

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.628>

EW511

Clinical and functional outcomes of patients with severe schizophrenia undergoing comprehensive treatment: A 6-year follow-up

J.J. Fernandez-Miranda*, S. Diaz-Fernandez

SESPA, AGCSM-V, Gijón, Spain

* Corresponding author.

Introduction To increase treatment compliance and consequently to reach clinical and rehabilitation goals in people with schizophrenia is a main challenge in their treatment.

Objectives and aims To know the retention in treatment (and reasons for discharge) of people with severe schizophrenia enrolled in a specific, intensive, comprehensive and community programme for them; and also to know treatment (clinical and functional) outcomes.

Methods A 6-year prospective, observational study of patients with severe schizophrenia (ICD 10: F 20; CGI-S \geq 5) undergoing specific severe mental illness programme ($n=200$). Assessment included the Clinical Global Impression-Severity scale (CGI-S), the Camberwell Assessment of Needs (CAN) and the WHO Disability Assessment Schedule (WHO-DAS). Time in treatment and reasons of discharge were measured. Laboratory tests, weight and medications were reported. Hospital admissions were measured.

Results CGI at baseline was 5.86 ± 0.7 . After 6 years 48% of patients continued under treatment (CGI = 4.31 ± 0.8 ; $P < 0.01$); 31% were medical discharged (CGI = 3.62 ± 1.6 ; $P < 0.001$); DAS decreased in the four areas ($P < 0.01$) and also CAN ($P < 0.01$); 7% had moved to other places; 8% were voluntary discharges. Eight patients dead; three of them committed suicide. Forty-five percent of all of them were treated with atypical long-acting antipsychotics, with good tolerability. There were significantly less hospital admissions than during the previous 6 years ($P < 0.001$).

Conclusions Retention of severe mentally ill patients with schizophrenia in a specific and intensive care programme was really high; and seemed to help getting in remarkable clinical and functional improvement. Long-acting medication also seemed to be useful on improving treatment adherence, mainly due to their good tolerability.

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<http://dx.doi.org/10.1016/j.eurpsy.2016.01.629>

EW512

Depressive symptoms in a sample of patients diagnosed with schizophrenia

A. Fernandez-Quintana*, M.D.C. García-Mahía

Clinical university hospital of La Coruña, psychiatry, La Coruña, Spain

* Corresponding author.

Introduction Previous studies highlight the difficulty of correctly diagnosing depressive symptoms in schizophrenic patients, as well as the impact on clinical progression among patients who present with both syndromes, worsening treatment adherence and overall prognosis.

Aims To determine the prevalence of depressive symptoms in patients diagnosed with schizophrenia. To analyze the relationship of depressive symptoms with other demographic and clinical variables.

Material and methods Eighty-four patients diagnosed with schizophrenia according to ICD-10 criteria and treated in an Outpa-

tient Mental Health Clinic were recruited for this study. Symptom severity was assessed using The Positive and Negative Syndrome Scale (PANSS; Kay et al., 1987); classifying patients as positive, negative or mixed schizophrenia subtypes. Data from clinical and sociodemographic variables was obtained from clinical records.

Results The mean age was 43.2 years (SD: 10.2). Depression is objectively detected in 10.3% of the sample, and presented as subjective depression in 29.5%. The prevalence of depressive symptoms is higher among women, unmarried patients, lower social classes and patients who met criteria for predominantly positive Schizophrenia subtype. Higher prevalence of depressive symptoms was found in patients with a shorter course of disease.

Conclusions Depressive symptoms present with a high prevalence among patients diagnosed with schizophrenia, especially during the early years of the disease. Given the severe impact of depression on both the evolution and prognosis of patients with severe mental illness, screening and early treatment must be carried out.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.630>

EW513

Problems in long-term treatment with atypical antipsychotics: hyperprolactinemia

C. Franch^{1,*}, G. Medina², M.D. Ortega³, M.E. Calzada¹, V. Molina²

¹ Complejo Asistencial Universitario de León, Psiquiatría, León, Spain

² Hospital Clínico Universitario de Valladolid, Psiquiatría, Valladolid, Spain

³ Centro de Salud Mental Cartagena, Psiquiatría, Murcia, Spain

* Corresponding author.

Introduction Schizophrenia and other psychotic disorders are associated with high rates of morbidity and mortality, caused by the use of specific treatments as well as health factors directly related to those processes. One of the high-frequency side effects in patients treated with classic and atypical antipsychotics is hyperprolactinemia. It causes alterations in neuroendocrine sphere (amenorrhea, galactorrhea, gynecomastia. . .), and other mid- and long-term effects (osteoporosis, cardiovascular risk increase and increased risk of developing cancers - specifically in breasts and endometrium).

Objectives Check hyperprolactinemia induction by maintained treatment with atypical antipsychotics.

Methodology A naturalistic prospective study was conducted following 75 patients on maintenance treatment with a single atypical antipsychotic during 24 months. Anthropometric and laboratory data were collected, along with the presence of different endocrine-metabolic during the 2-year study alterations.

Results Changes in prolactin levels were found in a large number of patients, with statistically significant differences between 0 (basal) and 24 months (Basal [$M=26.27$; $SD=21$], 2 years [$M=38.08$, $SD=34.65$]; $t=-2.758$; $P=0.013$), with hyperprolactinemia increasing from 46.6% of patients at baseline to 65.5% at 2 years, mainly with paliperidone and risperidone long acting injection (statistically significant increase in both cases) (Fig. 1).

Conclusions Paliperidone and risperidone long acting injectable induce increased prolactin levels in patients in long-term antipsychotic treatment.