

**W13.04**

Gender differences in first episode psychosis (FEP)

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**Background:** In FEP-patients, female gender is associated with better social function and a higher degree of compliance, while males seem to exhibit more negative symptoms and a higher degree of abuse.

**Objectives:** The gender issue is relevant to explore in order to evaluate whether gender differences ought to result in gender specific treatment interventions.

**Methods:** A subgroup of 269 persons (181 men and 88 women) included in the DNS and receiving treatment as usual (TAU) was analyzed according to gender and possible variations in the expression of demography, psychopathology, drug consumption and abuse. Results of treatment and social function as expressed by rating by duration of untreated psychosis (DUP), PANSS, Strauss Carpenter and GAF were compared.

**Results:** Data from 2 years follow-up of this group will be presented with focus on gender issues.

**Conclusions:** Various marked gender differences were confirmed in the study. As a consequence a number of gender specific interventions are suggested.

**W13.05**

The Danish National Schizophrenia project (DNS): Interpersonal self-image as predictor for outcome in first-episode psychosis (FEP)

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**Background:** Several studies have indicated that a person's self-image is of central importance for psychological well being and mental health. A negative self-image has been associated with many mental health problems, but knowledge about self-image in psychosis is sparse. The present study examined self-image in psychosis and its importance for recovery from psychosis (Harder, 2006).

**Method:** The sample (N=97) was a subsample from the DNS-sample. The patients received supportive psychodynamic psychotherapy in combination with standard treatment. Self-image was measured by SASB-Intrex questionnaire (Benjamin, 1989) and outcome measures were PANNS Positive and Negative Symptom Scale) and GAF (Global Assessment of Functioning).

**Results:** Self-image at baseline was found to be a strong predictor for outcome in positive psychotic symptoms, negative psychotic symptoms and social functioning both one and two years later. Patients with presence of grandiosity and reduced acknowledgment of actual illness had a more positive self-image at their perceived worst state, which was associated with better outcome.

**Conclusion:** This finding of a strong relationship between self-image and outcome has important implications for treatment, because preserving and enhancing self-image during treatment might help improve recovery from psychosis. Grandiosity and reduced acknowledgment of actual illness might serve to protect the self-image, and reduce stress related to very negative aspects of self-image.

**Reference**

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**FC05. Free Communications: MOOD DISORDERS 2****FC05.01**

Depression and anxiety during pregnancy: The role of light therapy  
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**Background:** Bright light therapy (L.T.) is the recommended treatment for SAD; in addition, light therapy has new applications, as an antidepressant modality. In this study we focused the role of L.T. in pregnant patients with depression or anxiety.

**Materials and Methods:** Eleven patients were included in this naturalistic study about light treatment, with the following diagnosis: recurrent depression, depression in bipolar spectrum, cyclothymia, PAD, social phobia. "GAS" rating scale was adopted in determining the effect of the LT, before and after treatment, and then after one month.

**Results:** Very satisfactory results had been obtained: the "GAS" shows a clear cut final score. Any treatment-emergent adverse symptoms were not reported during this study.

**Conclusions:** Light therapy confirmed its efficacy and its wide action spectrum with several new applications and above all its tolerability and safety during pregnancy.

**References**

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**FC05.02**

The assessment of postpartum depression and "satisfaction from husband"

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**Background and Aims:** Postpartum depression (PPD) is one of the most common psychiatric disorders following delivery. This disorder can make serious problem for mother, child and family; therefore the identification of its risk factors is a must. One of these factors is "satisfaction from husband". This study has been carried out to evaluate the relationship between ppd and "satisfaction from husband" in Kashan, Iran 2006.

**Methods:** In this analytical case-control study 460 women during 2-3 first months after delivery divided in 2 equal groups. Case group was depressed mother and control was normal (not depressed) mother. The Beck and a researcher-made questionnaire were used