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RELAPSE FREQUENCY AND QUALITY OF LIFE IN DAY-TREATMENT PROGRAMME FOR PSYCHOTIC DISORDERS: ONE-YEAR OUTCOMES

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**Introduction:** We introduce clinically-based 6-week structured group day-treatment programme for out-patients with schizophrenia-spectrum disorders in the stabilization phase of the treatment. It consists of family psychoeducation, lifestyle improvement intervention, social skills training and art therapy.

**Objectives and aims:** To assess relapse frequency, psychopathology (PANSS) and quality of life (Schwartz Outcomes Scale-10, WHO-QOL BREF and Social Integration Survey) we designed one-year prospective follow-up field study.

**Methods:** After informed consent procedure 144 patients entered the project.

Psychopathology and Quality of life were assessed at the entry of the programme, at the end of the programme and at one-year follow-up (N=86).

**Results:** Psychopathology decreased after programme significantly and PANSS scores remained low in one-year follow-up. Quality of life assessed by SOS-10 improved after programme significantly. Scores of WHOQOL-BREF raised significantly in Subjective health domain and Psychological health. In one-year follow-up Environment domain improved significantly. Social quality of life (SIS) improved in Behaviour to strangers, Communication, Activities of daily living and Empathy. Quality of life in patients was lower compared to common population, improved after the programme and this improvement was stable in one-year follow-up. One-year relapse rate in participants was 12%.

**Conclusions:** We conclude that participation at the group day-treatment programme early after discharge is beneficial as it improves quality of life, prevents social isolation and early non-compliance and ensures continuity of care.

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