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FACTORS THAT AFFECT COMPLIANCE IN PSYCHIATRIC THERAPY IN PATIENTS AND OUTPATIENTS IN A GREEK PSYCHIATRIC DEPARTMENT

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Introduction: Research shows that mental patients are usually the most difficult to be managed in terms of adherence to treatment. Antipsychotic drugs does reduce their symptoms, but at least half of people given these drugs do not comply with the treatment regimen prescribed.

Aims: To explore the way that treatment options affects compliance in patients with mental disorders.

Methods: 155 (61,5%) males and 97 (38,5%) females participated in the study. DASS42 and SQR29 questionnaires were administered to all patients in admission and at the end of the treatment. Good compliance to the treatment required low scores to both of them at the end of the treatment and the consent of the psychiatrist and psychotherapists who were responsible for each patient.

Results: 172 of them had a good compliance, 32 medium and 26 did not comply at all. 184 received pharmacotherapy, 21 CBT therapy and 26 combined therapy. Regression analysis indicates that better compliance to the treatment is significantly affected by CBT therapy ($\beta=.44^{**}$), antidepressants ($\beta = .37^{**}$), Typical antipsychotics ($\beta=.25^*$) and sex ($\beta=.24^*$) ($* < .05$ $^{**} < .0001$). These variables accounted for 38 percent of the variance in compliance.

Conclusions: It seems that patients show better compliance to treatment when they are under psychotherapy and are receiving antidepressants and typical antipsychotics.