

treatment of its components is an essential aim to reduce the cardiovascular risk of these subjects.

## P129

High prevalence PF metabolic syndrome in schizophrenic patients: A review of the literature

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Schizophrenic patients have a standardized mortality rate that more than doubles the expected rate for the rest of the population. A substantial percentage of the morbidity and mortality in these patients is due to cardiovascular disease. The metabolic syndrome is highly prevalent among schizophrenics and produces a 2–4-fold increase in coronary risk. The objective of the present poster was to analyze the few reports published on the prevalence of metabolic syndrome in the schizophrenic patients and the associated sociodemographic, anthropometric, clinical and psychopharmacological variables.

Most reports concur on the high prevalence of the metabolic syndrome in schizophrenic patients and, therefore, the prevention, diagnosis and treatment of its components is essential to reduce cardiovascular risk in these individuals.

## P130

Are European psychiatrists concerned about the physical health of their patients suffering from schizophrenia?

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**Background and aims:** The management of psychotic symptoms is critical to schizophrenia treatment. However, monitoring patients' physical health, in particular how this impacts life expectancy, quality of life and compliance, should be considered because of its significant influence on short and long term health outcomes.

**Methods:** Between June and October 2006, 54,618 European psychiatrists in 12 countries received a survey containing 10 questions addressing physical health. Responders rated areas of concern, physical health monitoring and impact of antipsychotic therapy.

**Results:** Among the first 3,764 psychiatrists, 84% consider physical health very important, with weight as the major concern for 63%. The top concerns in terms of impact of physical health are compliance (41%) followed by increased mortality risk (38%). While 88% say they undertake physical examination, only half do so on a regular basis. The most problematic side effects of antipsychotic treatments are weight gain (56%), metabolic impact (29%), extrapyramidal symptoms (21%) and sedation (7%), but only 1% report insomnia as an issue. When considering treatment related weight gain, 85% provide diet and lifestyle education with 55% monitoring weight, however, 66% of this intervention is unsuccessful.

**Conclusions:** The results show a substantial interest and awareness in the management of physical health in schizophrenia. Psychiatrists are monitoring to a certain extent but management strategies are often unsuccessful. Effective physical health programs in schizophrenia, including close monitoring and weight management, have yet to be optimized across Europe.

## P131

Remission, functioning and treatment adherence in psychotic patients

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**Introduction:** In the last years a greater attention to the clinical results that result in the quality of life of the patients, surpassing the clinical concept of recovery (positive symptoms, to extend it to the long-term symptoms (remission)).

**Objective:** To determine the different levels of remission of negative, positive symptoms or of conceptual disorganization, evaluating the clinical and epidemiological factors related to the attainment of the remission, identifying factors of good prognosis.

**Methods:** 138 patients with acute psychotic episode attended in a psychiatric unit in 2004 were studied. Six months later all patients were cited for a second interview, evaluating 80 patients. Three items were evaluated: remission, compliance and functioning, utilizing remission criteria of Andreasen y cols (2005), the Drug Attitude Inventory (DAI), the Global Activity Evaluation Scale (EEAG) and the Disability Assessment Scale de la OMS (WHO-DAS).

**Results:** The majority of the patients (80%) obtained the psychopathologic remission. The greater remission related to high levels of performance (EEAG) and smaller values of disability (WHO-GIVE) in all the subscales of functionality (familiar, social and labor), with significant differences. The therapeutic adherence was an important factor in the remission (DAI), with high statistical meaning ( $\alpha=0,000$ ).

**Conclusions:** The finds support the use of the criteria of remission and they suggest a clinically significant association among the clinical state, the levels of health and the family, labor, and social functioning. The improvement in the psychopathologic would favor the attitude of the patients toward the medication and the therapeutic fulfillment.

## P132

Affective disorders in the elderly: Descriptive study in acute psychiatric unit for 10 years

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**Introduction:** More than 21% of Galician people exceed 65 years, and 10% has more than 75 years. In the last decade elderly population increased around 3%, being situated in the 21% and expecting that reach the 30% in 2050.

**Objective:** To determine patients over 65 years attended by emotional symptoms in a psychiatric unit in the last 10 years, evaluating the sociodemographic characteristics and analyzing biological and psychosocial factors related.

**Method:** Descriptive retrospective study of patients over 65 years attended in a psychiatric unit between 1996 and 2006 that received a diagnosis of Affective disorder utilizing DSM-IV and ICD-10 classification criteria.

**Results:** 478 patients over 65 years were obtained, of a total of patients (%), with 246 diagnosed of affective disorder (55,6%). Average age of 72,15 years, with predominance female (proportion 2:1), mainly single, divorced or widowed (55,7%). However the majority live together with their couple (41,9%) or family (31,7%), urban residence (63,4%), inactive work situation (96%), retired (48,5%) or