

PW01-214 - LONG-TERM OUTCOMES IN PATIENTS WITH FIRST PSYCHOTIC EPISODE AND CANNABIS USE

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Objectives: To evaluate the influence of cannabis in the long-term follow-up in patients with a first psychotic episode, comparing those who have never used cannabis with (a) those who used cannabis before the first psychotic episode but stopped it during the follow-up, and (b) those who used cannabis both before and after the first psychotic episode.

Method: Patients were followed from the first psychotic admission. They were assessed at 1, 3 and 5 years obtaining information about functional outcome, positive and negative symptoms. At 8th year functional outcome was evaluated. Patients were classified in 3 groups: 40 that never used cannabis (NU), 27 that used cannabis and stopped during follow-up (CUS), and 25 that had continued use during follow-up (CU).

Results: At baseline, there were differences neither in functional outcome nor in negative symptoms. The CUS group improved the functional outcome during the follow-up ($p < 0.001$), while CU and NU groups did not show any significant results ($p = 0.466$ and $p = 0.370$ respectively). CUS group had also a significant decreasing trend in negative symptoms ($p = 0.012$), whereas for the other two groups no significant results were observed ($p = 0.069$ and $p = 0.226$ respectively). All groups improved in positive symptoms during follow-up.

Conclusions: Although cannabis use has deleterious effect, to stop it after the first psychotic episode produces a clearly improvement in the long-term follow-up.