CONVERSION DISORDER
The prevalence of conversion disorder among youth is unknown. It is estimated that between 0.5% and 10% of children being treated by child psychiatrists suffer from conversion disorder (e.g., Gelder et al., 1996; Goodyer, 1981; Leary, 2003; see Figure 1 for the diagnostic criteria).

Although several treatment options exist for both children and adults suffering from conversion disorder, hardly any studies have looked into the effectiveness of these treatments (van Harten et al., 2016). Hence, decisions relating to which treatment a patient should receive are currently barely based on scientific evidence and are often merely a matter of coincidence. It is thought that clinical outcomes can be improved when both clinicians and patients become aware of the treatment options and can make a better, shared, decision.

A. ONE OR MORE SYMPTOMS OF ALTERED VOLUNTARY MOTOR OR SENSORY FUNCTION.
B. CLINICAL FINDINGS PROVIDE EVIDENCE OF INCOMPATIBILITY BETWEEN THE SYMPTOM AND RECOGNIZED NEUROLOGICAL OR MEDICAL CONDITIONS.
C. THE SYMPTOM OR DEFICIT IS NOT BETTER EXPLAINED BY ANOTHER MEDICAL OR MENTAL DISORDER.
D. THE SYMPTOM OR DEFICIT CAUSES CLINICALLY SIGNIFICANT DISTRESS OR IMPAIRMENT IN SOCIAL, OCCUPATIONAL, OR OTHER IMPORTANT AREAS OF FUNCTIONING OR WARRANTS MEDICAL EVALUATION.

Figure 1. Diagnostic criteria for conversion disorder. From: DSM-5 (APA, 2013)

CURRENT STUDY
The current project aims to empower patients (aged 12 and older) in choosing the right treatment for their conversion disorder, by the development of a patient decision aid. Patient decision aids make a decision explicit, give information about the options and clarify personal values (O’Connor, 2006).

CONCEPT PATIENT DECISION AID
13 interviews were conducted with patients, family members of patients and with clinicians to gain insight into the decision process of people with conversion disorder. The main choices, considerations and knowledge gaps were identified, which resulted in the outline for the patient decision aid (see Figure 2). Currently, the content of the patient decision aid is being written in close cooperation with patients, family members and clinicians.

INTRODUCTION TO THE PATIENT DECISION AID
• Why?
• For whom?

CONVERSION DISORDER
• Symptoms
• Causes
• Diagnosis
• Consequences

TREATMENT OPTIONS
• Cognitive behavioural therapy
• (Psychosomatic) physiotherapy
• Virtual reality
• Hypnotherapy
• Psychodynamic psychotherapy
• Schema therapy
• Eye Movement Desensitization and Reprocessing (EMDR)
• Psychomotor therapy
• Combination of therapies

THE CHOICE
• Your choice
• Talking to your clinician

MORE INFORMATION
• References
• Experts involved
• Relevant websites, books, documentaries
• Treatment centres
• Disclaimer

Figure 2. Outline of the conversion disorder patient decision aid

FURTHER DEVELOPMENT
The project is on-going. Several activities are planned for fall 2017, including a usability test. Patients, their significant others and clinicians will be interviewed when using the patient decision aid. The decision aid will be adjusted based on their feedback. The patient decision aid for conversion disorder will be finalised at the end of 2017.

REFERENCES