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Clinical epidemiologic first-episode psychosis: 1-year outcome and predictors.

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Abstract: To describe 1-year outcome in a large clinical epidemiologic sample of first-episode psychosis and its predictors. A total of 301 patients with first-episode psychosis from four healthcare sectors in Norway and Denmark receiving common assessments and standardized treatment were evaluated at baseline, at 3 months, and at 1 year. Substantial clinical and social improvements occurred within the first 3 months. At 1-year 66% were in remission, 11% in relapse, and 23% continuously psychotic. Female gender and better premorbid functioning were predictive of less severe negative symptoms. Shorter DUP was predictive for shorter time to remission, stable remission, less severe positive symptoms, and better social functioning. Female gender, better premorbid social functioning and more education also contributed to a better social functioning. This first-episode sample, being well treated, may be typical of the early course of schizophrenia in contemporary centers.

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