

Article: 1944

Topic: EPV46 - e-Poster 46: Promotion of Mental Health

---

## Attrition in Mental Health Clinics in Israel: Rates, Characteristics and Directions for Progress

I. Iancu<sup>1</sup>, E. Bodner<sup>2</sup>, M. Kotler<sup>3</sup>

<sup>1</sup>Yavne MHC, Beer Yaakov MHC, Yavne, Israel ; <sup>2</sup>Inter-disciplinary Studies, Bar Ilan University, Ramat Gan, Israel ; <sup>3</sup>Beer Yaakov MHC, Beer Yaakov MHC, Beer Yaakov, Israel

---

**Background:** Attrition from mental health clinics is a frequent problem and has significant consequences for patients, families and for the society. It has rarely been researched in Israel. We examined rates of attrition from 5 mental health clinics and its reasons, from the perspective of dropouts and of directors of psychiatric clinics and services.

**Methodology:** 179 dropouts and 171 patients who continued treatment filled questionnaires on socio-demographic and clinical data, attitudes to treatment and barriers, self-stigma and health. We also surveyed attitudes of 51 directors towards attrition.

**Main findings:** We found high attrition rates in all clinics. Main reasons for attrition from the perspective of the dropouts were no need of treatment, bad/unhelpful treatment and problems with medications. Two predictors were found: patients' report that the treatment approach was not appropriate and past compliance problems. Dropouts reported worse condition today and were less in treatment. Directors estimated the dropout rate as less than half of the actual rate and did not speculate correctly its predictors.

**Conclusions:** Attrition is frequent in psychiatric clinics, but can be predicted. Disengagement from treatment predicts getting less treatment in the future. Attention is needed towards the negative consequences of attrition and to ways to decrease it.