

The combination of a **visual** impairment
and **psychiatric** problems...

and the **impact** on daily living

Lisanne Teunissen, MSc.



Robert **Coppes** Stichting

Robert Coppes Foundation



The target group

Sometimes....

**Being visually impaired
is not the only problem**

The aim of this study...

is to develop a **description** of the impact that the combination of limitations has **on the daily lives** of persons with visual impairment and psychiatric problems.

Step 1: What is known?

The first step: A **systematic** literature review

What is known in the literature about the combination of a visual impairment and a psychiatric problem and the impact this has on daily living.



Search fields

Visual impairment

- Standardized search format of the VU University Amsterdam

Psychiatric problems

- Borderline personality disorder (7)
- Psychotic disorder (4)
- Autism spectrum disorder (4)
- Obsessive compulsive disorder (3)
- Dependent personality disorder (3)
- Antisocial personality disorder (0)

Impact on daily living

- ICF activities and participation
- Quality of live domains: Shallock



Design

- Articles in Dutch, English and German will be included.
- Conference proceedings will also be included
- Databases: CINAHL, Cochrane, Embase, PsycINFO, PubMed, Web of Science.

15490761 AND 15490762
https://doi.org/10.1111/j.1469-7580.2016.01626.x

REVIEW ARTICLE

Post-traumatic stress reactions among individuals with visual impairments: a systematic review

Audun Bruenes¹, Marianne B. Hansen² and Trond Hei³

¹ Norwegian Centre for Violence and Traumatic Stress Studies, Oslo, Norway; ²Faculty of Medicine, Institute of Clinical Medicine, University of Oslo, Norway; ³ Norwegian Centre for Violence and Traumatic Stress Studies, Oslo, Norway

ABSTRACT
Purpose: To conduct a systematic review of post-traumatic stress reactions among individuals with visual impairments (VI).
Materials and methods: Qualitative and quantitative studies were identified through searches in MEDLINE, EMBASE, PsycINFO, CINAHL, Web of Science, and Cochrane Libraries. The literature search was limited to humans, of English and Scandinavian languages and publication years between 1980 and 2017. Study quality was assessed for all the included studies and extracted data were synthesized using narrative synthesis.
Results: Of 4315 records identified through literature search, eleven were included in the analyses. Results from the qualitative studies illustrated multiple physical, behavioral, emotional, and cognitive manifestations of trauma. Four out of five quantitative studies showed that various types of potentially traumatic events were significantly associated with mental health adversities ($p < 0.05$). The prevalence of post-traumatic stress disorder was 21.2% for depression, 10% for dysthymia, and 20% for substance misuse. The quality of the reviewed studies was considered low to moderate.
Conclusion: Traumatic experiences appear to have a great impact on the mental health in people with visual impairments (VI) and these results highlight the need for mental health care. Future studies with higher methodological rigor are recommended.

IMPLICATIONS FOR REHABILITATION

- Visual impairment entails a greater accessibility to some types of potentially traumatic events, especially threats to everyday life. This calls for a greater emphasis on safe community environments and universal design in public spaces.
- In rehabilitation after serious accidents or potentially traumatic events, professionals working with people with visual impairments should be aware of the different manifestations of post-traumatic stress reactions and that some stress responses may cause additional disability.
- The high prevalence of traumatic events and their impact on mental health in individuals with visual impairments highlights a need of mental health care.

Introduction

Visual impairment (VI) is a complex and heterogeneous condition characterized as reduced ability to see, with problems being related to the eyes and/or to connected nervous system (1). There are several diagnostic systems of VI. The International Classification of Diseases (ICD) is the international standard diagnostic system where VI is set through direct measurement of visual acuity (ability to discern fine details) and visual field (the area of which objects are visible during steady fixation of the eyes). The degree of VI is then categorized into moderate to severe (1, 2) and specific (3). The estimated number of people with ICD-defined VI is 285 million in the world (4) and the number is continuing to increase because of demographic changes, population growth, and greater frequency of non-communicable diseases (4, 5).

