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THE IMPACT OF THERAPEUTIC OPTIONS IN FIRST EPISODE PSYCHOSIS

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Objective: To create an image of therapeutic options available for the first episode psychosis and the way these options influence the evolution of patients .

Material and methods: The present study is part of a larger follow-up study on a number of 121 patients with a diagnostic of first episode psychosis admitted in the Timisoara Psychiatric Clinic and The Day Clinic in the Timisoara Mental Health Center between 2003-2006 and prospectively monitored from the moment of their first contact with psychiatric services.

Results: The average calculated duration of prodrome period and average Duration of Untreated Psychosis (DUP) are similar to the results indicated by most other studies. The results of statistical tests show that: the longest the prodrome, the worse the improvement of illness during course; a longer prodrome is correlated with a higher number of relapses during the patient's illness course and a longer Duration of Untreated Psychosis is likely to lead to an increased severity of illness. Patients' adherence to treatment is influenced both by the traits of the first psychotic episode and the way the patients perceive the side effects and the general utility of the administered medication.

Conclusions: Psychiatrists have to dedicate more time and interest to establishing a therapeutic alliance with their patients with first episode psychosis; an individualized strategy is required to establish the adequate means and ways of intervention before initiating any type of therapy.

Keywords: First episode psychosis; prodrome duration; Duration of Untreated Psychosis ; adherence to treatment.