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OUTPATIENT TREATMENT IN MENTAL HEALTH CARE

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Introduction: There is a lack of knowledge on outpatient treatment in mental health and its outcome. The major reason for this is that research on clinical decision making in health care has primarily focused on well-defined situations in physical conditions, while there has not been any research in clinical decision making in people with schizophrenia with its high demands on patient's treatment adherence and establishing stable therapeutic relationships. **Objective:** This study is about clinical decision making in outpatient mental health care with specific focus on patients diagnosed with schizophrenia.

Aims of the study: To identify the types of decision making between the patient and the therapist (paternalistic, shared and informed). Moreover, to investigate the patient's understanding of the decision making, involvement and analyse type of decision making as a possible predictor of adherence to treatment.

Methods: The study is an open, explorative study using a combination of both qualitative and quantitative methods. The study population consists of severe mentally ill outpatients diagnosed with schizophrenia. Data collection consists of both questionnaires, field observation and patient interviews.

Expected results: Specifications of primary areas for further improvement in CDM is an expected result of the study. Recommendations will be extracted and formulated from the study data to implement elements of best practice in CDM in the routine care for people with schizophrenia in particular and severe mental illness in general. The explicit focus will contribute to the strengthening of patient perspective.