

**Resistant Schizophrenia and Its Symptoms. is Antipsychotic Polytherapy a Good Treatment?**J.A. Alcalá Partera<sup>1</sup>, J.L. Prados Ojeda<sup>1</sup>, M. Ordovás González<sup>1</sup><sup>1</sup>MENTAL HEALTH, HOSPITAL REINA SOFIA, Córdoba, Spain

## Introduction and objectives.

The combination of several antipsychotic drugs, or these drugs with others such as benzodiazepines or antidepressants, is a widely used despite the absence of data to support this practice. That is because there are negative, affective or cognitive symptoms which not respond well to this medication. The aim of this report is to collect data regarding the pharmacological treatment of schizophrenia and psychopathology more persistent, which hinder daily activities of patients.

## Methods.

We have carried out a descriptive observational study in a community mental health unit on 52 patients diagnosed with schizophrenia according ICD-10. We collected data regarding the score scales for positive and negative syndrome, and schizophrenic psychopathology syndrome, making a semi-structured interview and scoring each item from one to seven according to its degree of severity. Survey data were analyzed using SPSS for Windows (PASW Statistics 18).

## Results.

The average age of the sample is  $40,77 \pm 9,90$  years and the age of onset is  $22,46 \pm 9,67$ . A 61,60% have a treatment with two antipsychotics and 23% with three. The percentage of patients taking other antipsychotics different from psychotropic drugs is: antidepressants (30,8%), benzodiazepines (30,8%) and biperiden (15,4%).

## Conclusions.

The great majority of patients with schizophrenia in our population sample are taking at least two antipsychotics and sometimes other drugs like benzodiazepines and antidepressants. Moderate symptoms such as social withdrawal, apathy, relationship difficulties, insight or absence of judgment, remain despite the antipsychotic polytherapy.

Table 1: most significant scores on general psychopathology scale

Active social avoidance  $3,54 \pm 1,57$   
Unusual thought content  $2,92 \pm 1,29$

Lack of judgment and insight  $2,85 \pm 1,37$   
Anxiety  $2,15 \pm 1,11$

Poor attention  $2,08 \pm 1,09$   
Volition disorders  $2,08 \pm 1,22$

Table 2: scores on positive symptoms scale

Hostility  $1 \pm 0,00$   
Suspicion  $1,38 \pm 0,63$

Greatness  $1,23 \pm 0,81$

Excitation  $1,08 \pm 0,27$   
Hallucinatory behavior  $1,38 \pm 0,85$

Conceptual disorganization  $2,69 \pm 1,56$   
Delusion  $1,92 \pm 0,93$

Table 3: scores on negative symptoms scale

Stereotyped thought  $3,38 \pm 1,16$   
Lack of spontaneity and fluency in conversation  $3,38 \pm 1,46$   
Difficulty abstract thinking  $3,62 \pm 1,35$

Social withdrawal, apathy  $3,54 \pm 1,76$   
Poor relationship  $3,62 \pm 1,41$

Emotional retraction  $3,00 \pm 0,89$   
Affective blunting  $3,00 \pm 1,19$