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OPUS -TRIAL: FIVE-YEAR FOLLOW-UP OF A RCT OF SPECIALIZED TREATMENT FOR PATIENTS WITH FIRST EPISODE PSYCHOSIS.

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Objective: To determine long term effects of intensive early intervention programme (OPUS) for first episode psychotic patients.

Design: RCT of two years of intensive early-intervention programme versus standard treatment. Follow-up was two and five years.

Patients: 547 first-episode psychotic patients were included and interviewed after two years (N=369) and five years (N=301). Registerbased information was available for all patients.

Interventions: The intensive early intervention programme OPUS consisted of ACT with family involvement and social skills training.

Results: At five-year follow-up, the positive effect of the OPUS treatment seen after two years had equalized between treatment groups. A significantly smaller percentage of patients from the experimental group were living in supported housing (4% vs. 10%, OR 2.3, 95% CI 1.1 to 4.8, P =0.02) and were hospitalized fewer days (mean days 149 vs. 193, mean difference 44, 95% CI 0.15 to 88,12 P= 0.05) during the five-year period.

Conclusions: The OPUS treatment improved clinical outcome after two years, but the effects were not sustainable up to five years after. A difference on supported housing and use of bed days were found after five years in favour of the OPUS treatment.

References: Bertelsen, et al; The OPUS-trial; A five-years follow-up. Arch Gen Psych 2008;65:762-771.