

First-episode psychosis: Factors influencing relapse over 1-year follow-up

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Introduction

Relapse after first-episode psychosis is frequent despite new specific programs. Some factors have been related to relapse in first episode psychosis in several studies, such as substance misuse or insight (1,2). Understanding factors associated with relapse in our environment will help to develop more adequate treatments and programs and improve long-term outcome.

Objective

To describe which variables are related with relapse over one-year follow-up in patients diagnosed with first-episode psychosis

Results

129 patients were included. 40 patients (31%) were lost over follow-up.

In table number 1 there is a description of continuous sociodemographic and clinical variables of the sample. In table 2 there is a description of discrete variables of the sample. Table 3 shows the regression analysis results.

Male gender ($p=0.014$), PANSS positive symptoms at 1-month follow-up ($p=0.027$), and cannabis use over follow-up ($p<0.001$), were associated with relapse in our sample.

	Mean	Standard deviation
PANSS_P baseline	25,86	6,695
PANSS_N baseline	16,12	6,953
PANSS_PG baseline	43,18	11,171
PANSS_TOT baseline	85,42	19,648
GAF baseline	30,43	12,582
PANSS_P month	11,67	3,883
PANSS_N month	15,15	5,527
PANSS_PG month	28,78	6,632
PANSS_TOT month	54,86	12,812
GAF month	57,81	13,944
SUMD month	7,78	3,246
PANSS_P year	9,65	5,064
PANSS_N year	13,38	4,932
PANSS_PG year	25,38	7,662
PANSS_TOT year	48,69	15,977
GAF year	68,67	17,791
SUMD year	6,18	3,381
Age	24,89	5,128

Table 1. Continuous sociodemographic and clinical variables

Table 2. Discrete variables

	Percentage
Sex (female)	43,75%
Cannabis use history	54,35%
Cannabis use follow-up	22%

Table 3. Regression analysis

Model		Non standardized coefficients		Standardized coefficients	t	Sig.
		B	Standard error	Beta		
6	(Constant)	0,792	0,711		1,114	0,273
	Sex	-0,677	0,262	-0,307	-2,589	0,014
	PANSS_P month	0,121	0,041	0,472	2,978	0,005
	PANSS_TOT month	-0,3	0,016	-0,307	-1,837	0,075
	Cannabis follow-up	1,554	0,299	0,587	5,205	0

Method

Consecutive 129 first-episode patients treated in Institut de Neuropsiquiatria i Addiccions de Barcelona from 2007 to 2011 were evaluated over 1-year follow up. We assessed sociodemographic and clinical variables, including cannabis use, duration of untreated psychosis (DUP), number of relapses, and several clinical scales (PANSS, SUMD, GAF), at different time-points: at baseline, 1-month, 6-months and 1-year follow-up.

We performed a multiple regression analysis. Number of relapses was the dependent variable; DUP, gender, age, cannabis use over follow-up (yes/no), PANSS total, positive, and negative subscale, GAF, and SUMD at one-month follow-up were the independent variables.

Conclusions

Male gender, persistent positive symptoms at one-month follow-up and cannabis use, may independently predict relapse in first-episode psychosis. These results have been also pointed out in other studies (1,3). Understanding reasons for cannabis use will help to develop specific programs in order to improve the outcome.

Part of the follow-up dropout percentage could be explained by the fact that in our catchment area there is a high proportion of immigrants, and a high percentage of them come back to their country of origin after psychosis onset.

* 4 of the patient were excluded from the analysis because they were included in another study.

Bibliography

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