kind of that  
NOTE Confidence: 0.9555649

00:37:06.975 --> 00:37:07.475 exposure  
NOTE Confidence: 0.97228706

00:37:07.935 --> 00:37:09.695 to the dreaded the dreaded  
NOTE Confidence: 0.97228706

00:37:09.695 --> 00:37:11.155 situation. But that idea  
NOTE Confidence: 0.99898016

00:37:11.614 --> 00:37:12.995 that we're trying to make  
NOTE Confidence: 0.99813545

00:37:13.610 --> 00:37:15.370 targeting the mechanisms of social  
NOTE Confidence: 0.99813545

00:37:15.370 --> 00:37:16.830 anxiety more specifically.  
NOTE Confidence: 0.98320967

00:37:19.530 --> 00:37:20.030 And  
NOTE Confidence: 0.98530936

00:37:22.010 --> 00:37:23.130 Sue Spence did a study  
NOTE Confidence: 0.98530936

00:37:23.130 --> 00:37:24.430 on this also from Australia  
NOTE Confidence: 0.98530936

00:37:24.489 --> 00:37:24.969 showing,  
NOTE Confidence: 0.8755023

00:37:25.290 --> 00:37:26.170 kind of, it was an  
NOTE Confidence: 0.8755023

00:37:26.170 --> 00:37:27.469 online version transdiagnostic

NOTE Confidence: 0.97887355  
00:37:27.930 --> 00:37:29.775 versus disorder specific. So kind  
NOTE Confidence: 0.97887355  
00:37:29.775 --> 00:37:30.855 of a one size fits  
NOTE Confidence: 0.97887355  
00:37:30.855 --> 00:37:32.614 all to the disorder specific  
NOTE Confidence: 0.97887355  
00:37:32.614 --> 00:37:34.215 approach and found very little  
NOTE Confidence: 0.97887355  
00:37:34.215 --> 00:37:35.594 difference between the two.  
NOTE Confidence: 0.93212813  
00:37:36.614 --> 00:37:37.694 No difference, but there was  
NOTE Confidence: 0.93212813  
00:37:37.694 --> 00:37:39.175 a highlight of dropout because  
NOTE Confidence: 0.93212813  
00:37:39.175 --> 00:37:40.875 of the was the online,  
NOTE Confidence: 0.9966789  
00:37:41.335 --> 00:37:42.475 attrition in this  
NOTE Confidence: 0.96059656  
00:37:42.775 --> 00:37:44.215 particular study, and she didn't  
NOTE Confidence: 0.96059656  
00:37:44.215 --> 00:37:46.049 have the video feedback aspect.  
NOTE Confidence: 0.9461249  
00:37:46.510 --> 00:37:47.230 So we,  
NOTE Confidence: 0.99777174  
00:37:48.029 --> 00:37:48.529 misguidedly  
NOTE Confidence: 0.92677754  
00:37:49.150 --> 00:37:50.430 embarked on a new clinical  
NOTE Confidence: 0.92677754  
00:37:50.430 --> 00:37:51.950 trial where we, which we  
NOTE Confidence: 0.92677754

00:37:51.950 --> 00:37:53.309 targeted those a little bit  
NOTE Confidence: 0.92677754

00:37:53.309 --> 00:37:54.130 more specifically,  
NOTE Confidence: 0.9873538

00:37:54.750 --> 00:37:55.250 but,  
NOTE Confidence: 0.8227603

00:37:55.789 --> 00:37:57.150 there was some effects that  
NOTE Confidence: 0.8227603

00:37:57.150 --> 00:37:57.650 follow-up,  
NOTE Confidence: 0.9974262

00:37:59.195 --> 00:38:00.255 kids were slightly  
NOTE Confidence: 0.9784869

00:38:00.875 --> 00:38:01.375 better,  
NOTE Confidence: 0.9864775

00:38:02.075 --> 00:38:03.675 with the disorder specific treatment,  
NOTE Confidence: 0.9864775

00:38:03.675 --> 00:38:05.775 but it wasn't robust across  
NOTE Confidence: 0.9718369

00:38:06.315 --> 00:38:07.375 across measures,  
NOTE Confidence: 0.99281657

00:38:08.475 --> 00:38:09.755 and it was a very  
NOTE Confidence: 0.99281657

00:38:09.755 --> 00:38:11.195 weak effect. And if you're  
NOTE Confidence: 0.99281657

00:38:11.195 --> 00:38:12.875 making decisions at a policy  
NOTE Confidence: 0.99281657

00:38:12.875 --> 00:38:15.059 level, what treatment to deliver,  
NOTE Confidence: 0.98351616

00:38:16.239 --> 00:38:17.599 yeah, there wouldn't be much  
NOTE Confidence: 0.98351616

00:38:17.599 --> 00:38:18.099 justification

NOTE Confidence: 0.99554986  
00:38:18.400 --> 00:38:20.339 for this disorder specific treatment.  
NOTE Confidence: 0.9128539  
00:38:22.000 --> 00:38:22.980 That's the same.  
NOTE Confidence: 0.9399796  
00:38:24.000 --> 00:38:24.799 So that was a little  
NOTE Confidence: 0.9399796  
00:38:24.799 --> 00:38:26.480 bit disappointing that the idea  
NOTE Confidence: 0.9399796  
00:38:26.480 --> 00:38:28.480 of disorder specific treatment might  
NOTE Confidence: 0.9399796  
00:38:28.480 --> 00:38:30.020 not be the solution for  
NOTE Confidence: 0.9399796  
00:38:30.265 --> 00:38:31.565 social anxiety disorder.  
NOTE Confidence: 0.9484122  
00:38:32.105 --> 00:38:33.385 I wanted to also present  
NOTE Confidence: 0.9484122  
00:38:33.385 --> 00:38:34.665 some work that has not  
NOTE Confidence: 0.9484122  
00:38:34.665 --> 00:38:36.265 come out of, my lab,  
NOTE Confidence: 0.9484122  
00:38:36.265 --> 00:38:37.705 but, John Weiss and Bruce  
NOTE Confidence: 0.9484122  
00:38:37.705 --> 00:38:38.984 Chorpedo have been using this  
NOTE Confidence: 0.9484122  
00:38:38.984 --> 00:38:39.965 modular approach  
NOTE Confidence: 0.9297511  
00:38:40.665 --> 00:38:42.105 to depending on how the  
NOTE Confidence: 0.9297511  
00:38:42.105 --> 00:38:43.065 child presents, if I had  
NOTE Confidence: 0.9297511

00:38:43.065 --> 00:38:44.265 to present with anxiety, they  
NOTE Confidence: 0.9297511

00:38:44.265 --> 00:38:45.785 give them an anxiety module.  
NOTE Confidence: 0.9297511

00:38:45.785 --> 00:38:46.960 If they present with depression,  
NOTE Confidence: 0.9297511

00:38:46.960 --> 00:38:48.080 they get a depression module.  
NOTE Confidence: 0.9297511

00:38:48.080 --> 00:38:49.520 It's that match treatment if  
NOTE Confidence: 0.9297511

00:38:49.520 --> 00:38:50.739 you're familiar with it.  
NOTE Confidence: 0.98969114

00:38:51.520 --> 00:38:52.020 And  
NOTE Confidence: 0.75092566

00:38:52.719 --> 00:38:53.219 here,  
NOTE Confidence: 0.98616666

00:38:54.239 --> 00:38:55.360 you can see the effects  
NOTE Confidence: 0.98616666

00:38:55.360 --> 00:38:57.380 for the modular treatment on,  
NOTE Confidence: 0.99210995

00:38:58.494 --> 00:39:00.515 internalizing symptoms are much better.  
NOTE Confidence: 0.9604591

00:39:00.974 --> 00:39:02.094 But, again, it's not a  
NOTE Confidence: 0.9604591

00:39:02.094 --> 00:39:04.015 consistent finding. It's not across.  
NOTE Confidence: 0.9604591

00:39:04.015 --> 00:39:05.775 It's only in this symptom  
NOTE Confidence: 0.9604591

00:39:05.775 --> 00:39:07.234 measure. It's not in remission  
NOTE Confidence: 0.9604591

00:39:07.295 --> 00:39:07.795 rates.

NOTE Confidence: 0.92791814  
00:39:08.255 --> 00:39:09.855 And, it hasn't been able  
NOTE Confidence: 0.92791814  
00:39:09.855 --> 00:39:11.560 to be replicated either.  
NOTE Confidence: 0.99154025  
00:39:11.860 --> 00:39:13.700 So I'm not necessarily convinced  
NOTE Confidence: 0.99154025  
00:39:13.700 --> 00:39:15.080 that this modular approach,  
NOTE Confidence: 0.98910415  
00:39:16.580 --> 00:39:17.960 is working. You could,  
NOTE Confidence: 0.99892694  
00:39:18.420 --> 00:39:20.920 consider adding a depression module  
NOTE Confidence: 0.76317465  
00:39:21.219 --> 00:39:21.620 for,  
NOTE Confidence: 0.95931166  
00:39:22.100 --> 00:39:23.140 you know, with a standard  
NOTE Confidence: 0.95931166  
00:39:23.140 --> 00:39:24.980 anxiety protocol, it may lead  
NOTE Confidence: 0.95931166  
00:39:24.980 --> 00:39:26.235 to better outcomes. But at  
NOTE Confidence: 0.95931166  
00:39:26.235 --> 00:39:28.175 this stage, I'm not necessarily  
NOTE Confidence: 0.95931166  
00:39:28.235 --> 00:39:29.355 convinced by the data. And  
NOTE Confidence: 0.95931166  
00:39:29.355 --> 00:39:30.395 I can see Wendy shaking  
NOTE Confidence: 0.95931166  
00:39:30.395 --> 00:39:31.695 her head. She's not either.  
NOTE Confidence: 0.9374746  
00:39:35.035 --> 00:39:36.475 So we also tried Okay.  
NOTE Confidence: 0.9374746



00:39:36.475 --> 00:39:38.075 Well, if parents who have  
NOTE Confidence: 0.9374746

00:39:38.075 --> 00:39:38.575 anxiety,  
NOTE Confidence: 0.9617235

00:39:39.219 --> 00:39:40.420 and those children are less  
NOTE Confidence: 0.9617235

00:39:40.420 --> 00:39:41.300 likely to do well, what  
NOTE Confidence: 0.9617235

00:39:41.300 --> 00:39:42.820 if we add treatment for  
NOTE Confidence: 0.9617235

00:39:42.820 --> 00:39:44.180 parents at the same time  
NOTE Confidence: 0.9617235

00:39:44.180 --> 00:39:45.800 and give parents more skills,  
NOTE Confidence: 0.9781342

00:39:46.260 --> 00:39:47.060 to be able to manage  
NOTE Confidence: 0.9781342

00:39:47.060 --> 00:39:48.420 their own anxiety? Would that  
NOTE Confidence: 0.9781342

00:39:48.420 --> 00:39:50.420 have better longer term outcomes  
NOTE Confidence: 0.9781342

00:39:50.420 --> 00:39:51.540 for kids? Do you know  
NOTE Confidence: 0.9781342

00:39:51.540 --> 00:39:53.000 what the answer's gonna be?  
NOTE Confidence: 0.8922119

00:39:53.625 --> 00:39:54.844 No. It does not.  
NOTE Confidence: 0.8933665

00:39:56.185 --> 00:39:57.965 Alright. So additional treatment.  
NOTE Confidence: 0.9510387

00:39:58.425 --> 00:40:00.105 There was maybe a weak  
NOTE Confidence: 0.9510387

00:40:00.105 --> 00:40:01.545 effect at post, but it

NOTE Confidence: 0.9510387

00:40:01.545 --> 00:40:03.145 was washed out by three

NOTE Confidence: 0.9510387

00:40:03.145 --> 00:40:03.965 months later.

NOTE Confidence: 0.907354

00:40:04.985 --> 00:40:07.130 And it yeah. It Again,

NOTE Confidence: 0.907354

00:40:07.190 --> 00:40:08.549 with quite a good sample

NOTE Confidence: 0.907354

00:40:08.549 --> 00:40:09.849 of two zero nine,

NOTE Confidence: 0.91570896

00:40:10.309 --> 00:40:11.349 a hundred and something in

NOTE Confidence: 0.91570896

00:40:11.349 --> 00:40:12.170 each condition,

NOTE Confidence: 0.9995153

00:40:12.630 --> 00:40:13.609 there was no

NOTE Confidence: 0.9985503

00:40:14.230 --> 00:40:15.750 strong evidence that we should

NOTE Confidence: 0.9985503

00:40:15.750 --> 00:40:17.829 be giving one treatment to

NOTE Confidence: 0.9985503

00:40:17.829 --> 00:40:19.049 a child over another.