Individuals with VI may experience certain types of potentially traumatic events (PTE) at rates greater than the general population. In comparison to sighted individuals, results from previous reviews have shown that people with VI have significantly higher exposure to traumatic events like serious injuries (6) and falls (7). In addition to the social and health disparities between populations with and without VI (8), increased exposure to some types of PTE may be due to the fact that vision is a key sensory modality to obtain spatial and personal information about one's own body and the surrounding environment (9). Thus, VI could affect an individual's ability to predict, prepare for, and flee from dangerous and life-threatening situations.

Post-traumatic reactions are often manifested through re-experiencing symptoms, avoidance of trauma-related cues, negative changes in mood and/or cognition, and increased sympathetic activation causing disturbances with concentration and sleep (10, 11). In most cases, individuals who have been exposed to a traumatic event recover within a few months (12). However, if the challenges from the traumatic event surpass the individual's coping abilities, this may lead to the development of post-traumatic

15490761 AND 15490762
https://doi.org/10.1111/j.1469-7580.2016.01626.x

REVIEW ARTICLE

Post-traumatic stress reactions among individuals with visual impairments: a systematic review

Audun Bruenes¹, Marianne B. Hansen² and Trond Hei³

¹ Norwegian Centre for Violence and Traumatic Stress Studies, Oslo, Norway; ²Faculty of Medicine, Institute of Clinical Medicine, University of Oslo, Norway; ³ Norwegian Centre for Violence and Traumatic Stress Studies, Oslo, Norway

ABSTRACT
Purpose: To conduct a systematic review of post-traumatic stress reactions among individuals with visual impairments (VI).
Materials and methods: Qualitative and quantitative studies were identified through searches in MEDLINE, EMBASE, PsycINFO, CINAHL, Web of Science, and Cochrane Libraries. The literature search was limited to humans, of English and Scandinavian languages and publication years between 1980 and 2017. Study quality was assessed for all the included studies and extracted data were synthesized using narrative synthesis.
Results: Of 4315 records identified through literature search, eleven were included in the analyses. Results from the qualitative studies illustrated multiple physical, behavioral, emotional, and cognitive manifestations of trauma. Four out of five quantitative studies showed that various types of potentially traumatic events were significantly associated with mental health adversities ($p < 0.05$). The prevalence of post-traumatic stress disorder was 21.2% for depression, 10% for dysthymia, and 20% for substance misuse. The quality of the reviewed studies was considered low to moderate.
Conclusion: Traumatic experiences appear to have a great impact on the mental health in people with visual impairments (VI) and these results highlight the need for mental health care. Future studies with higher methodological rigor are recommended.

IMPLICATIONS FOR REHABILITATION

- Visual impairment entails a greater accessibility to some types of potentially traumatic events, especially threats to everyday life. This calls for a greater emphasis on safe community environments and universal design in public spaces.
- In rehabilitation after serious accidents or potentially traumatic events, professionals working with people with visual impairments should be aware of the different manifestations of post-traumatic stress reactions and that some stress responses may cause additional disability.
- The high prevalence of traumatic events and their impact on mental health in individuals with visual impairments highlights a need of mental health care.

Introduction

Visual impairment (VI) is a complex and heterogeneous condition characterized as reduced ability to see, with problems being related to the eyes and/or to connected nervous system (1). There are several diagnostic systems of VI. The International Classification of Diseases (ICD) is the international standard diagnostic system where VI is set through direct measurement of visual acuity (ability to discern fine details) and visual field (the area of which objects are visible during steady fixation of the eyes). The degree of VI is then categorized into moderate to severe (1, 2) and specific (3). The estimated number of people with ICD-defined VI is 285 million in the world (4) and the number is continuing to increase because of demographic changes, population growth, and greater frequency of non-communicable diseases (4, 5).

Individuals with VI may experience certain types of potentially traumatic events (PTE) at rates greater than the general population. In comparison to sighted individuals, results from previous reviews have shown that people with VI have significantly higher exposure to traumatic events like serious injuries (6) and falls (7). In addition to the social and health disparities between populations with and without VI (8), increased exposure to some types of PTE may be due to the fact that vision is a key sensory modality to obtain spatial and personal information about one's own body and the surrounding environment (9). Thus, VI could affect an individual's ability to predict, prepare for, and flee from dangerous and life-threatening situations.

