

## Results from Jockey Club Early Psychosis (JCEP) Project



Male Psychosis Patients in Hong  
Kong have Longer Delays and  
Poorer Response to Treatment

賽馬會思覺健康計劃  
JOCKEY CLUB  
EARLY PSYCHOSIS  
PROJECT

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## Jockey Club Early Psychosis Project (JCEP)

- Project aims to deliver in 5 years through 3 components:
  1. Intervention service to 1,000 first-episode psychosis patients aged 26-55 years,
  2. Promote public awareness on early psychosis
  3. Investigate the optimal intervention model for early psychosis through a randomized controlled clinical trial.
- Currently, 240 patients joined JCEP project

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## Background: Studying DUP

- Definition of Duration of Untreated Psychosis (DUP):
  - Difference in time between the appearance of symptom(s) and the first psychiatric treatment
- Importance of studying DUP:
  - The longer the DUP, the worse the clinical picture and treatment outcome
  - During this prolonged psychotic period, the chance for developing severe secondary complications increases
    - For example, in most cases, patients may begin to have problems in their social and family life, as well as develop psychiatric complications, where they may have irreversible damages to the patients

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## Research Methodology

- Recruited over 240 patients with first onset psychosis since June 2009 at 11 Hospital Authority (HA) psychiatric clinics
- Analyzed data from first 183 patients:
  - 74 male & 109 female
  - Aged between 25 and 55 years old
- Assessments included:
  - Duration of untreated psychosis (DUP, time between symptom appearance and first psychiatric treatment)
  - Personality traits before disease onset
  - Symptoms after initial treatment
  - Social and occupational functioning level after initial treatment

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## Research Objective

- To investigate gender differences in presentation and outcome for early psychosis

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## Main Findings: DUP in Hong Kong

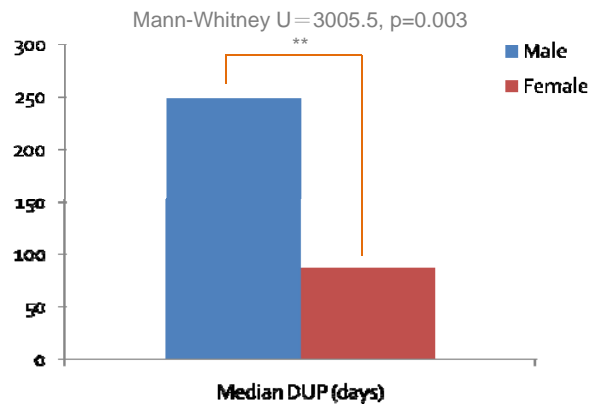
- Median of DUP is 93 days in Hong Kong
- Compared to DUP in countries with early psychosis intervention services:

Countries with early psychosis intervention services	Median DUP
Denmark	322 days
Canada	27 – 196 days
Australia	51.5 days
Singapore	120 days

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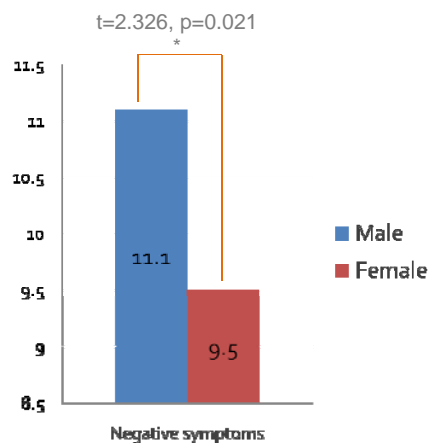
## Main Findings: Male Patients has Longer DUP

Duration of untreated psychosis (DUP) is **3 times** longer in male patients than that in female patients (median of **249** days in male vs. **87** days in female)



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## Other Findings: Male Patients have More Negative Symptoms

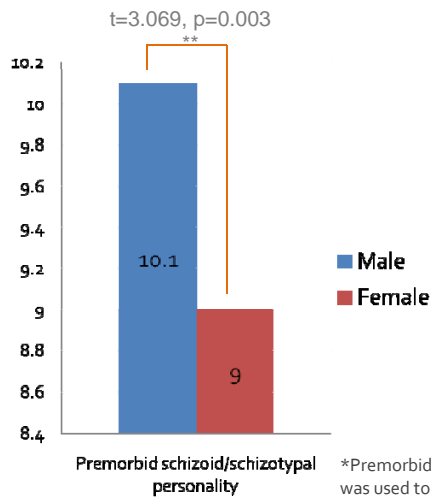


Male patients have significantly more negative symptoms (eg, poverty of speech and thought, lack of facial expression, lost of interest and motivation, unable to take care of their hygiene, withdraw from social networks) than female patients after their treatment.

\* Ratings of negative symptoms consist of 7 items, each rated on a 7-point scale, higher score indicates higher severity.

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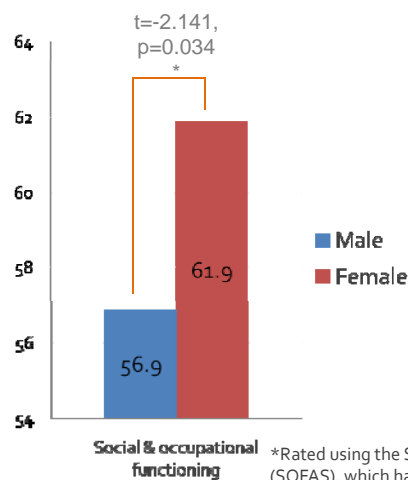
### Other Findings: Male Patients have More Premorbid Personality Traits



Male patients have significantly more schizoid and schizotypal personality traits (eg, solitary, suspicious, and superstitious traits) than female patients before the illness.

\*Premorbid Schizoid and Schizotypal Traits (PSST) Scale was used to assess 7 areas of premorbid dysfunction, 7 items were rated on a 4-point scale, with 1 representing normal and 4 severely abnormal.

### Other Findings: Male Patients have Worse Social & Occupation Functioning



Male patients have significantly worse social and occupational functioning level than female patients after their treatment.

\*Rated using the Social and Occupational Functioning Assessment Scale (SOFAS), which has a range of scores from 1 to 100, with lower scores representing impaired functioning.

## Other Findings

- Variables which are found not related to gender
  - Age
  - Years of education
  - Occupational status
  - Premorbid adjustment
  - Positive symptoms (eg, hallucinations, delusions, disorganized thoughts and speech)
  - Cognitive function (eg, information IQ, verbal fluency, working memory)

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## Summary of Findings

- Male patients:
  - have longer delay in first psychiatric treatment. Duration of untreated psychosis (DUP) is 3 times longer
  - have more severe premorbid traits (eg, solitary, suspicious, and superstitious traits)
- After initial treatment, male patients:
  - have more negative symptoms (eg, poverty of speech and thought, lack of facial expression, lost of interest and motivation, unable to take care of their hygiene, withdraw from social networks)
  - have poorer social and occupational functioning

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## Interpretations & Implications

- Male patients may have specific illness pattern
- Possible reasons for gender differences:
  - Protective effects of oestrogen
  - Men less able to communicate problems or seek help
- Specialized intervention services (such as JCEP project) should explore ways to target gender-specific needs

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## Question & Answer Session

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