NOTE Confidence: 0.9522459

00:40:23.325 --> 00:40:24.605 Cathy Cresswell did a very

NOTE Confidence: 0.9522459

00:40:24.605 --> 00:40:26.445 similar trial to the one

NOTE Confidence: 0.9522459

00:40:26.445 --> 00:40:27.565 that we did looking at

NOTE Confidence: 0.9522459

00:40:27.565 --> 00:40:29.425 treatments for anxious parents, tested

NOTE Confidence: 0.9522459

00:40:29.645 --> 00:40:30.864 all sorts of different,  
NOTE Confidence: 0.95720786

00:40:31.725 --> 00:40:33.245 methods either focusing on the  
NOTE Confidence: 0.95720786

00:40:33.245 --> 00:40:35.485 parenting or focusing on parent  
NOTE Confidence: 0.95720786

00:40:35.485 --> 00:40:36.305 child interaction  
NOTE Confidence: 0.92847776

00:40:36.969 --> 00:40:38.489 versus a standard CBT, and,  
NOTE Confidence: 0.92847776

00:40:38.489 --> 00:40:39.870 again, no difference.  
NOTE Confidence: 0.9629965

00:40:40.570 --> 00:40:41.850 So this kind of search  
NOTE Confidence: 0.9629965

00:40:41.850 --> 00:40:42.350 for,  
NOTE Confidence: 0.9939166

00:40:43.930 --> 00:40:45.530 an enhanced treatment or a  
NOTE Confidence: 0.9939166

00:40:45.530 --> 00:40:46.350 better treatment,  
NOTE Confidence: 0.9919739

00:40:46.730 --> 00:40:48.350 we're just not finding it.  
NOTE Confidence: 0.9486553

00:40:48.650 --> 00:40:49.850 So and particularly with the  
NOTE Confidence: 0.9486553

00:40:49.850 --> 00:40:51.050 answer to prayer and anxiety,  
NOTE Confidence: 0.9486553

00:40:51.050 --> 00:40:52.090 we haven't really solved that.  
NOTE Confidence: 0.9486553

00:40:52.090 --> 00:40:53.025 There's, you know, perhaps perhaps  
NOTE Confidence: 0.9486553

00:40:53.025 --> 00:40:54.385 some hint around the modular

NOTE Confidence: 0.9486553  
00:40:54.385 --> 00:40:56.224 treatment, but we haven't really  
NOTE Confidence: 0.9486553  
00:40:56.224 --> 00:40:57.664 solved the problem of what  
NOTE Confidence: 0.9486553  
00:40:57.664 --> 00:40:58.545 to do with it if  
NOTE Confidence: 0.9486553  
00:40:58.545 --> 00:41:00.085 a family presents with,  
NOTE Confidence: 0.9939769  
00:41:01.025 --> 00:41:02.785 the parent experiencing anxiety as  
NOTE Confidence: 0.9939769  
00:41:02.785 --> 00:41:03.844 well as the child.  
NOTE Confidence: 0.968464  
00:41:06.830 --> 00:41:07.950 I swore I wasn't gonna  
NOTE Confidence: 0.968464  
00:41:07.950 --> 00:41:09.070 come back to this genetic  
NOTE Confidence: 0.968464  
00:41:09.070 --> 00:41:09.969 stuff, but I  
NOTE Confidence: 0.9900577  
00:41:10.270 --> 00:41:11.310 forgot I had this slide  
NOTE Confidence: 0.9900577  
00:41:11.310 --> 00:41:12.210 in here. So,  
NOTE Confidence: 0.9423218  
00:41:13.070 --> 00:41:14.430 I'll just briefly touch on  
NOTE Confidence: 0.9423218  
00:41:14.430 --> 00:41:15.469 it because we did this  
NOTE Confidence: 0.9423218  
00:41:15.469 --> 00:41:16.450 hasn't been replicated.  
NOTE Confidence: 0.9770391  
00:41:16.750 --> 00:41:17.230 So,  
NOTE Confidence: 0.82469815

00:41:18.405 --> 00:41:18.905 yeah,  
NOTE Confidence: 0.9424287  
00:41:19.525 --> 00:41:21.525 hold your judgment of it.  
NOTE Confidence: 0.9424287  
00:41:21.525 --> 00:41:23.385 But, we actually found,  
NOTE Confidence: 0.9933937  
00:41:23.765 --> 00:41:25.705 a moderation based on polygenic  
NOTE Confidence: 0.9933937  
00:41:25.925 --> 00:41:26.745 risk scores.  
NOTE Confidence: 0.9938893  
00:41:27.605 --> 00:41:29.045 In one sample, we looked  
NOTE Confidence: 0.9938893  
00:41:29.045 --> 00:41:29.545 at,  
NOTE Confidence: 0.9441293  
00:41:30.165 --> 00:41:31.225 differential susceptibility.  
NOTE Confidence: 0.99949455  
00:41:31.685 --> 00:41:32.905 So we looked at genetic  
NOTE Confidence: 0.99949455  
00:41:32.965 --> 00:41:33.465 markers  
NOTE Confidence: 0.9954403  
00:41:34.040 --> 00:41:35.900 or a polygenic risk score  
NOTE Confidence: 0.9604784  
00:41:36.280 --> 00:41:37.020 for susceptibility.  
NOTE Confidence: 0.9728968  
00:41:37.320 --> 00:41:38.520 So it's those children who  
NOTE Confidence: 0.9728968  
00:41:38.520 --> 00:41:39.800 were more likely to respond  
NOTE Confidence: 0.9728968  
00:41:39.800 --> 00:41:41.080 to their environment. So I  
NOTE Confidence: 0.9728968  
00:41:41.080 --> 00:41:41.719 don't know if you know

NOTE Confidence: 0.9728968

00:41:41.719 --> 00:41:43.340 about the orchids and dandelion,

NOTE Confidence: 0.9539736

00:41:44.520 --> 00:41:46.440 child, that that idea where

NOTE Confidence: 0.9539736

00:41:46.440 --> 00:41:48.280 differential susceptibility is about, that

NOTE Confidence: 0.9539736

00:41:48.280 --> 00:41:49.905 there's kids that are very

NOTE Confidence: 0.9539736

00:41:49.905 --> 00:41:51.425 responsive to their environment. They

NOTE Confidence: 0.9539736

00:41:51.425 --> 00:41:52.864 can thrive in the right

NOTE Confidence: 0.9539736

00:41:52.864 --> 00:41:54.305 conditions, but in the wrong

NOTE Confidence: 0.9539736

00:41:54.305 --> 00:41:55.985 conditions, they will not thrive

NOTE Confidence: 0.9539736

00:41:55.985 --> 00:41:57.185 like most of the orchids

NOTE Confidence: 0.9539736

00:41:57.185 --> 00:41:58.625 in my that I have

NOTE Confidence: 0.9539736

00:41:58.625 --> 00:41:59.425 attempted to,

NOTE Confidence: 0.99364775

00:42:00.225 --> 00:42:01.125 to raise.

NOTE Confidence: 0.94614524

00:42:01.850 --> 00:42:03.130 They tend to just never

NOTE Confidence: 0.94614524

00:42:03.130 --> 00:42:04.730 survive. Whereas the dandelion is

NOTE Confidence: 0.94614524

00:42:04.730 --> 00:42:05.610 the idea. It doesn't matter

NOTE Confidence: 0.94614524

00:42:05.610 --> 00:42:06.730 what kind of environment. They  
NOTE Confidence: 0.94614524

00:42:06.730 --> 00:42:08.250 can grow inside the road,  
NOTE Confidence: 0.9830888

00:42:08.570 --> 00:42:10.190 anywhere. They'll be they'll thrive.  
NOTE Confidence: 0.9830888

00:42:10.250 --> 00:42:11.370 So that's the idea of  
NOTE Confidence: 0.9830888

00:42:11.370 --> 00:42:13.050 differential susceptibility. So we were  
NOTE Confidence: 0.9830888

00:42:13.050 --> 00:42:14.489 interested in, first of all,  
NOTE Confidence: 0.9830888

00:42:14.489 --> 00:42:15.370 whether or not that would  
NOTE Confidence: 0.9830888

00:42:15.370 --> 00:42:16.670 predict treatment outcome,  
NOTE Confidence: 0.93882984

00:42:17.744 --> 00:42:19.105 as a predictor. But then  
NOTE Confidence: 0.93882984

00:42:19.105 --> 00:42:20.305 we also started to play  
NOTE Confidence: 0.93882984

00:42:20.305 --> 00:42:21.744 around with, you know, was  
NOTE Confidence: 0.93882984

00:42:21.744 --> 00:42:23.285 there any moderators. So  
NOTE Confidence: 0.9635973

00:42:23.585 --> 00:42:24.545 as I said, we haven't  
NOTE Confidence: 0.9635973

00:42:24.545 --> 00:42:26.484 been able to replicate the,  
NOTE Confidence: 0.999788

00:42:26.944 --> 00:42:27.444 prediction  
NOTE Confidence: 0.9687309

00:42:27.984 --> 00:42:29.265 and also haven't been able

NOTE Confidence: 0.9687309  
00:42:29.265 --> 00:42:31.210 to replicate this finding, but  
NOTE Confidence: 0.9687309  
00:42:31.210 --> 00:42:33.070 it's still very interesting from  
NOTE Confidence: 0.6510051  
00:42:33.610 --> 00:42:34.750 a a personalization  
NOTE Confidence: 0.95771325  
00:42:35.050 --> 00:42:35.370 or,  
NOTE Confidence: 0.9921689  
00:42:35.850 --> 00:42:36.750 trying to understand  
NOTE Confidence: 0.9127644  
00:42:37.130 --> 00:42:39.210 can we experience can we  
NOTE Confidence: 0.9127644  
00:42:39.210 --> 00:42:39.710 detect  
NOTE Confidence: 0.8857634  
00:42:40.170 --> 00:42:41.390 differential effects.  
NOTE Confidence: 0.9626709  
00:42:41.930 --> 00:42:44.205 So this was the large,  
NOTE Confidence: 0.9569098  
00:42:45.245 --> 00:42:47.665 genetic samples, fifteen hundred children.  
NOTE Confidence: 0.9569098  
00:42:47.805 --> 00:42:49.905 They either received individual CBT,  
NOTE Confidence: 0.9569098  
00:42:50.045 --> 00:42:51.325 they might have received group  
NOTE Confidence: 0.9569098  
00:42:51.325 --> 00:42:51.825 CBT,  
NOTE Confidence: 0.97871125  
00:42:52.205 --> 00:42:53.665 or parent led CBT.  
NOTE Confidence: 0.9536846  
00:42:54.125 --> 00:42:55.645 So they kind of vary  
NOTE Confidence: 0.9536846



00:42:55.645 --> 00:42:56.925 in intensity in a way.  
NOTE Confidence: 0.9536846

00:42:56.925 --> 00:42:59.280 Individual is one therapist with  
NOTE Confidence: 0.9536846

00:42:59.280 --> 00:43:01.300 one family or one child.  
NOTE Confidence: 0.9134027

00:43:01.840 --> 00:43:03.520 Group is kind of less  
NOTE Confidence: 0.9134027

00:43:03.520 --> 00:43:04.980 intense in that you've got  
NOTE Confidence: 0.9134027

00:43:05.120 --> 00:43:06.960 one therapist to five or  
NOTE Confidence: 0.9134027

00:43:06.960 --> 00:43:08.239 six kids. And then parent  
NOTE Confidence: 0.9134027

00:43:08.239 --> 00:43:09.280 led is that there's no  
NOTE Confidence: 0.9134027

00:43:09.280 --> 00:43:11.120 therapist. That's really the parent  
NOTE Confidence: 0.9134027

00:43:11.120 --> 00:43:11.860 as a therapist.  
NOTE Confidence: 0.95439655

00:43:13.745 --> 00:43:15.185 And we actually found what  
NOTE Confidence: 0.95439655

00:43:15.185 --> 00:43:16.245 we would have expected  
NOTE Confidence: 0.96410656

