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MENTAL HEALTH CARE ADHERENCE IN DELUSIONAL DISORDER

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Introduction: Delusional disorder, also known as paranoia, is a low prevalence psychotic disorder in our environment. Usually, patients who have this disorder are very difficult to treat adequately besides its poor adherence to medical treatment, and the ineffectiveness of some therapies are well documented.

Objectives: The aims of this study were to describe clinical, socio-demographic and pharmacological variables among a large stable sample in the community, and quantify the association between these variables and mental health care adherence.

Methods: Hospital Clinico San Carlos Hospital covers three local health areas; the sample was taken from one of them, which provides health care to 268,000 people, approximately. We identified 130 out-patients with delusional disorder, but only 90 of these fulfilled DSM IV criteria. We recorded socio-demographic, clinical, pharmacological and legal data from 71 medical history patients. We also included number of visits and number of times patients didn't attend to an appointment among the total in one year. We defined mental health care adherence as good, irregular, or abandoned, in relation to missed appointments.

Results: Delusional disorder incidence was 1,6 per 100,000 habitants, with a prevalence of 36 per 100,000 habitants, according to other studies results. Among all treatments, risperidone was the most prescribed neuroleptic. We found association almost significant between treatment with benzodiazepines and good adherence ($\chi^2 = 0,059$).

Conclusions: These results give us a more realistic view of delusional disorder in our environment, and let us to reconsider aspects of mental health care adherence and a possible association with benzodiazepine treatment.