

Intervention Opportunities in Early Phase Schizophrenia

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Why consider early intervention in Sz?

- Treatment for persons with Sz is often delayed
 - Duration of untreated psychosis ranges from 1-3 years in U.S. First Episode Psychosis (FEP) cohorts
- Chronic disease management is ineffective and costly
 - Unemployment rates vary between 80-90% among persons with established Sz
 - Economic cost of \$62.7 billion in 2002

Early intervention may improve LT outcome

- NIMH supports research in the prodrome and FEP
 - North American Prodrome Longitudinal Study (NAPLS)
 - Recovery After an Initial Schizophrenia Episode (RAISE)
- To date, few prevention trials in the prodrome
 - 5 RCTs testing medications/CBT suggest that targeted treatment reduces transition to psychosis over 12 months
 - 1 RCT testing Omega-3 vs. placebo shows 80% reduction in transition to psychosis over 12 months

Can we reduce disability following FEP?

- Evidence is strongest for interventions delivered immediately after FEP
 - Better response to antipsychotic medications
 - Better outcomes for social and vocational rehabilitation
- But can multi-component, team-based treatment approaches for FEP be scaled-up in the U.S.?
 - Is this feasible? – RAISE Implementation Study
 - Is this effective? – RAISE Early Treatment RCT