

Unmet Needs in Outpatients with Psychotic Disorders in Brazil

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Introduction: The assessment of needs among patients with severe mental disorders is one of the most studied measures in treatment planning and monitoring of mental health services. Nevertheless, studies on this subject are scarce in Brazil, even following the recent expansion of community services. **Objectives:** To investigate the prevalence and correlates of unmet needs among outpatients with psychotic disorders in Brazilian community mental health services. **Methods:** This is a cross-sectional study with a random sample of 401 outpatients with psychotic disorders in the city of Santos, Brazil. Needs were assessed through interviews with patients using the Camberwell Assessment of Needs (CAN), which investigates 22 clinical, social and basic needs. The Positive and Negative Symptom Scale (PANSS) was used to assess symptoms. Data were analyzed with multiple linear regression, using $p < 0.05$. Independent variables were introduced in hierarchical levels, as follows: 1) demographic variables; 2) history and severity of illness; and, 3) service utilization. **Results:** The most reported needs were psychotic symptoms (67.0%), information needs (55.0%), psychological distress (41.8%) and money (41.5%). The mean number of unmet needs was 2.91 (+2.56). A greater number of unmet needs was significantly associated to lower education, more negative symptoms and general psychopathology, all with $p = 0.001$. **Conclusions:** The most reported needs were clinical and social. The number of unmet needs was consistent with the results of international studies. Furthermore, the association of greater unmet needs with lower education and higher symptoms severity may indicate the need for further and comprehensive psychosocial interventions.