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P1
DEMOGRAPHIC AND CLINICAL CHARACTERISTICS AND TREATMENT OUTCOME IN A GREEK SAMPLE OF EATING DISORDERS PATIENTS
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Introduction: In recent decades an increase in the frequency of eating disorders, especially Anorexia and Bulimia Nervosa in adolescent and post adolescent women, has been noticed in developed and developing countries. In an epidemiological study in the past we studied a number of male and female students, at senior high school, living in the city and villages of the Ioannina area, in order to evaluate the size of the problem with eating disorders and to identify the factors, affecting the appearance of such disorders. In this anamnestic clinical study we present a clinical sample of patients with eating disorders, from the same area, during the period 1994-2004. 66 our patients, 59 women and 7 men. All were suffered from anorexia, bulimia and ednos.

Subject Matter: In this study are presented demographic data (sex, age, birth place, residency, type of family, academic status, parents' job, family's economic status and social class), clinical characteristic and psychiatric symptoms (height, weight, BMI, amenorrhea, duration of illness, comorbid psychiatric diagnosis, date of first examination, number and frequency of follow up, problems in therapeutic alliance and collaboration with the parents).

Methods: They are described the Psychometric evaluation with the use of questionnaires (EAT-26, EDI, SCL-90-R, EDI, SCID) and the therapeutic methods which were used (drugs, psychotherapy, family counseling, dietary counseling).

Conclusions: The results of our study are unclear. In some cases the outcome is good. Other cases have a fatal outcome. We are also proposed for discussion the type of therapeutic intervention, the need for hospital treatment and the restraints which comes from the therapy itself and the limitations from the setting.

P2
INSIGHT IN PATIENTS WITH BIPOLAR I DISORDER
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Introduction: Previous studies suggested that insight in patients with mental disorder may significantly influence treatment response and compliance.

Purpose: The aim of our research is to evaluate if long term treatment with mood stabilizers or antipsychotics may improve insight in Bipolar I Disorder patients.

Material and Methods: We enrolled 75 bipolar I patients in remission. Socio-demographic and clinical characteristics were collected. Psychiatric examination was carried out by LIFE-UP and SUMID.

Results: In accordance with previous studies bipolar patients did not show a significant impairment of insight, however there was a relevant number of bipolar patients with a very low insight. Further strategies are necessary to improve insight.

Conclusion: Our research has pointed out that long term treatment with atypical antipsychotics, particularly with clozapine, might improve patient's insight. Male and subjects with better social and working role showed the biggest improvement of insight.