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QUALITY OF LIFE OF PATIENTS SUFFERING FROM SCHIZOPHRENIA TREATED WITH CLOZAPINE AND RISPERIDONE

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Background: Quality of life (QoL) is considered an important outcome in the treatment of schizophrenia and is linked with clinical and social recovery. Until recently treatments of schizophrenia have focused mainly on reducing positive symptoms, often leaving patients with numerous residual difficulties. It's been expected that atypical antipsychotics improve QoL equally as they improve clinical outcome of the patients with schizophrenia.

Objectives: To compare clinical improvement and QoL of patients treated with risperidone and clozapine two months after the beginning of treatment.

Methods: The sample included 40 patients (17 males and 23 females, mean age 33.1) with diagnosis of schizophrenia according to ICD-X. The patients were treated with either risperidone (n=20) or clozapine (n=20). The PANSS and CGI scales for clinical status were applied at the beginning of the treatment and two months later. The QoL was assessed by the WHOQOL-BREF.

Results: Analysis of data has shown a significant difference for all four domains (physical, psychological, social relationships and environment) at WHOQOL-BREF scale for both medications after two months, but no difference between the two antipsychotics. The patients treated with clozapine had significantly higher scores on PANSS at the beginning of treatment. PANSS and CGI applied after two months have not shown differences between the medications.

Conclusion: Both clozapine and risperidone had equal and statistically significant effect in reducing the symptoms of schizophrenia measured by PANSS and CGI in two months period, as well as in improving the quality of life. However no difference was found between the two medications.