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THE EUROPEAN FEDERATION OF PSYCHIATRIC TRAINEES RESEARCH GROUP; INITIAL FINDINGS

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Introduction: The European Federation of Psychiatric Trainees (EFPT) , a trainee-led organisation, encompassing official representatives from 24 countries, set up a research group to foster trainee-led collaborative research, emphasising training and clinical practice.

Objectives: The first survey of the group assessed trainees´ treatment choices for patients and themselves, across psychiatric disorders, in addition to factors influencing decision-making and guideline use.

Methods: A web-based survey was piloted, and distributed to 16 European countries. For validity, a 50% response rate from a homogenous sample, with sample size 50 or more was required,

Results: 12 countries met inclusion criteria.

a) Antipsychotic choice and factors influencing decision-making

93% (n=600) of respondents chose to prescribe 2nd Generation atypical antipsychotics for patients, and 89% (n=530) chose this treatment for themselves. 79% (n=458) of respondents felt efficacy was the most important factor influencing decision-making.

b) Mood stabiliser choice and factors influencing decision-making 41% (n=263) of trainees chose to prescribe lithium to patients, with 35% (n=224) stating they would wish to receive this themselves. 66% (n=538) of respondents felt perceived efficacy was the most important factor influencing decision-making.

c) Antidepressant choice and factors influencing decision-making 75% (n-461) of trainees would prescribe SSRIs to patients with a moderate depressive episode, 78% (n=438) wishing to receive SSRIs themselves. 67% (n=523) of respondents felt efficacy to be the most important determining facor.

Conclusions: Trainees are able to provide clinically-relevant research through trainee networks, and a number of decisions governing treatment do not appear to be based on current evidence.