

treated patients. Sexual activity was assessed using CGI-S and CGI-I for SD; SALSEX scale, validated for Spanish, 3 times after initiating study drug. Patient's clinical status was evaluated by CGI-S and CGI-I for psychotic disorders, and by BPRS Scale.

Result: 42 patients (70% men), 38 completed the study. Incidence of SD at 3 months was null for all patients studied. As period of treatment advanced, the Salsex score decreased, showing a mean overall reduction of  $-5$  points (SD 3.6). Largest reduction was observed in subgroup of patients with SD in baseline visit, who exhibited a mean reduction of  $-6$  points (SD 3.1).

Men with SD in baseline evaluation showed more marked improvement than women at 40 days of treatment ( $p=0.0447$ ). However, recovery was similar for both groups at 90 days of treatment.

**Conclusions:** In schizophrenia, SD secondary studies to antipsychotics are important in establishing effectiveness of these agents in chronic treatment. After 3 months of aripiprazole treatment, no SD was observed in patients. Patients who presented SD at study initiation improved over course of 3 months treatment with aripiprazole.

## P0180

Day treatment program for schizophrenia based on psychoeducation: The 6-week follow-up focused on psychopathology and quality of life

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**Background and Aims:** Successful long-term schizophrenia management should aim at delivery of information about the disease, treatment adherence support, cognitive decline prevention and family atmosphere improvement. We introduce clinically-based 6-week structured integrated program for out-patients with schizophrenia-spectrum disorders in the stabilization phase of the treatment. It consists of the new psychoeducational program PREDUKA (Patient and Relatives Education), life style improvement intervention, social skills training, cognitive remediation and information technology aided relapse prevention program (ITAREPS).

**Methods:** To assess the feasibility and effectiveness we designed one-year prospective follow-up field study.

**Results:** Preliminary analyses ( $N=71$ ; first episode  $N=29$ ) on baseline and 6-week outcomes data on psychopathology (PANSS) and quality of life (Schwartz Outcomes Scale-10, WHO-QOL-BREF and Social Integration Survey) showed significant improvement in PANSS total score and all PANSS domains scores. Compared to healthy controls quality of life was lower in patients including those with first episode. Immediately after the program quality of life improved significantly; in Group activities, Appropriateness and Hygiene domains reached normal controls.

**Conclusions:** Our short-term data suggest that participation at the program early after discharge is beneficial as it improves quality of life, prevents social isolation and early non-compliance and ensures continuity of care.

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## P0181

Efficacy of integrated neurocognitive and social cognitive group therapy for schizophrenia patients: Results of a randomised controlled multi-centre study

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**Background:** The NIMH MATRICS initiative established a consensus about separate neurocognitive and social cognitive domains relevant in the treatment of schizophrenia. We designed a cognitive-behavioural group therapy program (INT) covering these treatment targets. INT represents a further development of the cognitive components of Integrated Psychological Therapy (IPT) and is partly computer based. INT intends to reconstitute and compensate neurocognitive and social cognitive (dys-)functions with a strong focus on the patients' daily life context, in facilitating intrinsic motivation and resources.

**Methods:** INT has currently been evaluated in an international multi-centre study in Switzerland, Germany and Austria, which is supported by the Swiss National Science Foundation. INT is compared with treatment as usual (TAU). INT patients receive 30 therapy sessions twice a week, lasting 90 minutes each. A comprehensive assessment battery is applied before and after therapy and at a 1-year follow-up. 102 outpatients participated in the study.

**Results:** INT is highly accepted by the patients. Only 8% of the patients dropped out of the study. Compared to TAU, INT patients obtain superior outcomes in neurocognitive and social cognitive variables, negative symptoms, insight and social functioning after therapy and at follow-up. Additionally, only the INT group show higher correlations between self-rated deficits in neurocognition and objective psychometric test performances after the treatment phase.

**Conclusions:** Results support INT as a new and effective cognitive remediation approach within a multimodal treatment concept.

## P0182

The niacin skin flush test in schizophrenia- a combined approach using laser doppler flowmetry and a visual rating scale

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The purpose of our study was to investigate the differences in niacin skin flush responses between schizophrenic patients and normal controls, using visual rating methods and laser Doppler flowmetry, and identifying the possible confounding effect of age, smoking and medication.

107 patients who met the DSM-IV criteria for schizophrenia and 81 healthy controls with no history of major psychiatric disorder participated. All subjects met certain inclusion criteria and written informed consent was obtained. Niacin skin test was performed administering four different solutions of aqueous ethyl nicotinate (0.1M, 0.01M, 0.001M, 0.0001M) for one minute on the forearm skin. Reaction was rated visually after 5, 10 and 15 minutes using a 4-point rating scale, considering the local appearance of erythema and oedema. When using laser Doppler flowmetry, mean blood flow change in capillary vessels was measured in perfusion units (PU), in 15 minutes time.

We performed Kruskal-Wallis test to analyze differences in skin flush response. In the schizophrenic group, flush response- rated by the visual method and compared to controls- was significantly lower at every concentration used ( $p<0,0001$ ) and decreasing with age. In 58 % of the schizophrenic subjects- while only in 28 % of the controls- less than 30 PU in blood flow change could be measured by laser Doppler flowmetry.

Both methods revealed the most remarkable distinction at 0,001M concentration. There were no significant differences considering age