00:43:16.625 --> 00:43:17.364 in that,  
NOTE Confidence: 0.97886246

00:43:18.545 --> 00:43:19.825 those kids who are high  
NOTE Confidence: 0.97886246

00:43:19.825 --> 00:43:21.125 on differential susceptibility,  
NOTE Confidence: 0.8935891

00:43:21.505 --> 00:43:23.045 so the orchid children,

NOTE Confidence: 0.94626  
00:43:23.505 --> 00:43:24.465 that's I know that's a  
NOTE Confidence: 0.94626  
00:43:24.465 --> 00:43:25.985 terrible label. I suppose it's  
NOTE Confidence: 0.94626  
00:43:25.985 --> 00:43:27.344 better than a diagnostic label,  
NOTE Confidence: 0.94626  
00:43:27.344 --> 00:43:28.645 isn't it? Orchid children,  
NOTE Confidence: 0.9948519  
00:43:29.770 --> 00:43:30.489 were more  
NOTE Confidence: 0.9515971  
00:43:30.969 --> 00:43:32.569 had better remission rates if  
NOTE Confidence: 0.9515971  
00:43:32.569 --> 00:43:34.349 they received individual therapy,  
NOTE Confidence: 0.9907778  
00:43:36.250 --> 00:43:37.309 compared to  
NOTE Confidence: 0.9756618  
00:43:37.770 --> 00:43:38.989 children who were  
NOTE Confidence: 0.93253666  
00:43:40.489 --> 00:43:41.469 high in differential  
NOTE Confidence: 0.98194396  
00:43:41.844 --> 00:43:43.205 susceptibility, but if they received  
NOTE Confidence: 0.98194396  
00:43:43.205 --> 00:43:44.565 parent led CBT. So if  
NOTE Confidence: 0.98194396  
00:43:44.565 --> 00:43:45.525 they didn't have the the  
NOTE Confidence: 0.98194396  
00:43:45.525 --> 00:43:47.225 treatment that wasn't as intensive  
NOTE Confidence: 0.89216274  
00:43:47.605 --> 00:43:48.565 and was led by the  
NOTE Confidence: 0.89216274

00:43:48.565 --> 00:43:49.065 parent,  
NOTE Confidence: 0.9986382  
00:43:49.525 --> 00:43:50.825 then they were  
NOTE Confidence: 0.9278129  
00:43:51.125 --> 00:43:52.805 they had lower likelihood of  
NOTE Confidence: 0.9278129  
00:43:52.805 --> 00:43:53.305 remission.  
NOTE Confidence: 0.85799867  
00:43:55.840 --> 00:43:56.340 Potentially,  
NOTE Confidence: 0.9992572  
00:43:56.880 --> 00:43:57.540 a genetic  
NOTE Confidence: 0.9009729  
00:43:58.080 --> 00:43:58.580 moderation,  
NOTE Confidence: 0.97108704  
00:44:00.880 --> 00:44:02.420 but it hasn't been replicated  
NOTE Confidence: 0.97108704  
00:44:02.560 --> 00:44:04.320 yet. And, actually, I don't  
NOTE Confidence: 0.97108704  
00:44:04.320 --> 00:44:05.060 know whether,  
NOTE Confidence: 0.9445221  
00:44:05.520 --> 00:44:06.820 at least in my lifetime,  
NOTE Confidence: 0.9445221  
00:44:06.960 --> 00:44:08.400 it would be replicated because  
NOTE Confidence: 0.9445221  
00:44:08.400 --> 00:44:09.855 it's it's a very difficult  
NOTE Confidence: 0.9445221  
00:44:09.855 --> 00:44:10.594 study to  
NOTE Confidence: 0.92249525  
00:44:10.895 --> 00:44:11.795 run and,  
NOTE Confidence: 0.96529835  
00:44:13.135 --> 00:44:14.175 yeah. It's a it's a

NOTE Confidence: 0.96529835  
00:44:14.175 --> 00:44:15.135 hint that there may be  
NOTE Confidence: 0.96529835  
00:44:15.135 --> 00:44:16.035 something there.  
NOTE Confidence: 0.98803943  
00:44:18.495 --> 00:44:19.955 Alright. In terms of improving  
NOTE Confidence: 0.98803943  
00:44:20.015 --> 00:44:20.515 outcomes,  
NOTE Confidence: 0.9871122  
00:44:21.775 --> 00:44:22.015 we  
NOTE Confidence: 0.9602391  
00:44:23.940 --> 00:44:25.540 there's a study not me.  
NOTE Confidence: 0.9602391  
00:44:25.540 --> 00:44:26.040 Sorry.  
NOTE Confidence: 0.8794691  
00:44:26.820 --> 00:44:28.040 Walkup and colleagues  
NOTE Confidence: 0.98255736  
00:44:28.420 --> 00:44:29.540 did in two thousand and  
NOTE Confidence: 0.98255736  
00:44:29.540 --> 00:44:30.579 seven looking at, well, what  
NOTE Confidence: 0.98255736  
00:44:30.579 --> 00:44:32.180 about if we added medication  
NOTE Confidence: 0.98255736  
00:44:32.180 --> 00:44:33.380 to CBT? Could we get  
NOTE Confidence: 0.98255736  
00:44:33.380 --> 00:44:34.200 better outcomes?  
NOTE Confidence: 0.979321  
00:44:34.739 --> 00:44:36.099 And it was very exciting  
NOTE Confidence: 0.979321  
00:44:36.099 --> 00:44:37.239 in the in the literature.  
NOTE Confidence: 0.979321

00:44:37.300 --> 00:44:38.920 It was pretty robust finding  
NOTE Confidence: 0.979321

00:44:38.980 --> 00:44:39.480 that,  
NOTE Confidence: 0.93343645

00:44:40.445 --> 00:44:42.285 across all measures, pretty much  
NOTE Confidence: 0.93343645

00:44:42.285 --> 00:44:43.905 that if you got CBT  
NOTE Confidence: 0.93343645

00:44:43.965 --> 00:44:44.785 plus sertraline,  
NOTE Confidence: 0.9858904

00:44:45.725 --> 00:44:47.085 that those kids had much  
NOTE Confidence: 0.9858904

00:44:47.085 --> 00:44:49.085 better outcomes compared to CBT  
NOTE Confidence: 0.9858904

00:44:49.085 --> 00:44:50.765 alone or sertraline alone,  
NOTE Confidence: 0.9479296

00:44:52.830 --> 00:44:53.790 and a lot better than  
NOTE Confidence: 0.9479296

00:44:53.790 --> 00:44:55.330 placebo. So that's pretty convincing.  
NOTE Confidence: 0.9479296

00:44:55.390 --> 00:44:56.110 And I think in the  
NOTE Confidence: 0.9479296

00:44:56.110 --> 00:44:57.150 in the US, at least,  
NOTE Confidence: 0.9479296

00:44:57.150 --> 00:44:58.270 there was a big shift  
NOTE Confidence: 0.9479296

00:44:58.270 --> 00:44:59.950 in treatment that kids were  
NOTE Confidence: 0.9479296

00:44:59.950 --> 00:45:01.710 getting this combination of of  
NOTE Confidence: 0.9479296

00:45:01.710 --> 00:45:02.210 treatment.

NOTE Confidence: 0.98596025  
00:45:02.750 --> 00:45:03.950 But when I saw these  
NOTE Confidence: 0.98596025  
00:45:03.950 --> 00:45:05.950 findings, I wasn't particularly convinced  
NOTE Confidence: 0.98596025  
00:45:05.950 --> 00:45:06.850 about it because  
NOTE Confidence: 0.99464536  
00:45:07.194 --> 00:45:07.855 if you,  
NOTE Confidence: 0.966329  
00:45:08.395 --> 00:45:09.515 as a as a parent,  
NOTE Confidence: 0.966329  
00:45:09.515 --> 00:45:10.255 as a child,  
NOTE Confidence: 0.9805465  
00:45:10.714 --> 00:45:11.674 going in to see a  
NOTE Confidence: 0.9805465  
00:45:11.674 --> 00:45:13.594 psychiatrist and a psychologist, you  
NOTE Confidence: 0.9805465  
00:45:13.594 --> 00:45:14.635 know you're getting the best  
NOTE Confidence: 0.9805465  
00:45:14.635 --> 00:45:15.934 treatment. And  
NOTE Confidence: 0.9577274  
00:45:16.234 --> 00:45:18.015 compared to kids just receiving  
NOTE Confidence: 0.9577274  
00:45:18.075 --> 00:45:19.375 a treatment from a psychologist  
NOTE Confidence: 0.9577274  
00:45:19.515 --> 00:45:20.734 or receiving treatment,  
NOTE Confidence: 0.81477326  
00:45:21.250 --> 00:45:21.989 a medication treatment.  
NOTE Confidence: 0.9857232  
00:45:22.450 --> 00:45:24.290 So those families that were  
NOTE Confidence: 0.9857232

00:45:24.290 --> 00:45:26.870 receiving double care were actually,

NOTE Confidence: 0.660515

00:45:27.250 --> 00:45:28.690 that they they weren't,

NOTE Confidence: 0.8371609

00:45:29.090 --> 00:45:30.710 they were aware of their

NOTE Confidence: 0.958699

00:45:31.170 --> 00:45:32.770 superiority of their treatment. So

NOTE Confidence: 0.958699

00:45:32.770 --> 00:45:33.989 maybe they had an impact.

NOTE Confidence: 0.958699

00:45:34.210 --> 00:45:35.410 So I went about doing

NOTE Confidence: 0.958699

00:45:35.410 --> 00:45:35.910 a,

NOTE Confidence: 0.9303795

00:45:36.744 --> 00:45:38.285 oh, yeah, not adequately controlled.

NOTE Confidence: 0.9668093

00:45:38.905 --> 00:45:40.344 So I did a it's

NOTE Confidence: 0.9668093

00:45:40.344 --> 00:45:41.545 a smaller study, but it

NOTE Confidence: 0.9668093

00:45:41.545 --> 00:45:42.685 was just two groups,

NOTE Confidence: 0.91822714

00:45:43.224 --> 00:45:45.145 CBT and sertraline and CBT

NOTE Confidence: 0.91822714

00:45:45.145 --> 00:45:46.425 in a sugar pill, and

NOTE Confidence: 0.91822714

00:45:46.425 --> 00:45:47.244 no difference.

NOTE Confidence: 0.9880899

00:45:48.105 --> 00:45:49.385 This study doesn't get cited

NOTE Confidence: 0.9880899

00:45:49.385 --> 00:45:50.844 because it's nowhere near as

NOTE Confidence: 0.9962042  
00:45:51.560 --> 00:45:53.500 palatable to the drug companies  
NOTE Confidence: 0.9430541  
00:45:54.280 --> 00:45:55.560 that we and also, you  
NOTE Confidence: 0.9430541  
00:45:55.560 --> 00:45:56.920 know, not particularly useful in  
NOTE Confidence: 0.9430541  
00:45:56.920 --> 00:45:57.900 terms of implications  
NOTE Confidence: 0.97423077  
00:45:58.520 --> 00:45:59.480 that we just need to  
NOTE Confidence: 0.97423077  
00:45:59.480 --> 00:46:00.760 give kids sugar pills. That's  
NOTE Confidence: 0.97423077  
00:46:00.760 --> 00:46:02.119 not the answer. But the  
NOTE Confidence: 0.97423077  
00:46:02.119 --> 00:46:03.180 idea that maybe  
NOTE Confidence: 0.9975796  
00:46:03.480 --> 00:46:04.140 the expectations  
NOTE Confidence: 0.9993808  
00:46:04.440 --> 00:46:05.100 of medication  
NOTE Confidence: 0.99651843  
00:46:05.480 --> 00:46:07.155 might work to enhance our  
NOTE Confidence: 0.9954004  
00:46:08.114 --> 00:46:09.875 outcomes. Alright. So there's also  
NOTE Confidence: 0.9954004  
00:46:09.875 --> 00:46:10.915 some other hints in the  
NOTE Confidence: 0.9954004  
00:46:10.915 --> 00:46:12.614 literature about what might improve  
NOTE Confidence: 0.9954004  
00:46:12.755 --> 00:46:14.355 treatment outcomes for kids. We  
NOTE Confidence: 0.9954004



00:46:14.355 --> 00:46:15.975 know that the more exposures  
NOTE Confidence: 0.9954004

00:46:16.035 --> 00:46:17.235 that happen in a treatment,  
NOTE Confidence: 0.9954004

