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Psychoeducational family intervention: Benefits and obstacles reported by mental health professionals

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Introduction Despite several guidelines recommend the use of psychoeducational family interventions (PFIs) as add-on in the treatment of patients with bipolar I disorder (a), their implementation on a large scale remains limited (b).

Objectives To identify benefits and obstacles in implementing a PFI in the clinical routine care.

Methods This was a multicentre, real-world, controlled, outpatient trial, carried out in 11 randomly recruited Italian mental health centres. Mental health professionals received a training on PFI and provided the intervention to patients with bipolar I disorder and their relatives. Difficulties and benefits in performing PFI were collected through an ad-hoc schedule, which was administered at baseline and 5 times during the different stages of the intervention.

Results Mental health professionals report significant improvements in the intervention-related benefits over time ($T_0 = 5.3 \pm 2.0$ vs. $T_5 = 7.9 \pm 0.9$; $P < .0001$), in particular in their professional skills ($T_0 = 6.5 \pm 2.3$ vs. $T_5 = 8.0 \pm 0.8$; $P < .01$). They also report to be more satisfied with their own work ($T_0 = 6.6 \pm 2.3$ vs. $T_5 = 8.0 \pm 1.3$; $P < .05$). The most relevant difficulties were related to the need to integrate the PFI with other work responsibilities and to the lack of time, which did not decrease overtime.

Conclusions PFIs are feasible in routine care for the treatment of patients with bipolar I disorder and their relatives, and main obstacles are related to the organization of mental health centres, and not to the characteristics of the intervention itself.

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Aberrant salience and alexithymia in subthreshold psychotic experiences among adolescent migrants in Italy: A comparison with native Italian adolescents

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Introduction In this decade in the Italian context, there has been a significant increase of the immigration phenomenon. Consistent data indicated higher risk of psychotic experiences among migrants. Poor work investigated clinical variables associated with stronger subthreshold psychotic experiences among this population of adolescents. Aberrant salience, the biased assignment of significance to otherwise innocuous stimuli, and alexithymia, the difficulty identifying/describing feelings are believed to have a role in the onset and maintenance of psychotic symptoms. No

study evaluated whether they could moderate the relation between migrant status and psychotic experiences among in adolescence.

Objectives The current study investigated whether salience and alexithymia predicted more intense subthreshold psychotic experiences and moderated the effect of migrant status among migrant and native Italian adolescents.

Methods Seventy-three adolescents born in other countries than Italy and 75 native Italian adolescents (mean age = 17.57, SD = 2.08, 47.30% females) completed the aberrant salience inventory, the Toronto Alexithymia Scale-20 and the screening for psychotic experiences.

Results Migrant adolescents had higher levels of subthreshold psychotic experiences ($F = 10.65$, $P < 0.01$), alexithymia ($F = 8.93$, $P < 0.01$) and salience ($F = 4.38$, $P < 0.05$) than native Italian adolescents. A main effect of aberrant salience and alexithymia on subthreshold psychotic experiences emerged. An interaction effect between migrant status and alexithymia was found: migrant adolescents with stronger alexithymia had more intense subthreshold psychotic experiences.

Conclusions Public health policies should consider migrant adolescents as a group at risk for stronger subthreshold psychotic experiences. Prevention programs could take into account alexithymia as a target of intervention for this population of adolescents.

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Suicidal ideation amongst adolescent suffering from disordered eating: The Young-HUNT study

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Introduction Suicide takes a great toll on both individuals and societies. Successful preventive measures would require a careful understanding of the scope of suicidal ideation as well as its associated factors. Amongst mental disorders, anorexia nervosa has the highest mortality rate due to suicide.

Objective and aims Studying the prevalence of suicidal ideation and its associated factors in adolescents (13–19 years old) affected by disordered eating (DE).

Methods Logistic regression was employed to study associations between suicidal ideation and age, gender and disordered eating in adolescents from a population-based prospective study, The Young-HUNT 3 cohort, 2006–8. DE cases were defined using the self-reported questionnaire (Eating Attitude Test-7) and then grouped into two subscales, poor appetite/under-eating and uncontrolled appetite/overeating.

Results A total of 3933 (boys 49% and 51% girls) were included. In total, 177 poor appetite/under-eating and 365 uncontrolled appetite/overeating cases were identified. Prevalence of suicidal ideation was 24.5% in total sample with girls being more affected (27.1%). Prevalence of suicidal ideation amongst poor appetite/under-eating case group and uncontrolled appetite/overeating cases was respectively 43.5 and 39.2%. The odds-ratio of suicidal ideation amongst poor appetite/under-eating