

P-488 - SOCIO-DEMOGRAPHIC AND CLINICAL RISK FACTORS ON THE NON-RECOVERY OF THE MAJOR DEPRESSIVE DISORDER: A 52-WEEK FOLLOW-UP STUDY

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Introduction: Unfortunately, many patients who remit fully or partially from an episode of major depression continue to have difficulty in achieving the recovery.

Objectives: Our study assesses the effect of some probable risk factors on the non-recovery in a group of major depressive patients.

Methods: Sixty patients, 18 to 65 years of age, with current major depressive disorder defined using DSM-IV-TR criteria were participated in the study. They began a 24-week course of open-label acute plus continuation phase treatment mainly with SSRIs, especially escitalopram. Maintenance treatment was not planned for not affecting the natural course. All participants were evaluated by CGI-S, BDI, HAMD-17, PSQI, and ISI at weeks 0, 4, 12, 24, and 52.

Results: Logistic regression analysis was done to predict the effect of some probable risk factors that obtained from 1st evaluation (at week 0) on the non-recovery (at week 52) and current age, number of previous episodes, age of first depressive episode, and episode type (first-episode versus double or chronic or recurrent) were found to be statistically significant.

Conclusions: Early recognition of the socio-demographic and clinical risk factors impairing the recovery process of the major depressive disorder may be important for developing an individualised treatment plan.