

## **P-597 - DETERMINATION OF PSYCHOPATOLOGICAL ONSET AND LATENCY TO TREATMENT IN PSYCHIATRIC DISORDERS THROUGH THE "PSYCHOPATOLOGICAL ONSET AND LATENCY TO TREATMENT QUESTIONNAIRE"**

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**Introduction:** Few questionnaires on the psychopathological onset and latency to treatment in psychiatric patients are currently available.

**Objectives:** In this perspective we developed a brief questionnaire: the Psychopathological Onset Latency and Treatment Questionnaire (POLQ).

**Methods:** The questionnaire was administered to 265 patients with any psychiatric diagnosis. Statistical analyses were performed using SPSS.

**Results:** The sample showed the following demographic variables in terms of age ( $48 \pm 15$  years), occupation (17% unemployed) and familiarity (54%). Clinical variables included: age at onset ( $30.66 \pm 15$  years), age at first diagnosis ( $36 \pm 19$  years) and age at first drug treatment ( $35 \pm 14$  years). The most common symptoms at onset were related to the anxiety spectrum (41.2%), mood spectrum (24.5%) or both (25.3%). Stressful life-events in relation to onset occurred in 63% of patients (12.1% familiar issues, 11.3% work problems, bereavement or end of a relationship in 16.6%). Most frequent first diagnoses were major depressive episode (26.8%), manic/hypomanic/mixed episode (13.6%) and anxiety disorders (11.7%). Average latency to the first visit was 34 months. In the 76.2% of the sample, the first contact was with a psychiatrist, a psychologist in 15.8%; 78.1% were treated with drugs as a first treatment, 11.7% with psychotherapy, 7.2% with both. The average duration of first treatment was 23 months (4 weeks - 360 months) and reasons for discontinuation were: lack of efficacy (23.8%) or complete remission (21.9%).

**Conclusions:** POLQ resulted to be a useful and reliable instrument in the collection of information on the psychopathological onset and latency to treatment.