Post-traumatic reactions are often manifested through re-experiencing symptoms, avoidance of trauma-related cues, negative changes in mood and/or cognition, and increased sympathetic activation causing disturbances with concentration and sleep (10, 11). In most cases, individuals who have been exposed to a traumatic event recover within a few months (12). However, if the challenges from the traumatic event surpass the individual's coping abilities, this may lead to the development of post-traumatic

15490761 AND 15490762
https://doi.org/10.1111/j.1469-7580.2016.01626.x

REVIEW ARTICLE

Post-traumatic stress reactions among individuals with visual impairments: a systematic review

Audun Bruenes¹, Marianne B. Hansen² and Trond Hei³

¹ Norwegian Centre for Violence and Traumatic Stress Studies, Oslo, Norway; ²Faculty of Medicine, Institute of Clinical Medicine, University of Oslo, Norway; ³ Norwegian Centre for Violence and Traumatic Stress Studies, Oslo, Norway

ABSTRACT
Purpose: To conduct a systematic review of post-traumatic stress reactions among individuals with visual impairments (VI).
Materials and methods: Qualitative and quantitative studies were identified through searches in MEDLINE, EMBASE, PsycINFO, CINAHL, Web of Science, and Cochrane Libraries. The literature search was limited to humans, of English and Scandinavian languages and publication years between 1980 and 2017. Study quality was assessed for all the included studies and extracted data were synthesized using narrative synthesis.
Results: Of 4315 records identified through literature search, eleven were included in the analyses. Results from the qualitative studies illustrated multiple physical, behavioral, emotional, and cognitive manifestations of trauma. Four out of five quantitative studies showed that various types of potentially traumatic events were significantly associated with mental health adversities ($p < 0.05$). The prevalence of post-traumatic stress disorder was 21.2% for depression, 10% for dysthymia, and 20% for substance misuse. The quality of the reviewed studies was considered low to moderate.
Conclusion: Traumatic experiences appear to have a great impact on the mental health in people with visual impairments (VI) and these results highlight the need for mental health care. Future studies with higher methodological rigor are recommended.

IMPLICATIONS FOR REHABILITATION

- Visual impairment entails a greater accessibility to some types of potentially traumatic events, especially threats to everyday life. This calls for a greater emphasis on safe community environments and universal design in public spaces.
- In rehabilitation after serious accidents or potentially traumatic events, professionals working with people with visual impairments should be aware of the different manifestations of post-traumatic stress reactions and that some stress responses may cause additional disability.
- The high prevalence of traumatic events and their impact on mental health in individuals with visual impairments highlights a need of mental health care.

