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Published in:

Abstracts of the XXXIInd International Congress on Law and Mental Health

Publication date:

2011

Document Version

Publisher's PDF, also known as Version of record

[Link to publication in Tilburg University Research Portal](#)

Citation for published version (APA):

de Blécourt, C. V., van der Kruit, A., Rabbinowitsch, R., van Montfoort, R., & Oei, T. I. (2011). Facilitation of psychological treatment in court-ordered dual diagnosis detention patients using mood stabilizers and atomoxetine: A pilot study. In D. N. Weisstub, & C. Paulus (Eds.), *Abstracts of the XXXIInd International Congress on Law and Mental Health* (pp. 239-239). Humboldt University.

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Facilitation of Psychological Treatment in Court-Ordered Dual Diagnosis
Detention Patients Using Mood Stabilizers and Atomoxetine: A Pilot Study

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Psychological treatment as usual of patients with personality disorders and drug addictions was compared with simultaneous psychopharmacological (pre)treatment of Mixed Affective State and/or ADHD. In about one third of the patients, the primary clinical features found were racing thoughts, mood instability, and outbursts of unprovoked rage. All these patients had been convicted of violent offences. Treatment was started with a mood stabilizer, after tapering off antidepressants. If mood swings had disappeared but racing thoughts were still present, atomoxetine was added, pro diagnosi. To our surprise, even just after the start of this treatment, these patients declared "they finally had become quiet in the head". It was striking that most of these patients gained more control over their situation and could forgo their original coping mechanism of drug abuse. The patients become more able to discriminate between relevant and irrelevant thoughts. Less time was required to establish a therapeutic relationship and recurrent drawbacks due to impulsive obstruction to treatment occurred far less frequently. The patients became more receptive to hearing explanations about observations made by staff members. The patients, in summary, could better focus on treatment when placed on this regimen.