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EARLY DETECTION IN PSYCHOSIS: 5 YEAR OUTCOME IN THE SCANDINAVIAN TIPS- STUDY

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**Background:** During the last decades we have seen a new focus on early treatment of psychosis. Several reviews have shown that duration of untreated psychosis (DUP) is correlated to better outcome. However, it is still unknown whether early treatment will lead to a better long term outcome. This study reports the effects of reducing DUP on 5-year course and outcome.

**Methods:** During 1997-2000 a total of 281 consecutive patients aged > 17 years with first episode non-affective psychosis were recruited of which 192 participated in the 5-year follow-up. A comprehensive early detection (ED) program with public information campaigns and low-threshold psychosis detection teams was established in one health-care area (ED-area), but not in a comparable area (No-ED area). Both areas ran equivalent treatment programs during the first 2 years and need-adapted treatment thereafter.

**Results:** At the start of treatment ED-patients had shorter DUP and less symptoms than No-ED-patients. There were no significant differences in treatment (psychotherapy and medication) for the 5 years. Mixed-effects modeling showed better scores for the ED-group on PANSS negative, depressive and cognitive factors and for GAF social functioning at 5 year follow-up. The ED-group also had more contacts with friends. Regression analysis did not find that these differences could be explained by confounders.

**Conclusions:** Early treatment had positive effects on clinical and functional status at 5 year follow-up in first episode psychosis.

**Reference:** T. K. Larsen, et al Early detection of psychosis: positive effects on 5-year outcome. *Psychological Medicine*, Available on CJO 14 Oct 2010