00:46:17.235 --> 00:46:18.275 so the,  
NOTE Confidence: 0.95933694

00:46:19.155 --> 00:46:20.375 therapist led exposures  
NOTE Confidence: 0.9115813

00:46:20.675 --> 00:46:22.035 and also more exposures at  
NOTE Confidence: 0.9115813

00:46:22.035 --> 00:46:22.535 home,  
NOTE Confidence: 0.9758404

00:46:22.850 --> 00:46:24.310 and also the more challenging  
NOTE Confidence: 0.9758404

00:46:24.450 --> 00:46:26.150 exposures. So rather than just,  
NOTE Confidence: 0.97347564

00:46:26.850 --> 00:46:28.450 small tasks where a child  
NOTE Confidence: 0.97347564

00:46:28.450 --> 00:46:29.650 has to raise their quest  
NOTE Confidence: 0.97347564

00:46:30.050 --> 00:46:31.170 raise their hand in class,  
NOTE Confidence: 0.97347564

00:46:31.170 --> 00:46:32.690 but actually doing something really  
NOTE Confidence: 0.97347564

00:46:32.690 --> 00:46:34.610 challenging, like deliberately making a  
NOTE Confidence: 0.97347564

00:46:34.610 --> 00:46:35.890 mistake in front of the  
NOTE Confidence: 0.97347564

00:46:35.890 --> 00:46:36.710 school assembly,  
NOTE Confidence: 0.9880251

00:46:37.010 --> 00:46:38.895 that the more challenging the

NOTE Confidence: 0.9880251  
00:46:38.895 --> 00:46:40.355 exposures are, the better outcomes.  
NOTE Confidence: 0.9880251  
00:46:40.415 --> 00:46:42.114 So this was really helpful  
NOTE Confidence: 0.9469962  
00:46:42.735 --> 00:46:43.695 for me. I kind of  
NOTE Confidence: 0.9469962  
00:46:43.695 --> 00:46:45.555 shifted after seeing this literature  
NOTE Confidence: 0.91620505  
00:46:46.015 --> 00:46:47.614 thinking, okay. Well, we really  
NOTE Confidence: 0.91620505  
00:46:47.614 --> 00:46:49.155 need to focus more on,  
NOTE Confidence: 0.977426  
00:46:50.495 --> 00:46:51.475 exposures and  
NOTE Confidence: 0.99322575  
00:46:54.400 --> 00:46:54.900 improving  
NOTE Confidence: 0.99937683  
00:46:55.760 --> 00:46:56.260 that  
NOTE Confidence: 0.9940383  
00:46:56.880 --> 00:46:58.160 component in the in the  
NOTE Confidence: 0.9940383  
00:46:58.160 --> 00:46:58.660 treatment.  
NOTE Confidence: 0.9854463  
00:47:01.760 --> 00:47:02.640 But when you look at  
NOTE Confidence: 0.9854463  
00:47:02.640 --> 00:47:04.480 what actually clinicians do in  
NOTE Confidence: 0.9854463  
00:47:04.480 --> 00:47:06.660 the community, very few receive  
NOTE Confidence: 0.4316634  
00:47:07.120 --> 00:47:07.360 or,  
NOTE Confidence: 0.9673154

00:47:08.815 --> 00:47:10.575 they're less likely to favor  
NOTE Confidence: 0.9673154

00:47:10.575 --> 00:47:11.775 exposure techniques. This is a  
NOTE Confidence: 0.9673154

00:47:11.775 --> 00:47:12.575 bit of a hard graph  
NOTE Confidence: 0.9673154

00:47:12.575 --> 00:47:13.935 to read, but this we  
NOTE Confidence: 0.9673154

00:47:13.935 --> 00:47:15.614 asked the clinicians in Australia  
NOTE Confidence: 0.9673154

00:47:15.614 --> 00:47:16.735 what techniques they use to  
NOTE Confidence: 0.9673154

00:47:16.735 --> 00:47:18.335 treat children with anxiety disorders.  
NOTE Confidence: 0.9673154

00:47:18.335 --> 00:47:19.375 We had a whole list,  
NOTE Confidence: 0.9673154

00:47:19.375 --> 00:47:20.575 and then we, had a  
NOTE Confidence: 0.9673154

00:47:20.575 --> 00:47:22.114 look at it. And, actually,  
NOTE Confidence: 0.995083

00:47:22.770 --> 00:47:23.489 I've cut it off at  
NOTE Confidence: 0.995083

00:47:23.489 --> 00:47:24.370 the top of the graph,  
NOTE Confidence: 0.995083

00:47:24.370 --> 00:47:25.810 but exposure was up there  
NOTE Confidence: 0.995083

00:47:25.810 --> 00:47:26.469 with psychodynamic  
NOTE Confidence: 0.89754975

00:47:27.010 --> 00:47:28.610 techniques that people are likely  
NOTE Confidence: 0.89754975

00:47:28.610 --> 00:47:29.670 to use in terms of,

NOTE Confidence: 0.9944997  
00:47:30.610 --> 00:47:31.110 the  
NOTE Confidence: 0.95862395  
00:47:31.890 --> 00:47:33.650 one to five scale frequency  
NOTE Confidence: 0.95862395  
00:47:33.650 --> 00:47:34.930 of use. But people are  
NOTE Confidence: 0.95862395  
00:47:34.930 --> 00:47:36.130 much more likely to use  
NOTE Confidence: 0.95862395  
00:47:36.130 --> 00:47:36.630 psychoeducation,  
NOTE Confidence: 0.96998197  
00:47:37.434 --> 00:47:38.795 much less likely to use  
NOTE Confidence: 0.96998197  
00:47:38.795 --> 00:47:39.295 exposure.  
NOTE Confidence: 0.9708186  
00:47:39.755 --> 00:47:41.355 We did another study asking  
NOTE Confidence: 0.9708186  
00:47:41.355 --> 00:47:42.795 kids in the community who  
NOTE Confidence: 0.9708186  
00:47:42.795 --> 00:47:43.535 had anxiety,  
NOTE Confidence: 0.9266295  
00:47:43.994 --> 00:47:45.114 what type of treatment did  
NOTE Confidence: 0.9266295  
00:47:45.114 --> 00:47:46.795 you receive? And actually, very  
NOTE Confidence: 0.9266295  
00:47:46.795 --> 00:47:48.094 few children reported  
NOTE Confidence: 0.99923396  
00:47:48.875 --> 00:47:50.234 using this technique that we  
NOTE Confidence: 0.99923396  
00:47:50.234 --> 00:47:51.614 think is really critical.  
NOTE Confidence: 0.94614184

00:47:52.350 --> 00:47:53.790 So there's limited research on  
NOTE Confidence: 0.94614184

00:47:53.790 --> 00:47:55.390 the technique specifically in young  
NOTE Confidence: 0.94614184

00:47:55.390 --> 00:47:56.430 people. So that's the some  
NOTE Confidence: 0.94614184

00:47:56.430 --> 00:47:57.070 of the work that I've  
NOTE Confidence: 0.94614184

00:47:57.070 --> 00:47:58.270 been doing, which I'm not  
NOTE Confidence: 0.94614184

00:47:58.270 --> 00:47:59.630 gonna go too much into  
NOTE Confidence: 0.94614184

00:47:59.630 --> 00:48:00.830 today because we're running out  
NOTE Confidence: 0.94614184

00:48:00.830 --> 00:48:01.550 of time. I wanna make  
NOTE Confidence: 0.94614184

00:48:01.550 --> 00:48:02.510 sure we've got time for  
NOTE Confidence: 0.94614184

00:48:02.510 --> 00:48:03.870 questions, but I'm on this  
NOTE Confidence: 0.94614184

00:48:03.870 --> 00:48:04.815 mission to try and make  
NOTE Confidence: 0.94614184

00:48:04.815 --> 00:48:06.815 expo exposure cool again because  
NOTE Confidence: 0.94614184

00:48:06.815 --> 00:48:08.035 nobody is using it,  
NOTE Confidence: 0.9582617

00:48:08.575 --> 00:48:09.055 and,  
NOTE Confidence: 0.9979917

00:48:09.614 --> 00:48:10.594 trying to  
NOTE Confidence: 0.97702116

00:48:10.895 --> 00:48:12.175 use it more effectively. And

NOTE Confidence: 0.97702116  
00:48:12.175 --> 00:48:13.214 so we're doing some work.  
NOTE Confidence: 0.97702116  
00:48:13.214 --> 00:48:14.734 We've done a developed a  
NOTE Confidence: 0.97702116  
00:48:14.734 --> 00:48:16.655 parent led digital intervention called  
NOTE Confidence: 0.97702116  
00:48:16.655 --> 00:48:17.555 Courage Quest,  
NOTE Confidence: 0.98355013  
00:48:18.175 --> 00:48:20.094 where parents can take their  
NOTE Confidence: 0.98355013  
00:48:20.094 --> 00:48:21.750 their kids through this quest  
NOTE Confidence: 0.98355013  
00:48:21.750 --> 00:48:22.890 of trying to,  
NOTE Confidence: 0.982572  
00:48:25.510 --> 00:48:26.630 face their fears and use  
NOTE Confidence: 0.982572  
00:48:26.630 --> 00:48:28.230 exposure. We're actually doing a  
NOTE Confidence: 0.982572  
00:48:28.230 --> 00:48:29.510 factorial design. I'm not gonna  
NOTE Confidence: 0.982572  
00:48:29.510 --> 00:48:30.230 spend too much time on  
NOTE Confidence: 0.982572  
00:48:30.230 --> 00:48:30.870 it because it's a little  
NOTE Confidence: 0.982572  
00:48:30.870 --> 00:48:31.690 bit of a sidetrack,  
NOTE Confidence: 0.95069027  
00:48:32.070 --> 00:48:33.204 but we're looking at five  
NOTE Confidence: 0.95069027  
00:48:33.204 --> 00:48:35.385 different features trying to test,  
NOTE Confidence: 0.9836319

00:48:36.325 --> 00:48:38.085 what might make exposure work  
NOTE Confidence: 0.9836319

00:48:38.085 --> 00:48:39.285 more effectively and to be  
NOTE Confidence: 0.9836319

00:48:39.285 --> 00:48:40.724 able to give clinicians a  
NOTE Confidence: 0.9836319

00:48:40.724 --> 00:48:42.665 little bit more information about,  
NOTE Confidence: 0.9984352

00:48:43.285 --> 00:48:44.905 how to use exposure effectively  
NOTE Confidence: 0.9984352

00:48:44.964 --> 00:48:46.005 and what might make it  
NOTE Confidence: 0.9984352

00:48:46.005 --> 00:48:46.744 work better.  
NOTE Confidence: 0.9331233

00:48:48.450 --> 00:48:49.170 Alright. That was a bit  
NOTE Confidence: 0.9331233

00:48:49.170 --> 00:48:49.969 of a bit of a  
NOTE Confidence: 0.9331233

00:48:49.969 --> 00:48:51.250 tangent. I wanna come back  
NOTE Confidence: 0.9331233

00:48:51.250 --> 00:48:51.750 to,  
NOTE Confidence: 0.97135717

00:48:52.930 --> 00:48:54.869 differential treatment effects and moderators.  
NOTE Confidence: 0.96879685

00:48:55.410 --> 00:48:57.010 We did another systematic review  
NOTE Confidence: 0.96879685

00:48:57.010 --> 00:48:58.469 that Lizelle's just submitted,  
NOTE Confidence: 0.93519443

00:48:59.410 --> 00:49:00.930 for publication trying to look  
NOTE Confidence: 0.93519443

00:49:00.930 --> 00:49:01.430 at

NOTE Confidence: 0.979876  
00:49:01.785 --> 00:49:03.224 moderators. Do we know what's  
NOTE Confidence: 0.979876  
00:49:03.224 --> 00:49:04.344 gonna work better for these  
NOTE Confidence: 0.979876  
00:49:04.344 --> 00:49:04.844 kids?  
NOTE Confidence: 0.9740185  
00:49:05.944 --> 00:49:07.864 There was fifty five studies  
NOTE Confidence: 0.9740185  
00:49:07.864 --> 00:49:09.005 that looked at moderators  
NOTE Confidence: 0.9979881  
00:49:09.305 --> 00:49:10.605 on thirty eight trials  
NOTE Confidence: 0.8789287  
00:49:11.305 --> 00:49:11.805 and  
NOTE Confidence: 0.9337125  
00:49:12.344 --> 00:49:14.364 lots of different control conditions,  
NOTE Confidence: 0.9866364  
00:49:15.420 --> 00:49:16.859 and you can predict the  
NOTE Confidence: 0.9866364  
00:49:16.859 --> 00:49:19.020 outcome. No definitive effects were  
NOTE Confidence: 0.9866364  
00:49:19.020 --> 00:49:19.520 identified.  
NOTE Confidence: 0.8787877  
00:49:21.900 --> 00:49:23.900 No clear moderation or differential  
NOTE Confidence: 0.8787877  
00:49:23.900 --> 00:49:26.060 treatment effects. So we know  
NOTE Confidence: 0.8787877  
00:49:26.140 --> 00:49:27.339 let's say say that social  
NOTE Confidence: 0.8787877  
00:49:27.339 --> 00:49:27.839 anxiety  
NOTE Confidence: 0.99550533



00:49:28.665 --> 00:49:30.265 children children with social anxiety

NOTE Confidence: 0.99550533

00:49:30.265 --> 00:49:31.864 don't do as well. There's

NOTE Confidence: 0.99550533

00:49:31.864 --> 00:49:33.485 no effects that show

NOTE Confidence: 0.9997922

00:49:33.785 --> 00:49:35.065 what might work better for

NOTE Confidence: 0.9997922

00:49:35.065 --> 00:49:35.885 those children.

