
FACTORS AFFECTING COMPLIANCE WITH THERAPY IN PSYCHIATRIC INPATIENTS DURING TREATMENT

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INTRODUCTION: Schizophrenia and psychotic disorders represent psychiatric disease patterns characterized by great impairment due to disease severity with a great effect in patient's health related quality of life, which still remain a challenge in everyday clinical practice.

AIM: To investigate group differences in health related quality of life(HRQoL) in patients with psychosis during in hospital treatment.

METHODS: 174 inpatients in a psychiatric ward in Athens-Greece participated in the study. 120(69%) were males and 54(31%) females. Of them, 0(11.5%) had bipolar disorder(BD), 126(72.4%) psychosis and depression(PD) and 28(16.1%) comorbid alcohol addiction(PAA). Patients filled a battery with tests of HrQoL, psychotic symptoms, negative emotions, optimism, self-esteem, happiness and life-satisfaction. Stepwise regression models were used to determine the best predictors of compliance with SPSS.

RESULTS: There were a statistical significant difference in compliance between BD and PAA(good compliance 100%) and PD(good compliance 66.7%)($\chi^2=21.09$ $p=0.001$). Multivariate analysis revealed that good reaction to treatment(beta=-.736), atypical antipsychotics(beta=-.312),antidepressants(beta=-.270), days of hospitalization(beta=.203), bipolar disorder(beta=.199), sleeping pills(beta=.169) and stabilizers(beta=-.188) explained 74.5% of the variance in compliance(adjusted $R^2=.745$ $p<0.001$). In a second model with the inclusion of personality and emotional characteristics in the model, stress(beta=-.381) negative emotions (DASS)(beta=.290) and subjective happiness(beta=.120) explained an additional 3% in compliance with therapy(adjusted $R^2=.775$ $p<0.001$).

CONCLUSIONS: It seems that depression comorbidity is an effective factor affecting therapy compliance in psychosis, with days staying in hospital for treatment. Also if the patient is prior to the therapy happy with his life complies better with the pharmacological approach that was used during the days of treatment.