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CORRELATION BETWEEN PATIENTS' INSIGHT AND CLINICAL / SOCIODEMOGRAPHIC VARIABLES DURING THE INTERVENTION OF A REGIONAL MOBILE PSYCHIATRIC UNIT

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Objectives: The study of the correlation between the insight of the patients attended by a Regional Mobile Psychiatric Unit, and various clinical and sociodemographic variables. The evaluation of the insight included the compliance of the patient to the treatment, his awareness regarding his illness as well as to the therapist notion concerning the way the patient was coming in terms with his disease.

Methods: 45 psychotic patients aged 17-67 were studied. Spearman rank correlation, χ^2 statistical test and stepwise multiple regression analysis were used in order to determine the relation between the variables at the beginning as well as at the end of the 5-year study.

Results-conclusions:

- The subjects who had no insight of their disease prior to research were not prescribed. During the intervention, the patients' insight as well as their compliance to the prescription was improved. However, this correlation did not remain significant at the end of the study.
- The diagnosis of the patients as well as the family history of a mental disease was related to the degree of their insight before the intervention.
- The more socialized a patient was before the intervention, the more insightful he was not only before, but also after the intervention.
- The more motivated a patient was regarding his leisure on his free time after the intervention the more insightful he was before the intervention.
- The patients' insight was positively correlated to the duration and the number of the previous admissions prior and after the intervention respectively.