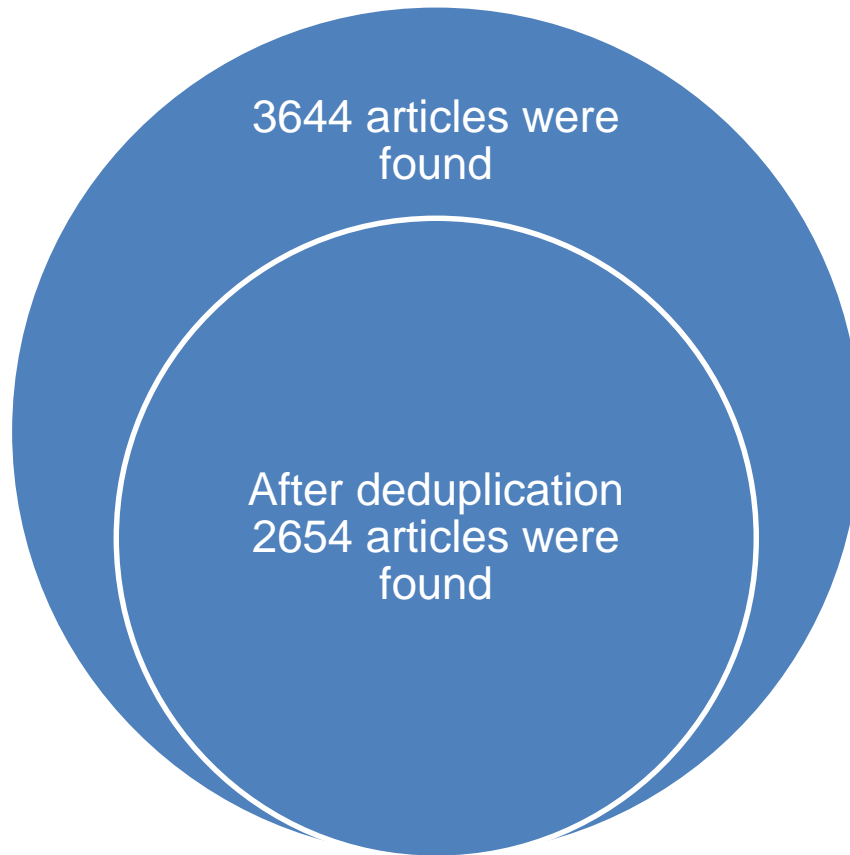
Introduction

Visual impairment (VI) is a complex and heterogeneous condition characterized as reduced ability to see, with problems being related to the eyes and/or to connected nervous system (1). There are several diagnostic systems of VI. The International Classification of Diseases (ICD) is the international standard diagnostic system where VI is set through direct measurement of visual acuity (ability to discern fine details) and visual field (the area of which objects are visible during steady fixation of the eyes). The degree of VI is then categorized into moderate to severe (1, 2) and specific (3). The estimated number of people with ICD-defined VI is 285 million in the world (4) and the number is continuing to increase because of demographic changes, population growth, and greater frequency of non-communicable diseases (4, 5).

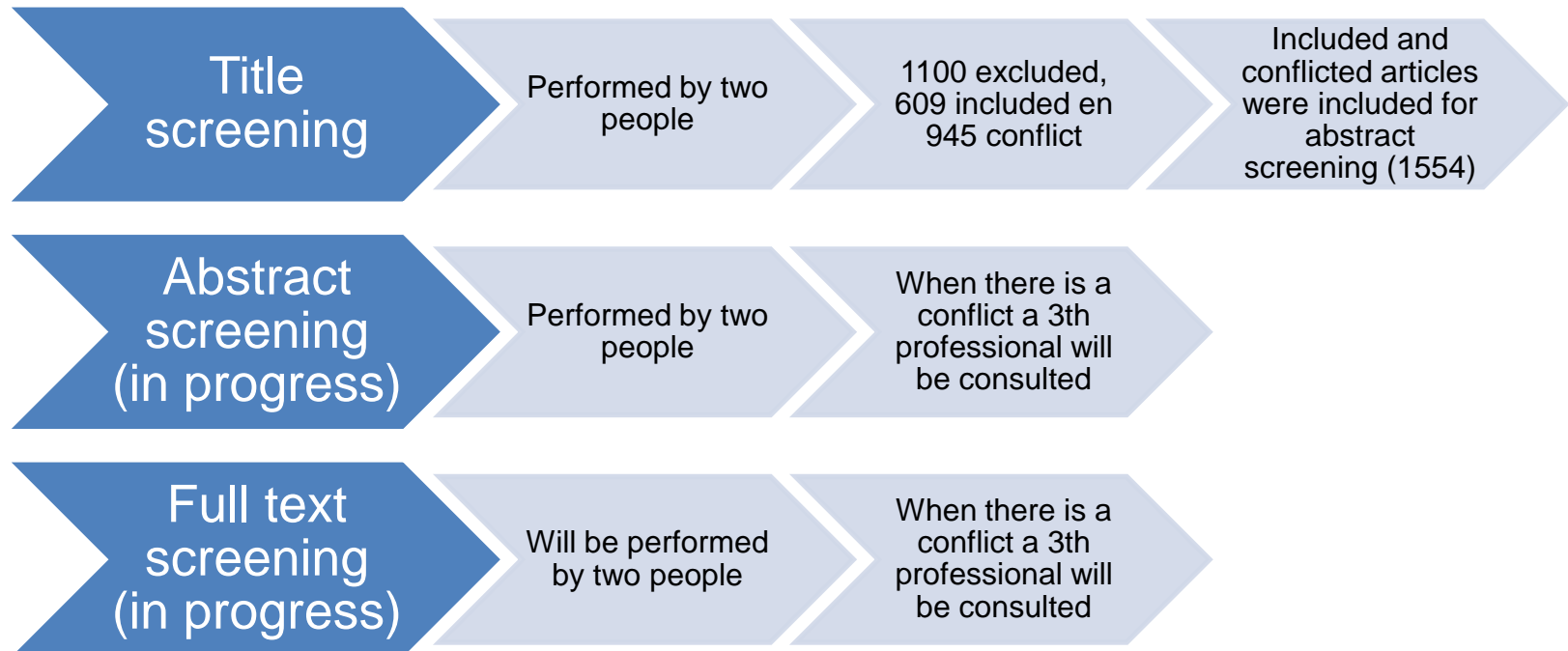
Individuals with VI may experience certain types of potentially traumatic events (PTE) at rates greater than the general population. In comparison to sighted individuals, results from previous reviews have shown that people with VI have significantly higher exposure to traumatic events like serious injuries (6) and falls (7). In addition to the social and health disparities between populations with and without VI (8), increased exposure to some types of PTE may be due to the fact that vision is a key sensory modality to obtain spatial and personal information about one's own body and the surrounding environment (9). Thus, VI could affect an individual's ability to predict, prepare for, and flee from dangerous and life-threatening situations.

