

P-1275 - INSIGHT CHANGE IN SCHIZOPHRENIA: A SMS-BASED APPROACH

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Introduction: Many patients with schizophrenia are unaware of the symptoms and consequences of their illness. Poor insight has been associated with medication non-adherence, frequent relapses, and poor prognosis.

Objective: To assess the effect of daily Short Message Service (SMS) reminders on patients' insight.

Methods: A multicenter, prospective, randomized, controlled study was conducted. Outpatients with at least 18 years old, diagnosis of schizophrenia (DSM-IV), and adherence problems (at least one affirmative answer Morisky Green questionnaire) were included. Participants were randomized to receive a daily SMS reminder on their cell phone to take their medication in the following 3 months or current standard of care. Insight was assessed using the Scale to Assess Unawareness of Mental Disorder (SUMD) at baseline, month 3 and 6.

Results: 254 patients were analyzed. Mean age: 39.7 years (SD=11.03), 66.5% men. Baseline socio-demographic and clinical characteristics were similar between groups. Baseline mean general insight score (SUMD items 1 to 3) was 6.16 (SD=3.36) in the intervention group and 6.93 (SD=3.01) in the control group, $p=0.05$. At month 3, patients in the intervention group presented a higher insight vs. control: 5.51 (SD=3.14) and 6.28 (SD=2.91) respectively. The absolute difference mean SUMD score between groups: -0.77 (95% CI -1.53, -0.01; $p=0.04$). Patients in the intervention group persisted with a better awareness of illness three months after stopping SMS (month 6): mean difference score -1.01 (95% CI -1.80, -0.21; $p=0.01$).

Conclusions: A SMS-based intervention with daily reminders to take medication showed an insight change in a sample of non-adherent outpatients.