NOTE Confidence: 0.9933156

00:49:36.505 --> 00:49:37.545 There were a couple of

NOTE Confidence: 0.9933156

00:49:37.545 --> 00:49:38.985 hints in the literature again.

NOTE Confidence: 0.9933156

00:49:38.985 --> 00:49:40.685 We had four moderator variables

NOTE Confidence: 0.9933156

00:49:40.825 --> 00:49:42.680 of interest that were consistent

NOTE Confidence: 0.9819145

00:49:43.140 --> 00:49:44.839 across those fifty five studies.

NOTE Confidence: 0.9318261

00:49:45.940 --> 00:49:47.719 Interestingly, Hispanic ethnicity.

NOTE Confidence: 0.9694571

00:49:48.260 --> 00:49:49.780 I'm not necessarily convinced by

NOTE Confidence: 0.9694571

00:49:49.780 --> 00:49:50.820 that, though, because that really

NOTE Confidence: 0.9694571

00:49:50.820 --> 00:49:52.040 came from one trial,

NOTE Confidence: 0.9529264

00:49:54.025 --> 00:49:54.985 so I'm not so sure

NOTE Confidence: 0.9529264

00:49:54.985 --> 00:49:56.105 how robust it is, but

NOTE Confidence: 0.9529264  
00:49:56.105 --> 00:49:56.685 at least,  
NOTE Confidence: 0.9989822  
00:49:57.305 --> 00:49:57.965 it came  
NOTE Confidence: 0.92575556  
00:49:58.744 --> 00:50:00.185 it emerged in more than,  
NOTE Confidence: 0.92575556  
00:50:00.505 --> 00:50:01.325 one study.  
NOTE Confidence: 0.96740896  
00:50:01.785 --> 00:50:03.165 Age was also a predictor,  
NOTE Confidence: 0.8897395  
00:50:03.705 --> 00:50:04.445 a moderator,  
NOTE Confidence: 0.9571748  
00:50:05.545 --> 00:50:07.805 social anxiety and parental psychopathology.  
NOTE Confidence: 0.99937797  
00:50:08.580 --> 00:50:09.080 But  
NOTE Confidence: 0.97772324  
00:50:10.980 --> 00:50:13.320 importantly, even though those variables  
NOTE Confidence: 0.97772324  
00:50:13.380 --> 00:50:14.920 came up as important moderators,  
NOTE Confidence: 0.97772324  
00:50:15.140 --> 00:50:16.340 in one study, there was  
NOTE Confidence: 0.97772324  
00:50:16.340 --> 00:50:17.780 a moderation effect one way,  
NOTE Confidence: 0.97772324  
00:50:17.780 --> 00:50:18.900 and in another study, there  
NOTE Confidence: 0.97772324  
00:50:18.900 --> 00:50:20.180 was a moderation effect in  
NOTE Confidence: 0.97772324  
00:50:20.180 --> 00:50:21.620 another way. So for social  
NOTE Confidence: 0.97772324

00:50:21.620 --> 00:50:23.300 anxiety disorder, one study showed

NOTE Confidence: 0.97772324

00:50:23.300 --> 00:50:25.035 group worked better, and another

NOTE Confidence: 0.97772324

00:50:25.035 --> 00:50:25.515 study showed,

NOTE Confidence: 0.9855808

00:50:27.114 --> 00:50:28.635 group CBT didn't work as

NOTE Confidence: 0.9855808

00:50:28.635 --> 00:50:30.395 well as individual therapy. So

NOTE Confidence: 0.9855808

00:50:30.395 --> 00:50:32.155 we had moderation, but completely

NOTE Confidence: 0.9855808

00:50:32.155 --> 00:50:33.135 opposing effects.

NOTE Confidence: 0.9963444

00:50:33.994 --> 00:50:35.755 So each result really points

NOTE Confidence: 0.9963444

00:50:35.755 --> 00:50:37.594 to something different about the

NOTE Confidence: 0.9963444

00:50:37.594 --> 00:50:38.335 the direction.

NOTE Confidence: 0.9914187

00:50:39.270 --> 00:50:40.469 A study that didn't go

NOTE Confidence: 0.9914187

00:50:40.469 --> 00:50:41.370 into the

NOTE Confidence: 0.9696511

00:50:41.910 --> 00:50:43.030 systematic review that I just

NOTE Confidence: 0.9696511

00:50:43.030 --> 00:50:43.910 wanted to point to because

NOTE Confidence: 0.9696511

00:50:43.910 --> 00:50:44.950 this is still leaving me

NOTE Confidence: 0.9696511

00:50:44.950 --> 00:50:45.910 with a little bit of

NOTE Confidence: 0.9696511  
00:50:45.910 --> 00:50:47.110 hope. And this is one  
NOTE Confidence: 0.9696511  
00:50:47.110 --> 00:50:47.770 of Wendy's,  
NOTE Confidence: 0.9939863  
00:50:48.150 --> 00:50:49.690 papers that she's just published,  
NOTE Confidence: 0.9993206  
00:50:50.710 --> 00:50:52.570 showing a moderation effect  
NOTE Confidence: 0.99938107  
00:50:53.155 --> 00:50:54.695 for two parent variables  
NOTE Confidence: 0.95440364  
00:50:55.395 --> 00:50:55.715 that,  
NOTE Confidence: 0.9949663  
00:50:56.355 --> 00:50:57.975 compared CBT versus  
NOTE Confidence: 0.9576254  
00:50:58.595 --> 00:51:00.695 CBT plus relationship training,  
NOTE Confidence: 0.99414074  
00:51:01.795 --> 00:51:03.735 was moderated by parental acceptance.  
NOTE Confidence: 0.99414074  
00:51:03.795 --> 00:51:06.030 So child outcomes were better  
NOTE Confidence: 0.9931022  
00:51:06.510 --> 00:51:08.510 for families where there was  
NOTE Confidence: 0.9931022  
00:51:08.510 --> 00:51:09.810 high parental acceptance,  
NOTE Confidence: 0.9929064  
00:51:11.150 --> 00:51:13.070 when CBT included more of  
NOTE Confidence: 0.9929064  
00:51:13.070 --> 00:51:15.410 a focus on, increased acceptance  
NOTE Confidence: 0.98774654  
00:51:15.790 --> 00:51:17.550 and decreasing control compared to  
NOTE Confidence: 0.98774654

00:51:17.550 --> 00:51:19.150 CBT. So that gives us  
NOTE Confidence: 0.98774654

00:51:19.150 --> 00:51:21.150 an idea of what could  
NOTE Confidence: 0.98774654

00:51:21.150 --> 00:51:21.735 be done,  
NOTE Confidence: 0.91523075

00:51:22.614 --> 00:51:24.215 what how we might wanna  
NOTE Confidence: 0.91523075

00:51:24.215 --> 00:51:24.955 shape treatment,  
NOTE Confidence: 0.9853452

00:51:26.055 --> 00:51:27.335 that if a child presents  
NOTE Confidence: 0.9853452

00:51:27.335 --> 00:51:28.775 with high with parents with  
NOTE Confidence: 0.9853452

00:51:28.775 --> 00:51:30.215 high acceptance, then this is  
NOTE Confidence: 0.9853452

00:51:30.215 --> 00:51:31.175 the type of treatment that  
NOTE Confidence: 0.9853452

00:51:31.175 --> 00:51:32.375 we might that might produce  
NOTE Confidence: 0.9853452

00:51:32.375 --> 00:51:33.114 better outcomes,  
NOTE Confidence: 0.99736005

00:51:33.975 --> 00:51:34.795 and a similar  
NOTE Confidence: 0.81760645

00:51:35.095 --> 00:51:36.215 effect for,  
NOTE Confidence: 0.97318244

00:51:37.175 --> 00:51:39.070 parental or negative reinforcement as  
NOTE Confidence: 0.97318244

00:51:39.070 --> 00:51:40.510 well. So there's a hint  
NOTE Confidence: 0.97318244

00:51:40.510 --> 00:51:41.469 there, but it still needs

NOTE Confidence: 0.97318244  
00:51:41.469 --> 00:51:42.290 to be replicated.  
NOTE Confidence: 0.90523  
00:51:43.070 --> 00:51:43.570 And,  
NOTE Confidence: 0.845958  
00:51:47.230 --> 00:51:48.750 it's also kind of,  
NOTE Confidence: 0.956918  
00:51:49.310 --> 00:51:50.349 I think the study wasn't  
NOTE Confidence: 0.956918  
00:51:50.349 --> 00:51:52.515 designed right to to find  
NOTE Confidence: 0.956918  
00:51:52.515 --> 00:51:53.875 these moderation effects, but they  
NOTE Confidence: 0.956918  
00:51:53.875 --> 00:51:55.714 were there. So in designing  
NOTE Confidence: 0.956918  
00:51:55.714 --> 00:51:56.214 studies  
NOTE Confidence: 0.9372487  
00:51:57.155 --> 00:51:58.515 for moderation is a very  
NOTE Confidence: 0.9372487  
00:51:58.515 --> 00:52:00.035 different approach to kind of  
NOTE Confidence: 0.9372487  
00:52:00.035 --> 00:52:00.614 the normal,  
NOTE Confidence: 0.9994199  
00:52:01.315 --> 00:52:02.295 treatment design.  
NOTE Confidence: 0.9968039  
00:52:04.194 --> 00:52:05.815 Alright. So can we enhance  
NOTE Confidence: 0.98664755  
00:52:06.690 --> 00:52:07.890 outcomes in answer to that  
NOTE Confidence: 0.98664755  
00:52:07.890 --> 00:52:08.930 question? At the moment, I'm  
NOTE Confidence: 0.98664755

00:52:08.930 --> 00:52:09.969 not really convinced by it.  
NOTE Confidence: 0.98664755

00:52:09.969 --> 00:52:11.170 I'd be curious to see  
NOTE Confidence: 0.98664755

00:52:11.170 --> 00:52:12.849 after being being presented with  
NOTE Confidence: 0.98664755

00:52:12.849 --> 00:52:13.750 all that data.  
NOTE Confidence: 0.9950032

00:52:15.089 --> 00:52:16.469 To me, there's pretty limited  
NOTE Confidence: 0.9950032

00:52:16.530 --> 00:52:18.630 differential treatment effects so far  
NOTE Confidence: 0.9868348

00:52:19.155 --> 00:52:20.275 In being able to answer  
NOTE Confidence: 0.9868348

00:52:20.275 --> 00:52:22.114 this question, what works by  
NOTE Confidence: 0.9868348

00:52:22.114 --> 00:52:23.475 whom for this individual with  
NOTE Confidence: 0.9868348

00:52:23.475 --> 00:52:25.075 that specific problem, apart from  
NOTE Confidence: 0.9868348

00:52:25.075 --> 00:52:25.955 the fact that we're honing  
NOTE Confidence: 0.9868348

00:52:25.955 --> 00:52:27.335 in on anxiety disorders,  
NOTE Confidence: 0.998056

00:52:28.035 --> 00:52:29.815 we've got very limited information  
NOTE Confidence: 0.998056

00:52:29.955 --> 00:52:30.455 about,  
NOTE Confidence: 0.9987269

00:52:30.915 --> 00:52:31.620 what works.  
NOTE Confidence: 0.9457178

00:52:32.100 --> 00:52:33.220 So this could be either

NOTE Confidence: 0.9457178

00:52:33.220 --> 00:52:34.660 there are no differential treatment

NOTE Confidence: 0.9457178

00:52:34.660 --> 00:52:36.580 effects, doesn't matter, evidence based

NOTE Confidence: 0.9457178

00:52:36.580 --> 00:52:37.080 personalisation

NOTE Confidence: 0.9952055

00:52:37.380 --> 00:52:38.840 doesn't lead to better outcomes,

NOTE Confidence: 0.9604136

00:52:39.460 --> 00:52:40.840 there is no holy grail,

NOTE Confidence: 0.9604136

00:52:41.060 --> 00:52:42.520 or it could be that,

NOTE Confidence: 0.9990685

00:52:43.795 --> 00:52:44.535 these effects

NOTE Confidence: 0.99187946

00:52:45.075 --> 00:52:46.594 are there they're there, but

NOTE Confidence: 0.99187946

00:52:46.594 --> 00:52:47.475 we just haven't been able

NOTE Confidence: 0.99187946

00:52:47.475 --> 00:52:48.675 to detect them because our

NOTE Confidence: 0.99187946

00:52:48.675 --> 00:52:50.195 methods haven't been rigorous enough.

