

## **P-1206 - DAY-TREATMENT PROGRAMME FOR PSYCHOTIC DISORDERS: ONE-YEAR OUTCOMES**

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**Introduction:** Six-week day-treatment programme for out-patients with schizophrenia-spectrum disorders in the stabilization phase of treatment consists of family psychoeducation, lifestyle improvement intervention, social skills training and art therapy.

**Objectives and aims:** In one-year prospective follow-up field study we assess relapse frequency, psychopathology (PANSS) and quality of life (Social Integration Survey). We analyze differences between patients participating after their first-episode of psychosis and multi-episode patients.

**Methods:** 211 patients entered the project between January 2006 and June 2010. Psychopathology and Quality of life were assessed at the entry of the programme, at the end of the programme (week 6) and at 1-year follow-up (N=118, males N=63, average age 28,3; first episode N=52).

**Results:** Psychopathology decreased after programme significantly and PANSS scores remained low in one-year follow-up. Social quality of life assessed by SIS improved after programme significantly in Behaviour to strangers, Communication, Activities of daily living and Empathy and remained high in one-year follow-up. Overall one-year relapse rate in participants was 10% (N=11), in first-episode patients 6% (N=3).

**Conclusions:** Participation at the structured day-treatment programme offered to patients early in the stabilization phase of treatment improves quality of life, prevents social isolation and promotes treatment adherence. As a result one-year relapse rate remains low.

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