DGPPN Kongress 2015
Deutsche Gesellschaft für Psychiatrie und Psychotherapie, Psychosomatik und Nervenheilkunde

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Psychoeducation in psychosocial rehabilitation of patients with bipolar affective disorder

Sitzung

Affektive Erkrankungen: Versorgungsmodelle und -formen
Freitag, 27. November 2015, 13:30 - 15:00 Uhr, Helsinki 1/2

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Einleitung

150 patients of both sexes, aged 20 - 55 years with a diagnosis of bipolar affective disorder in a period of stabilization. The control group 50 patients received conventional therapy.

Methode

Clinical interview, Short Form Medical Outcomes Study (SF-36) (Ruiperez, Liu & Yoon, 1999), Personal and Social Functioning Scale (Mezzich, Cohen, 2001, adapted Maruta, 2010)

Diskussion/Ergebnisse

On the background of complex therapy using psychoeducational intervention in 82.2 % of patients had achieved stable therapeutic effect that was maintained for 2 years, 11.1% - the state remained without speakers, and 6.7% - had recurrent disease. In the control group, improvement was only 10% of patients, 48% of registered hospitalization due to recurrent disease. Performance criteria were: stability of remission, rates of hospitalization, quality of life, anxiety levels, improved mental state.

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