NOTE Confidence: 0.99187946

00:52:50.195 --> 00:52:51.635 We still haven't designed our

NOTE Confidence: 0.99187946

00:52:51.635 --> 00:52:53.495 studies in a way that,

NOTE Confidence: 0.9749038

00:52:54.355 --> 00:52:55.175 can consistently,

NOTE Confidence: 0.962814

00:52:56.369 --> 00:52:57.910 show these robust findings.

NOTE Confidence: 0.9839365



00:52:58.210 --> 00:52:59.329 I'm not quite ready to  
NOTE Confidence: 0.9839365

00:52:59.329 --> 00:53:00.849 swallow this bitter pill of  
NOTE Confidence: 0.9839365

00:53:00.849 --> 00:53:02.289 every every treatment works for  
NOTE Confidence: 0.9839365

00:53:02.289 --> 00:53:03.750 everybody the same amount.  
NOTE Confidence: 0.97009903

00:53:05.010 --> 00:53:06.369 I'm still hoping and holding  
NOTE Confidence: 0.97009903

00:53:06.369 --> 00:53:07.250 on to the fact that  
NOTE Confidence: 0.97009903

00:53:07.250 --> 00:53:08.789 we may actually have,  
NOTE Confidence: 0.98967224

00:53:09.435 --> 00:53:10.715 there may be differential treatment  
NOTE Confidence: 0.98967224

00:53:10.715 --> 00:53:11.675 effects there, but we just  
NOTE Confidence: 0.98967224

00:53:11.675 --> 00:53:12.175 haven't,  
NOTE Confidence: 0.9654759

00:53:12.795 --> 00:53:13.915 we haven't got there yet.  
NOTE Confidence: 0.9654759

00:53:13.915 --> 00:53:14.955 So we've been doing some  
NOTE Confidence: 0.9654759

00:53:14.955 --> 00:53:16.815 individual patient data meta analysis.  
NOTE Confidence: 0.9654759

00:53:16.875 --> 00:53:18.075 I'm just gonna finish up.  
NOTE Confidence: 0.9654759

00:53:18.075 --> 00:53:18.575 Yep.  
NOTE Confidence: 0.97841054

00:53:19.114 --> 00:53:20.094 Where we're combining

NOTE Confidence: 0.9766429  
00:53:20.555 --> 00:53:21.515 data from a whole lot  
NOTE Confidence: 0.9766429  
00:53:21.515 --> 00:53:23.135 of clinical trials together,  
NOTE Confidence: 0.9813665  
00:53:24.110 --> 00:53:25.550 so kind of advancing the  
NOTE Confidence: 0.9813665  
00:53:25.550 --> 00:53:26.590 previous work that we've done,  
NOTE Confidence: 0.9813665  
00:53:26.590 --> 00:53:27.390 but we're doing it in  
NOTE Confidence: 0.9813665  
00:53:27.390 --> 00:53:28.670 a systematic way now. We're  
NOTE Confidence: 0.9813665  
00:53:28.670 --> 00:53:30.530 developing this topic based living,  
NOTE Confidence: 0.96751434  
00:53:31.390 --> 00:53:33.550 repository of data. We're storing  
NOTE Confidence: 0.96751434  
00:53:33.550 --> 00:53:34.930 it on a secure server.  
NOTE Confidence: 0.96751434  
00:53:35.150 --> 00:53:36.585 At the moment, I'm very  
NOTE Confidence: 0.96751434  
00:53:36.585 --> 00:53:38.825 excited. The first time last  
NOTE Confidence: 0.96751434  
00:53:38.825 --> 00:53:39.945 week, I got my first  
NOTE Confidence: 0.96751434  
00:53:39.945 --> 00:53:41.625 data set of seven thousand  
NOTE Confidence: 0.96751434  
00:53:41.625 --> 00:53:42.585 one hundred and twenty three  
NOTE Confidence: 0.96751434  
00:53:42.585 --> 00:53:43.965 kids from around the world.  
NOTE Confidence: 0.96751434

00:53:44.105 --> 00:53:44.605 And  
NOTE Confidence: 0.9400491  
00:53:45.785 --> 00:53:46.825 I haven't even put the  
NOTE Confidence: 0.9400491  
00:53:46.825 --> 00:53:48.525 arrow in the right spot  
NOTE Confidence: 0.9400491  
00:53:48.710 --> 00:53:49.910 for Yale. But, anyway, you  
NOTE Confidence: 0.9400491  
00:53:50.069 --> 00:53:51.509 there is Yale data in  
NOTE Confidence: 0.9400491  
00:53:51.509 --> 00:53:52.009 there.  
NOTE Confidence: 0.99457175  
00:53:53.430 --> 00:53:54.250 But yes.  
NOTE Confidence: 0.89074934  
00:53:54.950 --> 00:53:56.489 I don't know geography, clearly.  
NOTE Confidence: 0.97006357  
00:53:57.989 --> 00:53:58.869 I don't know where that's  
NOTE Confidence: 0.97006357  
00:53:58.869 --> 00:53:59.829 going to. But yeah. So  
NOTE Confidence: 0.97006357  
00:53:59.829 --> 00:54:00.869 that's what we're working on  
NOTE Confidence: 0.97006357  
00:54:00.869 --> 00:54:01.369 now,  
NOTE Confidence: 0.96103364  
00:54:02.285 --> 00:54:03.565 that seven thousand. And it'll  
NOTE Confidence: 0.96103364  
00:54:03.565 --> 00:54:04.445 hopefully give us a lot  
NOTE Confidence: 0.96103364  
00:54:04.445 --> 00:54:06.225 more variability in the studies.  
NOTE Confidence: 0.96103364  
00:54:06.285 --> 00:54:07.025 We've got

NOTE Confidence: 0.99358314  
00:54:07.325 --> 00:54:08.785 a lot of different variation  
NOTE Confidence: 0.99358314  
00:54:09.085 --> 00:54:09.905 in treatments  
NOTE Confidence: 0.9883585  
00:54:10.605 --> 00:54:11.485 that, you know, we might  
NOTE Confidence: 0.9883585  
00:54:11.485 --> 00:54:12.285 not have been able to  
NOTE Confidence: 0.9883585  
00:54:12.285 --> 00:54:13.565 predict before, but now we'll  
NOTE Confidence: 0.9883585  
00:54:13.565 --> 00:54:15.565 have much more, information and  
NOTE Confidence: 0.9883585  
00:54:15.565 --> 00:54:16.445 be at a be at  
NOTE Confidence: 0.9883585  
00:54:16.445 --> 00:54:17.800 a better point where we  
NOTE Confidence: 0.9883585  
00:54:17.800 --> 00:54:19.099 can recommend  
NOTE Confidence: 0.9799326  
00:54:19.400 --> 00:54:21.299 treatment and be able to,  
NOTE Confidence: 0.9719402  
00:54:21.719 --> 00:54:23.160 match treatments hopefully in the  
NOTE Confidence: 0.9719402  
00:54:23.160 --> 00:54:24.599 future, but we're not there  
NOTE Confidence: 0.9719402  
00:54:24.599 --> 00:54:25.099 yet.  
NOTE Confidence: 0.97163886  
00:54:25.719 --> 00:54:27.000 So thank you very much  
NOTE Confidence: 0.97163886  
00:54:27.000 --> 00:54:27.960 for letting me take you  
NOTE Confidence: 0.97163886

00:54:27.960 --> 00:54:29.500 through that. I'm much appreciated.  
NOTE Confidence: 0.9839357

00:54:35.375 --> 00:54:35.875 What  
NOTE Confidence: 0.57326436

00:54:36.255 --> 00:54:37.695 a well, I'll clear your  
NOTE Confidence: 0.57326436

00:54:37.695 --> 00:54:38.195 presentation,  
NOTE Confidence: 0.9497556

00:54:38.495 --> 00:54:39.695 Jenny. It was fantastic. So  
NOTE Confidence: 0.9497556

00:54:39.695 --> 00:54:40.495 we we do have, like,  
NOTE Confidence: 0.9497556

00:54:40.495 --> 00:54:41.775 five minutes for some questions  
NOTE Confidence: 0.9497556

00:54:41.775 --> 00:54:42.815 that people would like to  
NOTE Confidence: 0.9497556

00:54:42.815 --> 00:54:43.555 ask questions.  
NOTE Confidence: 0.9996536

00:54:51.469 --> 00:54:52.670 Hi. Thank you for coming  
NOTE Confidence: 0.9996536

00:54:52.670 --> 00:54:53.809 to speak to us.  
NOTE Confidence: 0.9037764

00:54:55.230 --> 00:54:56.609 My question is that,  
NOTE Confidence: 0.99250275

00:54:57.565 --> 00:54:58.945 in addition to,  
NOTE Confidence: 0.99985445

00:54:59.485 --> 00:55:00.225 looking at  
NOTE Confidence: 0.9986251

00:55:00.605 --> 00:55:02.945 differential responses to treatment and  
NOTE Confidence: 0.98385537

00:55:03.405 --> 00:55:04.145 and prognostic

NOTE Confidence: 0.9882145  
00:55:04.445 --> 00:55:04.945 factors,  
NOTE Confidence: 0.9607328  
00:55:06.125 --> 00:55:07.885 are others interested? And or  
NOTE Confidence: 0.9607328  
00:55:07.885 --> 00:55:09.105 do you think there's utility  
NOTE Confidence: 0.75068223  
00:55:09.405 --> 00:55:09.905 in,  
NOTE Confidence: 0.94149613  
00:55:11.580 --> 00:55:13.520 using these or related predictive  
NOTE Confidence: 0.94149613  
00:55:13.660 --> 00:55:14.160 measures  
NOTE Confidence: 0.91260135  
00:55:14.460 --> 00:55:14.960 to,  
NOTE Confidence: 0.999738  
00:55:16.060 --> 00:55:17.120 for early detection  
NOTE Confidence: 0.96195734  
00:55:17.420 --> 00:55:18.219 or for,  
NOTE Confidence: 0.9244149  
00:55:19.100 --> 00:55:19.840 like, stratifying  
NOTE Confidence: 0.6759095  
00:55:20.620 --> 00:55:20.860 of,  
NOTE Confidence: 0.8328409  
00:55:21.739 --> 00:55:22.960 Of anxiety disorders.  
NOTE Confidence: 0.98920137  
00:55:23.340 --> 00:55:24.700 Yeah. So we haven't really  
NOTE Confidence: 0.98920137  
00:55:24.700 --> 00:55:26.400 been looking at risk of  
NOTE Confidence: 0.9833438  
00:55:27.385 --> 00:55:28.505 disorder in the first place  
NOTE Confidence: 0.9833438

00:55:28.505 --> 00:55:29.785 because all of the samples  
NOTE Confidence: 0.9833438

00:55:29.785 --> 00:55:30.985 already have a disorder. So  
NOTE Confidence: 0.9833438

00:55:30.985 --> 00:55:32.505 we're looking at risk, and  
NOTE Confidence: 0.9833438

00:55:32.505 --> 00:55:33.705 risk gets used in different  
NOTE Confidence: 0.9833438

00:55:33.705 --> 00:55:35.065 ways. So risk we're looking  
NOTE Confidence: 0.9833438

00:55:35.065 --> 00:55:36.265 at risk in terms of  
NOTE Confidence: 0.9833438

00:55:36.265 --> 00:55:36.765 predicting  
NOTE Confidence: 0.7747522

00:55:37.145 --> 00:55:38.045 poorer outcome.  
NOTE Confidence: 0.99923754

00:55:38.665 --> 00:55:39.165 So  
NOTE Confidence: 0.9774031

00:55:39.545 --> 00:55:40.665 I do think there is  
NOTE Confidence: 0.9774031

00:55:40.665 --> 00:55:41.165 utility,  
NOTE Confidence: 0.9461233

00:55:42.520 --> 00:55:44.460 in well, also in detection.  
NOTE Confidence: 0.9897865

00:55:45.160 --> 00:55:46.360 But at the moment, the  
NOTE Confidence: 0.9897865

00:55:46.360 --> 00:55:47.880 idea of what else to  
NOTE Confidence: 0.9897865

00:55:47.880 --> 00:55:48.840 do with them, that's where  
NOTE Confidence: 0.9897865

00:55:48.840 --> 00:55:49.500 we're stuck.

