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Factors Involved in a Favorable Long-term Evolution After a First Episode Psychosis

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Introduction. Research studies are increasingly interested in the factors that can contribute to a good outcome in psychosis, in order to develop effective interventions and preventive programs.

Objective. This study aims to analyze different aspects of the first-episode psychosis of subjects with a long-term favorable evolution.

Material and method. The study included 40 subjects with a first-episode psychosis with an evolution of at least 10 years. They were chosen from the Case Register of Psychoses of the Psychiatric Clinic in Timisoara, based on demographic, clinical and social characteristics. All the subjects were re-assessed in 2014. 20 subjects have had a favorable evolution (no clinical relapses, a stable or better social and professional functioning after the episode). These cases were compared with 20 cases with similar clinical and demographic characteristics at onset, but with a less favorable outcome (frequent relapses, poor social and professional functioning).

Results. Subjects with better outcome had less genetic heritage of mental disorders, significant social support, were more compliant to treatment and were more active professionally before and after the first episode of psychosis.

Conclusions. There are some characteristics of the persons having a first-episode psychosis which can guide the clinician regarding the prognosis.