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TREATMENT IN THE AT-RISK MENTAL STATE FOR PSYCHOSIS - A COMPARISON OF FOUR EUROPEAN COUNTRIES

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EPOS presented a unique opportunity to document all 'treatments as usual' offered and received in the participating centres to help-seeking patients who fulfilled criteria for UHR status. The EPOS centres were drawn from very different healthcare systems, employing different treatment concepts and using different methods of ascertainment. EPOS ascertained n=245 UHR patients who were then followed up at 9 and 18 months, taking repeat measures of prodromal symptoms (SIPS), PANSS and depression. In this paper I will describe the different treatments offered in each EPOS centre and the impact of each treatment class on the course of symptoms over time, including 'transition' to psychosis. These data will have important bearing on the misnomer of the 'false positive' in high risk research and on the other risks and outcomes linked to the UHR/PACE paradigm and their treatment.