NOTE Confidence: 0.99889666  
00:55:50.360 --> 00:55:52.040 But clinicians have been doing  
NOTE Confidence: 0.99889666  
00:55:52.040 --> 00:55:52.540 this  
NOTE Confidence: 0.76296806  
00:55:52.920 --> 00:55:53.820 for as  
NOTE Confidence: 0.91926956  
00:55:54.474 --> 00:55:55.675 forever long that there's been  
NOTE Confidence: 0.91926956  
00:55:55.675 --> 00:55:57.375 clinical practice. So we adapt  
NOTE Confidence: 0.9446512  
00:55:57.835 --> 00:55:59.114 treatments based on what we  
NOTE Confidence: 0.9446512  
00:55:59.114 --> 00:56:00.315 think should work based on  
NOTE Confidence: 0.9446512  
00:56:00.315 --> 00:56:01.454 our treatment formulation,  
NOTE Confidence: 0.9981427  
00:56:01.994 --> 00:56:03.594 and we expect that if  
NOTE Confidence: 0.9981427  
00:56:03.594 --> 00:56:04.255 we adapt  
NOTE Confidence: 0.98196584  
00:56:04.795 --> 00:56:05.855 based on risk,  
NOTE Confidence: 0.99713826  
00:56:07.435 --> 00:56:07.860 that  
NOTE Confidence: 0.98912567  
00:56:08.420 --> 00:56:09.620 there might be better outcomes.  
NOTE Confidence: 0.98912567  
00:56:09.620 --> 00:56:10.420 But at the moment, we  
NOTE Confidence: 0.98912567  
00:56:10.420 --> 00:56:11.700 just haven't got that bit  
NOTE Confidence: 0.98912567



00:56:11.700 --> 00:56:12.660 to say that they're gonna  
NOTE Confidence: 0.98912567

00:56:12.660 --> 00:56:13.320 do better.  
NOTE Confidence: 0.9833637

00:56:14.260 --> 00:56:15.300 But I I do think  
NOTE Confidence: 0.9833637

00:56:15.300 --> 00:56:16.820 there's value in the risk  
NOTE Confidence: 0.9833637

00:56:16.820 --> 00:56:17.620 index and,  
NOTE Confidence: 0.9596741

00:56:18.260 --> 00:56:19.700 that we that's our next  
NOTE Confidence: 0.9596741

00:56:19.700 --> 00:56:21.060 step is to actually take  
NOTE Confidence: 0.9596741

00:56:21.060 --> 00:56:22.145 it at least that far  
NOTE Confidence: 0.9596741

00:56:22.145 --> 00:56:24.005 as developing a platform for  
NOTE Confidence: 0.9596741

00:56:24.224 --> 00:56:26.145 clinicians to enter in that  
NOTE Confidence: 0.9596741

00:56:26.145 --> 00:56:27.585 risk data to see, okay.  
NOTE Confidence: 0.9596741

00:56:27.585 --> 00:56:29.025 Well, based on this massive  
NOTE Confidence: 0.9596741

00:56:29.025 --> 00:56:29.525 dataset,  
NOTE Confidence: 0.9951202

00:56:29.984 --> 00:56:31.185 how likely is it that  
NOTE Confidence: 0.9951202

00:56:31.185 --> 00:56:32.224 the child that I'm about  
NOTE Confidence: 0.9951202

00:56:32.224 --> 00:56:33.685 to see with these particular

NOTE Confidence: 0.9951202  
00:56:33.744 --> 00:56:34.244 profiles,  
NOTE Confidence: 0.9538902  
00:56:35.190 --> 00:56:37.190 these particular variables, how likely  
NOTE Confidence: 0.9538902  
00:56:37.190 --> 00:56:38.550 is it that this standard  
NOTE Confidence: 0.9538902  
00:56:38.550 --> 00:56:39.930 CBT is gonna work?  
NOTE Confidence: 0.99216896  
00:56:40.550 --> 00:56:41.750 I wouldn't want to see  
NOTE Confidence: 0.99216896  
00:56:41.750 --> 00:56:43.290 it being used for,  
NOTE Confidence: 0.9996997  
00:56:44.150 --> 00:56:44.650 if  
NOTE Confidence: 0.9585719  
00:56:44.950 --> 00:56:46.469 okay. It comes out that  
NOTE Confidence: 0.9585719  
00:56:46.469 --> 00:56:48.070 the likelihood of response is  
NOTE Confidence: 0.9585719  
00:56:48.070 --> 00:56:48.890 very low,  
NOTE Confidence: 0.9977244  
00:56:49.415 --> 00:56:50.295 then I wouldn't want them  
NOTE Confidence: 0.9977244  
00:56:50.295 --> 00:56:52.135 to start some completely different  
NOTE Confidence: 0.9977244  
00:56:52.135 --> 00:56:53.435 treatment. Right? It's,  
NOTE Confidence: 0.97293496  
00:56:54.295 --> 00:56:55.515 yeah. So it's it's  
NOTE Confidence: 0.97054297  
00:56:55.815 --> 00:56:56.855 I I do think there's  
NOTE Confidence: 0.97054297

00:56:56.855 --> 00:56:58.135 utility, but I think there's  
NOTE Confidence: 0.97054297

00:56:58.135 --> 00:56:59.515 a bit of concern around  
NOTE Confidence: 0.91812634

00:56:59.895 --> 00:57:01.335 then saying, okay. Well, CBT  
NOTE Confidence: 0.91812634

00:57:01.335 --> 00:57:02.695 doesn't work, then let's do  
NOTE Confidence: 0.91812634

00:57:02.855 --> 00:57:03.994 let's, you know,  
NOTE Confidence: 0.9406992

00:57:04.730 --> 00:57:05.549 do some,  
NOTE Confidence: 0.9465106

00:57:06.809 --> 00:57:08.170 something entirely different that there's  
NOTE Confidence: 0.9465106

00:57:08.170 --> 00:57:09.549 no evidence base for.  
NOTE Confidence: 0.9953071

00:57:10.650 --> 00:57:11.690 Yeah. It seems like it's  
NOTE Confidence: 0.9953071

00:57:11.690 --> 00:57:13.130 at least low hanging fruit  
NOTE Confidence: 0.9953071

00:57:13.130 --> 00:57:14.489 to say Yeah. I'll start  
NOTE Confidence: 0.9953071

00:57:14.489 --> 00:57:16.029 CBT or start the SSRI  
NOTE Confidence: 0.9953071

00:57:16.089 --> 00:57:18.215 earlier. Yes. Yeah. Yeah. Yeah.  
NOTE Confidence: 0.9953071

00:57:18.215 --> 00:57:18.715 Definitely.  
NOTE Confidence: 0.99731517

00:57:19.255 --> 00:57:19.755 Yeah.  
NOTE Confidence: 0.9286373

00:57:20.615 --> 00:57:21.675 Yeah. And if

NOTE Confidence: 0.9717495  
00:57:22.535 --> 00:57:23.815 yeah. Given that there has  
NOTE Confidence: 0.9717495  
00:57:23.815 --> 00:57:24.855 been some hint in the  
NOTE Confidence: 0.9717495  
00:57:24.855 --> 00:57:26.615 literature around that we get  
NOTE Confidence: 0.9717495  
00:57:26.615 --> 00:57:28.455 better effects for CBT and  
NOTE Confidence: 0.9717495  
00:57:28.455 --> 00:57:30.215 sertraline that if there is  
NOTE Confidence: 0.9717495  
00:57:30.215 --> 00:57:31.115 a poor risk  
NOTE Confidence: 0.8236288  
00:57:31.569 --> 00:57:32.309 for treatment,  
NOTE Confidence: 0.99546456  
00:57:33.170 --> 00:57:34.549 outcome being favorable,  
NOTE Confidence: 0.92468244  
00:57:35.010 --> 00:57:37.109 then, yes, starting the CBT  
NOTE Confidence: 0.92468244  
00:57:37.170 --> 00:57:37.670 earlier.  
NOTE Confidence: 0.9540879  
00:57:38.609 --> 00:57:40.630 As, yeah, the combined treatment  
NOTE Confidence: 0.9540879  
00:57:40.690 --> 00:57:41.829 earlier. Yeah.  
NOTE Confidence: 0.9861215  
00:57:42.609 --> 00:57:43.730 Thank you. That was really  
NOTE Confidence: 0.9861215  
00:57:43.730 --> 00:57:45.174 interesting. I was just wondering  
NOTE Confidence: 0.9861215  
00:57:45.174 --> 00:57:46.375 what you, could tell us  
NOTE Confidence: 0.9861215

00:57:46.375 --> 00:57:48.234 about the differences between Australia

NOTE Confidence: 0.9861215

00:57:48.375 --> 00:57:49.835 and here in the US

NOTE Confidence: 0.9861215

00:57:49.895 --> 00:57:50.635 in anxiety,

NOTE Confidence: 0.8885986

00:57:52.454 --> 00:57:53.895 in kids. What what makes

NOTE Confidence: 0.8885986

00:57:53.895 --> 00:57:55.915 kids anxious and how differentially

NOTE Confidence: 0.8885986

00:57:56.135 --> 00:57:57.194 parents respond?

NOTE Confidence: 0.9987054

00:57:58.800 --> 00:58:00.180 Yeah. It's a good question.

NOTE Confidence: 0.980758

00:58:00.720 --> 00:58:02.420 I'm gonna be talking anecdotally.

NOTE Confidence: 0.9258892

00:58:04.560 --> 00:58:05.920 Very similar. I have worked

NOTE Confidence: 0.9258892

00:58:05.920 --> 00:58:06.960 in the clinic in the

NOTE Confidence: 0.9258892

00:58:06.960 --> 00:58:08.560 US, in Philadelphia, as well

NOTE Confidence: 0.9258892

00:58:08.560 --> 00:58:10.580 as in Australia. But Philadelphia

NOTE Confidence: 0.9258892

00:58:10.640 --> 00:58:11.780 was a long time ago,

NOTE Confidence: 0.9819401

00:58:12.560 --> 00:58:13.505 and it was

NOTE Confidence: 0.9709293

00:58:13.885 --> 00:58:14.785 before cell phones.

NOTE Confidence: 0.95071125

00:58:16.444 --> 00:58:17.904 Very similar things, though,

NOTE Confidence: 0.97028524

00:58:18.285 --> 00:58:19.244 that they worry about. A

NOTE Confidence: 0.97028524

00:58:19.244 --> 00:58:20.684 lot of you know, depending

NOTE Confidence: 0.97028524

00:58:20.684 --> 00:58:21.984 on the type of presentation,

NOTE Confidence: 0.9840155

00:58:22.525 --> 00:58:23.484 but there's

NOTE Confidence: 0.98313713

00:58:24.125 --> 00:58:26.224 I've seen this increase in

NOTE Confidence: 0.98313713

00:58:26.410 --> 00:58:28.030 concern around academic pressure,

NOTE Confidence: 0.95705545

00:58:28.970 --> 00:58:29.470 particularly,

NOTE Confidence: 0.9679989

00:58:31.450 --> 00:58:33.130 yeah, even in primary school

NOTE Confidence: 0.9679989

00:58:33.130 --> 00:58:34.970 ages, kids worrying about how

NOTE Confidence: 0.9679989

00:58:34.970 --> 00:58:36.170 they're gonna perform in the

NOTE Confidence: 0.9679989

00:58:36.170 --> 00:58:37.950 future and more parental pressure

NOTE Confidence: 0.9679989

00:58:38.010 --> 00:58:38.890 than I think we've seen

NOTE Confidence: 0.9679989

00:58:38.890 --> 00:58:40.910 in previous year previous generations.

