Psychological Medicine

MONOGRAPH SUPPLEMENT 15

The natural history of schizophrenia: a five-year follow-up study of outcome and prediction in a representative sample of schizophrenics

by Michael Shepherd, David Watt, Ian Falloon and Nigel Smeeton

Cambridge University Press

https://doi.org/10.1017/S0264180100000576 Published online by Cambridge University Press

The natural history of schizophrenia: a five-year follow-up study

Although there is a large literature on the course and outcome of the schizophrenias few investigators have established either the representativeness of the cohort or the standardization of the diagnosis. Both these conditions were met in this follow-up study of 121 schizophrenics over a 5-year period: the clinical and social criteria of evaluation were carried out independently. There was marked variation in outcome, women faring better than men. The prediction of the natural history of schizophrenic disorders is discussed in the light of the results.

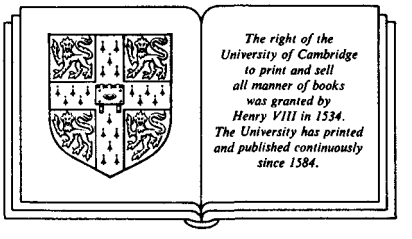
https://doi.org/10.1017/S0264180100000576 Published online by Cambridge University Press

Psychological Medicine

Michael Shepherd, David Watt, Ian Falloon
and Nigel Smeeton

The natural history of schizophrenia: a five-year follow-up study of outcome and prediction in a representative sample of schizophrenics

MONOGRAPH SUPPLEMENT 15



CAMBRIDGE UNIVERSITY PRESS

Cambridge
New York Port Chester Melbourne Sydney

https://doi.org/10.1017/S0264180100000576 Published online by Cambridge University Press

PUBLISHED BY
THE PRESS SYNDICATE OF THE UNIVERSITY OF CAMBRIDGE

The Pitt Building, Trumpington Street, Cambridge CB2 1RP
40 West 20th Street, New York, N.Y. 10011, U.S.A.
10 Stamford Road, Oakleigh, Melbourne 3166, Australia

© Cambridge University Press 1989

Printed in Great Britain by the University Press, Cambridge

https://doi.org/10.1017/S0264180100000576 Published online by Cambridge University Press

CONTENTS

	Synopsis	*page* 1
Ch 1	Introduction	3
1.1	Duration of follow-up	3
1.2	Previous follow-up studies of schizophrenia	5
1.3	Six recent follow-up studies	5
1.4	Depressive disorder and schizophrenia	8
1.5	Constraints on generalization of conclusions and inter-study comparison	8
Ch 2	Method	11
2.1	Subjects	11
2.2	The cohort	11
2.3	Assessment procedures	12
2.4	Clinical assessments	12
2.5	Social assessment	12
2.6	Attrition of cohort at 5-year follow-up	13
2.7	Outcome	13
2.8	Data analysis	14
2.8.1	Associations between independent and dependent variables	14
2.8.2	Prediction of dependent variables from significantly associated independent variables	14
Ch 3	Results	16
3.1	First admissions	16
3.1.1	Socio-demographic features of first admissions at entry to study	16
	(*a*) Age	16
	(*b*) Sex	16
	(*c*) Marital status	16
	(*d*) Employment	16
	(*e*) Living circumstances	17
3.1.2	Clinical variables of first admissions at entry to study	17
	(*a*) Age at onset of illness	17
	(*b*) Type of onset	17
	(*c*) Previous episodes	17
	(*d*) Duration of key admission	17
	(*e*) First rank symptoms and key admissions	17
3.1.3	Treatment received over 5 years	17
3.1.4	Clinical outcome of first admissions over 5 years	18
	(*a*) Deaths (including suicides) during the 5-year follow-up	18
	(*b*) Readmission to hospital	18
	(*c*) Course of illness and schizophrenic symptoms during the 5-year follow-up period and at 5 years	18
	(*d*) Depressive symptoms during the 5-year follow-up period and at 5 years	18
3.1.5	Social impairment of first admissions at 5 years	19
	(*a*) Relationships	19
	(*b*) Sociability and leisure	20
	(*c*) Employment	20
3.1.6	Relation between clinical and social morbidity in first admissions	20

https://doi.org/10.1017/S0264180100000576 Published online by Cambridge University Press

3.1.7	Prediction	20
	(*a*) Results of cross-tabulation of first admissions	20
	(*b*) Prediction of outcome for first admissions	21
3.2	The whole cohort	21
3.2.1	Sociodemographic variables of the cohort	21
	(*a*) Age	21
	(*b*) Sex	21
	(*c*) Marital status	21
	(*d*) Employment	21
	(*e*) Living circumstances	21
3.2.2	Clinical variables at entry to study	21
	(*a*) Age at onset of illness	21
	(*b*) Type of onset	22
	(*c*) Number of previous episodes	22
	(*d*) Duration of previous admissions	22
	(*e*) Duration of key admission	22
	(*f*) First-rank symptoms at key admission	22
3.2.3	Treatment received by whole cohort	22
3.2.4	Clinical outcome over 5 years	23
	(*a*) Deaths (including suicides) and attrition during the 5-year follow-up period	23
	(*b*) Readmission to hospital	23
	(*c*) Course of illness and schizophrenic symptoms during the 5-year follow-up period and at 5 years	24
	(*d*) Depressive symptoms during the 5-year follow-up period and at 5 years	24
3.2.5	Social impairment at 5 years	25
	(*a*) Relationships	25
	(*b*) Sociability and leisure	26
	(*c*) Employment	26
3.2.6	The relationship between clinical morbidity and social impairment	26
3.2.7	Prediction of outcome of the whole cohort	28
	(*a*) Results of cross-tabulations and multiple linear regression	28
	(*b*) Prediction of clinical and social outcome for the whole cohort	30
3.3	Differences between first admission and readmitted patients	30
3.4	Effect of sex on outcome	31
3.5	Relationships between dependent variables	32
Ch 4	Discussion and conclusions	34
4.1	Limitations	34
4.2	Discrepancy between clinical and social outcome	35
4.3	Prediction of outcome	35
4.3.1	Outcome and sociodemographic factors	36
4.3.2	Clinical factors and outcome	37
4.3.3	Combining factors for prediction	38
4.4	Individual prediction	38
4.4.1	Requirements for a reliable basis for prediction	38
4.5	Conclusions	39
	Appendix 1	41
	Appendix 2	42
	List of tables	43
	References	44

https://doi.org/10.1017/S0264180100000576 Published online by Cambridge University Press

This study was supported by a grant from the Wellcome Trust. The clinical follow-up data were collected by Dr K. Katz and the social data by Mr J. Robinson and Mr P. Wilson. Dr Graham Dunn gave valuable assistance in computer programming and preliminary analysis of the data.

Mrs Julie Smith, Mrs Dorothy Faulds and Mrs Brenda Robinson typed the many drafts of this manuscript.

https://doi.org/10.1017/S0264180100000576 Published online by Cambridge University Press