

P01-207

„SMS- THE SUBJECTIVE MANIA SCALE“

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Introduction: Non-adherence of medication still is a major problem among patients suffering from bipolar disorders.

Objectives: Previous studies focused mainly on possible side-effects, attitudes and subjective well-being. Most scales concerning this issue have been developed by psychiatric experts and based on their knowledge not on the patients points of view.

Aims: The purpose of this study was to find out what kind of drug effects the patients themselves want.

Methods: 2 focus-groups with 13 patients and In-depth interviews with 15 mania patients were conducted to collect information about subjective burden and symptoms of the illness. Content analyses of the transcriptions were performed and the results were used to develop a first draft of the questionnaire.

Results: The final German test version consists of 32 items and is called “The Subjective Mania Scale”. The study of content-validity showed that all SMS items were considered to be important by more than 50% of the sample. Test-retest reliability and sensitivity to change were evaluated. All SMS-items showed a significant change between time-point 1 and 3.

Conclusion: The SMS-rating scale is a feasible, reliable and valid instrument for clinical trials among mania patients.