

P01-111 - STUDY OF THE FACTORS THAT CONTRIBUTES TO THE RELAPSE OF THE MAJOR DEPRESSION

P. Kyloudis¹, M. Georgiadis¹, M. Rekliti¹, **G. Wozniak**², O. Mouzas³, Z. Roupa²

¹*Asclepeion General Hospital Voula, Athens*, ²*Nursing*, ³*Applied University of Larissa, Larissa, Greece*

Objectives: To probe the factors that contributes to the relapse of the major depression after being hospitalized for a period of three consecutive months in a psychiatric clinic.

Material & methods: 22 patients (8 men) who were in the clinic were examined (average age 49.2, SD=7.2) suffering from major depression and who fully recovered between episodes. The criteria for their participation in the sample were according to DSM-IV®, and the >2 relapses/year.

Results: By the stepwise multiple regression analysis it was found that by hierarchy the factors that cause the relapse are, the fact that the patient does not respond to the first antidepressant treatment (parameter estimate $p < 0.002$), child or teenage depression background ($p < 0.002$), the presence of stressful facts (diseases, financial problems, loss of 1st degree relatives, $p < 0.004$) and the co morbidity with character disorders in the II ($p < 0.01$) axis.

Conclusions: The importance of a negative outcome of the major depression should be co estimated with the danger of self-destruction as a result of the illness, the difficulties of the interpersonal relationships, the professional activities, the impact on the family, alcoholism, drug abuse etc. and mainly the empirical impact on the patient.