Post-traumatic reactions are often manifested through re-experiencing symptoms, avoidance of trauma-related cues, negative changes in mood and/or cognition, and increased sympathetic activation causing disturbances with concentration and sleep (10, 11). In most cases, individuals who have been exposed to a traumatic event recover within a few months (12). However, if the challenges from the traumatic event surpass the individual's coping abilities, this may lead to the development of post-traumatic

First results (1)



First results (2)



Step 2: the Delphi study

The purpose

- The purpose of a Delphi study is to collect and process the opinions of those involved on a particular topic in a systematic way.

What is it?

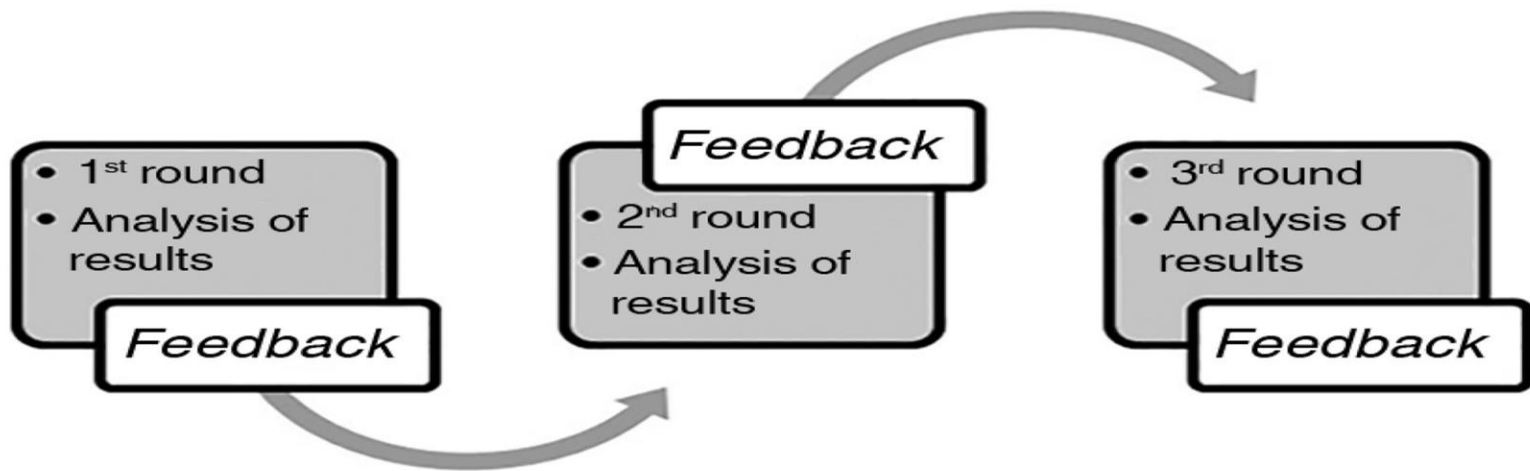
- It is an interactive communication protocol between the researcher and the participants.

The result?

- A collective opinion arises without interaction influencing the process and the outcomes.

The Delphi study

How does it work?



Thank you!

More information?

Lisanne Teunissen, MSc

lteunissen@robertcoppes.nl



Robert **Coppes** Stichting