9-2008

Outcome in Schizophrenia: The Long-Term Good Outcome in Schizophrenia Is Not Yet Good Enough

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Outcome in Schizophrenia
The Long-Term Good Outcome in Schizophrenia is Not Yet Good Enough

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Abstract
Introduction: The illness of schizophrenia has always been a matter of concern for its nature and extent of outcome particularly for regional and cultural differences. The concept of outcome has been evolving and this study examines the scenario of good outcome in developing countries.

Objective: To study the status of "long-term" outcome of Schizophrenia in metro city of developing country, Mumbai, India.

Methodology: Re-examination of recovered patients in ten years long term, naturalistic, prospective study using Metzler et al’s 13 outcome criteria on a new outcome scale.

Results: The recovered patients (N=417; 62.7% on CGIS) of available 107 at ten years had definitive outcomes. On a new scale of outcome 30% had poor social functioning, 66% had lost productivity, 66% were not economically independent, 66% could not pursue desired education, 25% lived with significant suicidal threats, 66% experienced relapsification, and 57% experienced exacerbation of symptoms.

On conventional criteria, 70% had persisting positive symptoms, 53% had negative symptoms, present in some form. 76% patients were free from EPS side effects, 68% had improved in interpersonal function, 62% were still living with suicidal thoughts, 53% resumed work/school and sustained, 56% had GAF more than 85.

Conclusion: Schizophrenia is a complex neurobehavioral disorder with limited outcome. Half of the patients improve with no concomitant difficulty while another half improves variables of disability.

Methods

In a cross-sectional, Naturalistic, cohort study patients showing good outcome at the end of ten years treatment, were recruited as per inclusion criteria.

These patients were assessed for the status and quality of recovery using Metzler et al’s 13 outcome criteria.

Results were analyzed

Outcome variable: Status at 10 Years Persistent Symptoms

Disorganization

N = 37

Negative Symptoms

Positive symptoms

61

53

71

0 20 40 60 80 100

70% had persisting positive symptoms, 53% had negative symptoms, present in some form,