NOTE Confidence: 0.949873

00:58:44.654 --> 00:58:45.934 And in terms of types

NOTE Confidence: 0.949873

00:58:45.934 --> 00:58:46.674 of anxiety,

NOTE Confidence: 0.8773216

00:58:49.855 --> 00:58:50.815 we have a lot more  
NOTE Confidence: 0.8773216  
00:58:50.815 --> 00:58:52.815 spiders. Yeah. Yeah. Yeah. Put  
NOTE Confidence: 0.8773216  
00:58:52.815 --> 00:58:53.315 eyes.  
NOTE Confidence: 0.89656276  
00:58:53.615 --> 00:58:55.454 No. There's a koala. Yeah.  
NOTE Confidence: 0.89656276  
00:58:55.454 --> 00:58:56.755 No. I don't I mean,  
NOTE Confidence: 0.98847234  
00:58:57.430 --> 00:58:58.630 we don't we don't get  
NOTE Confidence: 0.98847234  
00:58:58.790 --> 00:58:59.910 I've never seen a phobia  
NOTE Confidence: 0.98847234  
00:58:59.910 --> 00:59:01.050 of a koala before.  
NOTE Confidence: 0.9707151  
00:59:02.710 --> 00:59:03.830 But we do have,  
NOTE Confidence: 0.97394776  
00:59:04.390 --> 00:59:05.110 you know, a lot of  
NOTE Confidence: 0.97394776  
00:59:05.110 --> 00:59:06.710 spider phobias, but not more  
NOTE Confidence: 0.97394776  
00:59:06.710 --> 00:59:07.990 than in other countries, but  
NOTE Confidence: 0.97394776  
00:59:07.990 --> 00:59:08.870 yet we've got a lot  
NOTE Confidence: 0.97394776  
00:59:08.870 --> 00:59:09.690 more risk.  
NOTE Confidence: 0.79801047  
00:59:10.295 --> 00:59:11.335 I found a couple of,  
NOTE Confidence: 0.9937237  
00:59:12.535 --> 00:59:14.295 deadly spiders in my one

NOTE Confidence: 0.9937237  
00:59:14.295 --> 00:59:15.495 in my bedroom and one  
NOTE Confidence: 0.9937237  
00:59:15.495 --> 00:59:16.715 in my swimming pool,  
NOTE Confidence: 0.8958637  
00:59:17.415 --> 00:59:19.115 a while ago. But yet  
NOTE Confidence: 0.88119394  
00:59:19.495 --> 00:59:20.615 even though the risk is  
NOTE Confidence: 0.88119394  
00:59:20.615 --> 00:59:21.115 higher,  
NOTE Confidence: 0.976609  
00:59:22.150 --> 00:59:23.450 more yeah. Exactly.  
NOTE Confidence: 0.83796424  
00:59:24.710 --> 00:59:26.250 Yeah. Yeah. But,  
NOTE Confidence: 0.99930006  
00:59:27.590 --> 00:59:28.570 not in terms  
NOTE Confidence: 0.98326576  
00:59:29.030 --> 00:59:30.710 of presentations being different in  
NOTE Confidence: 0.98326576  
00:59:30.710 --> 00:59:32.250 terms of prevalence of disorders.  
NOTE Confidence: 0.98862326  
00:59:39.194 --> 00:59:40.795 Oh, thank you. Thanks for  
NOTE Confidence: 0.98862326  
00:59:40.795 --> 00:59:42.154 such a beautiful talk, Jenny.  
NOTE Confidence: 0.97741187  
00:59:42.555 --> 00:59:44.075 I was fascinated by this  
NOTE Confidence: 0.97741187  
00:59:44.075 --> 00:59:45.434 finding, the JCAP one, where  
NOTE Confidence: 0.97741187  
00:59:45.434 --> 00:59:46.635 you show that, you know,  
NOTE Confidence: 0.97741187



00:59:46.635 --> 00:59:47.914 kids with parents with severe  
NOTE Confidence: 0.97741187

00:59:47.914 --> 00:59:50.154 psychopathology or psychopathology are similar  
NOTE Confidence: 0.97741187

00:59:50.154 --> 00:59:51.194 at post, but then you  
NOTE Confidence: 0.97741187

00:59:51.194 --> 00:59:52.474 see these longer term effects.  
NOTE Confidence: 0.97741187

00:59:52.474 --> 00:59:53.730 And I'm wondering if you  
NOTE Confidence: 0.97741187

00:59:53.730 --> 00:59:54.690 can speak to, you know,  
NOTE Confidence: 0.97741187

00:59:54.690 --> 00:59:55.410 what do you think is  
NOTE Confidence: 0.97741187

00:59:55.410 --> 00:59:56.950 driving that? What's the mechanism?  
NOTE Confidence: 0.9796099

00:59:58.610 --> 00:59:59.910 Yeah. I  
NOTE Confidence: 0.99707264

01:00:00.770 --> 01:00:02.530 my gut feeling about it  
NOTE Confidence: 0.99707264

01:00:02.530 --> 01:00:03.670 is that parents  
NOTE Confidence: 0.97757876

01:00:04.770 --> 01:00:05.270 who  
NOTE Confidence: 0.9548795

01:00:05.915 --> 01:00:06.955 are more likely to be  
NOTE Confidence: 0.9548795

01:00:06.955 --> 01:00:07.455 anxious  
NOTE Confidence: 0.92984843

01:00:08.075 --> 01:00:08.575 and  
NOTE Confidence: 0.9283616

01:00:08.875 --> 01:00:10.395 who have maybe learnt some

NOTE Confidence: 0.9283616  
01:00:10.395 --> 01:00:11.515 of the skills than when  
NOTE Confidence: 0.9283616  
01:00:11.515 --> 01:00:12.395 they get back in their  
NOTE Confidence: 0.9283616  
01:00:12.395 --> 01:00:14.255 environment with the young person  
NOTE Confidence: 0.8344589  
01:00:14.795 --> 01:00:15.295 that,  
NOTE Confidence: 0.9880352  
01:00:16.714 --> 01:00:17.915 because they've had a really  
NOTE Confidence: 0.9880352  
01:00:17.915 --> 01:00:19.515 long time of being anxious,  
NOTE Confidence: 0.9880352  
01:00:19.515 --> 01:00:20.335 most likely  
NOTE Confidence: 0.8718226  
01:00:20.690 --> 01:00:22.150 that that in interaction  
NOTE Confidence: 0.89230484  
01:00:23.010 --> 01:00:24.790 kinda goes back to normal.  
NOTE Confidence: 0.89230484  
01:00:24.930 --> 01:00:26.370 And that particularly for the  
NOTE Confidence: 0.89230484  
01:00:26.370 --> 01:00:26.870 child,  
NOTE Confidence: 0.90630096  
01:00:27.250 --> 01:00:28.950 that they're exposed to this  
NOTE Confidence: 0.90630096  
01:00:29.090 --> 01:00:30.930 more modeling. Like, in those  
NOTE Confidence: 0.90630096  
01:00:31.250 --> 01:00:32.150 in that graph,  
NOTE Confidence: 0.94172746  
01:00:33.335 --> 01:00:34.934 that wasn't the parents didn't  
NOTE Confidence: 0.94172746

01:00:34.934 --> 01:00:36.694 also receive treatment. So they  
NOTE Confidence: 0.94172746

01:00:36.694 --> 01:00:37.895 they received it in terms  
NOTE Confidence: 0.94172746

01:00:37.895 --> 01:00:39.575 of through their child, and  
NOTE Confidence: 0.94172746

01:00:39.575 --> 01:00:41.035 they learned about the strategies.  
NOTE Confidence: 0.99702644

01:00:41.335 --> 01:00:42.454 And so we do get  
NOTE Confidence: 0.99702644

01:00:42.615 --> 01:00:43.734 even when we don't target  
NOTE Confidence: 0.99702644

01:00:43.734 --> 01:00:45.015 it specifically, we do get  
NOTE Confidence: 0.99702644

01:00:45.015 --> 01:00:47.035 a reduction in parental anxiety,  
NOTE Confidence: 0.9921242

01:00:47.970 --> 01:00:49.270 even when it's not targeted.  
NOTE Confidence: 0.93906415

01:00:49.730 --> 01:00:50.609 So there would have been  
NOTE Confidence: 0.93906415

01:00:50.609 --> 01:00:52.310 a reduction in parental anxiety  
NOTE Confidence: 0.93906415

01:00:52.369 --> 01:00:53.270 at post treatment,  
NOTE Confidence: 0.99582714

01:00:54.050 --> 01:00:55.510 but that wasn't,  
NOTE Confidence: 0.9404536

01:00:55.970 --> 01:00:57.490 you know, enough really to  
NOTE Confidence: 0.9404536

01:00:57.490 --> 01:00:58.950 stop the child being exposed  
NOTE Confidence: 0.9404536

01:00:59.090 --> 01:01:01.270 to increased anxiety and modeling

NOTE Confidence: 0.99237835

01:01:01.655 --> 01:01:03.175 and avoidance behavior. So I

NOTE Confidence: 0.99237835

01:01:03.175 --> 01:01:04.135 think they just go back

NOTE Confidence: 0.99237835

01:01:04.135 --> 01:01:05.815 into an environment where there's

NOTE Confidence: 0.99237835

01:01:05.815 --> 01:01:07.355 continued avoidance and,

NOTE Confidence: 0.99097556

01:01:08.375 --> 01:01:10.395 modeling of anxiety and accommodation.

NOTE Confidence: 0.93486905

01:01:12.055 --> 01:01:14.135 Well, thank you again, Jenny.

NOTE Confidence: 0.93486905

01:01:14.135 --> 01:01:15.630 I we've that's we

NOTE Confidence: 0.96951896

01:01:16.109 --> 01:01:17.630 we're ending now. But thank

NOTE Confidence: 0.96951896

01:01:17.630 --> 01:01:18.750 you all very much for

NOTE Confidence: 0.96951896

01:01:18.750 --> 01:01:20.670 attending. However, the trainees have

NOTE Confidence: 0.96951896

01:01:20.670 --> 01:01:22.349 an opportunity now to meet

NOTE Confidence: 0.96951896

01:01:22.349 --> 01:01:23.950 with Jenny. Right now, the

NOTE Confidence: 0.96951896

01:01:23.950 --> 01:01:25.069 room is over there in

NOTE Confidence: 0.96951896

01:01:25.069 --> 01:01:26.670 the Giselle. I believe that's

NOTE Confidence: 0.96951896

01:01:26.670 --> 01:01:27.950 what we have scheduled if

NOTE Confidence: 0.96951896

01:01:27.950 --> 01:01:28.269 that's,  
NOTE Confidence: 0.9071862  
01:01:28.995 --> 01:01:29.955 so that's what it is.  
NOTE Confidence: 0.9071862  
01:01:29.955 --> 01:01:30.835 And there might be some  
NOTE Confidence: 0.9071862  
01:01:30.915 --> 01:01:31.955 I will see you next  
NOTE Confidence: 0.9071862  
01:01:31.955 --> 01:01:33.155 door. You stay here for  
NOTE Confidence: 0.9071862  
01:01:33.155 --> 01:01:34.275 now. But if you get  
NOTE Confidence: 0.9071862  
01:01:34.275 --> 01:01:35.315 kicked out, go there. Is  
NOTE Confidence: 0.9071862  
01:01:35.315 --> 01:01:36.275 that okay? Oh, okay. Yeah.  
NOTE Confidence: 0.9071862  
01:01:36.275 --> 01:01:37.555 Let's do that. Okay. So  
NOTE Confidence: 0.9071862  
01:01:37.555 --> 01:01:38.675 thank you all so much  
NOTE Confidence: 0.9071862  
01:01:38.675 --> 01:01:39.795 for having me. Jenny with  
NOTE Confidence: 0.9071862  
01:01:39.795 --> 01:01:41.315 a wonderful talk. It's thank  
NOTE Confidence: 0.9071862  
01:01:41.315 --> 01:01:42.775 you so much. Thank you.