Role of Antipsychotic Medications in the Long-Term Treatment of Psychosis

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CHICAGO FOLLOW-UP STUDY LONGITUDINAL RESEARCH DESIGN

Phase of Disorder Studied

Index Hospitalization → First FU (2 yrs) → Second FU (4.5 yrs) → Third FU (7.5 yrs) → Fourth FU (10 yrs) → Fifth FU (15 yrs) → Sixth FU (20 yrs)
<table>
<thead>
<tr>
<th>PATIENT POPULATION STUDIED AT 20 YEAR FOLLOWUPS</th>
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</thead>
<tbody>
<tr>
<td>Sample = 139 Psychotic Patients</td>
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<table>
<thead>
<tr>
<th>Diagnostic Groups</th>
<th>2 Important Subgroups:</th>
</tr>
</thead>
<tbody>
<tr>
<td>70 Schizophrenia Spectrum Disorders (SZ)</td>
<td>25 SZ Patients Prescribed Antipsychotics at All Followups (over 20 Years)</td>
</tr>
<tr>
<td>69 Psychotic Mood Disorders</td>
<td>15 SZ Patients Not On Antipsychotics at Any Followup (over 18 Years)</td>
</tr>
</tbody>
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| Median Age at Index Hospitalization = 23 Years |  |
|------------------------------------------------| |
## PERCENT OF SCHIZOPHRENIA PATIENTS ON ANTIPSYCHOTIC MEDICATIONS AND PERCENT NOT IN TREATMENT

<table>
<thead>
<tr>
<th></th>
<th>Antipsychotics</th>
<th>Other Psychiatric Medications</th>
<th>In Treatment No Medications</th>
<th>No Mental Health Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Year FU</td>
<td>64%</td>
<td>6%</td>
<td>11%</td>
<td>19%</td>
</tr>
<tr>
<td>4.5 Year FU</td>
<td>63%</td>
<td>12%</td>
<td>5%</td>
<td>19%</td>
</tr>
<tr>
<td>7.5 Year FU</td>
<td>59%</td>
<td>16%</td>
<td>2%</td>
<td>24%</td>
</tr>
<tr>
<td>10 Year FU</td>
<td>59%</td>
<td>16%</td>
<td>3%</td>
<td>22%</td>
</tr>
<tr>
<td>15 Year FU</td>
<td>61%</td>
<td>8%</td>
<td>6%</td>
<td>25%</td>
</tr>
<tr>
<td>20 Year FU</td>
<td>52%</td>
<td>14%</td>
<td>10%</td>
<td>24%</td>
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</tbody>
</table>
**PREVIEW OF OUR DATA ON RELATION OF ANTIPSYCHOTIC MEDICATIONS TO RECOVERY IN SCHIZOPHRENIA**

• **Surprise:** Multiple aspects of our data indicate that longitudinally SZ patients off antipsychotics for prolonged periods are functioning significantly better.

• The data indicate that after the first 2 years antipsychotics do not diminish psychosis.

• Even when controlling for psychosis, SZ prescribed antipsychotics had poorer work functioning (p<.01).

**WHAT FACTORS ARE INVOLVED HERE?**

• The subsample of SZ patients who have left treatment are not included in double blind drug-placebo studies.

• Double-blind studies of SZ previously in treatment for over a year are withdrawal studies.
LONGITUDINAL COMPARISONS OF PSYCHOSIS IN MEDICATED AND UNMEDICATED SCHIZOPHRENIA PATIENTS

% SZ With Psychotic Activity

Prescribed Antipsychotics at Followup
Not On Psychiatric Meds at Followup
20 YEAR LONGITUDINAL ASSESSMENT OF PSYCHOSIS IN SCHIZOPHRENIA

% SZ With Psychotic Activity

- 60% at 2 yrs
- 23% at 4.5 yrs
- 25% at 7.5 yrs
- 8% at 10 yrs
- 8% at 15 yrs
- 8% at 20 yrs

- Always Prescribed Antipsychotic Medications
- Not Prescribed Psychiatric Medications at Any Assessment
DO ANTIPSYCHOTICS DIMINISH PSYCHOSIS IN SCHIZOPHRENIA? CONTROLLING FOR POTENTIAL FAVORABLE PROGNOSIS* 15 YEAR FOLLOWUPS

% SZ Psychotic at 15 Year Followup

*Vaillant Stephens Prognostic Index

Not Prescribed Antipsychotics & Good Prognosis

Prescribed Antipsychotics & Good Prognosis

Not Prescribed Antipsychotics & Poor Prognosis

Prescribed Antipsychotics & Poor Prognosis
DO ANTIPSYCHOTICS DIMINISH PSYCHOSIS IN SCHIZOPHRENIA? CONTROLLING FOR PREMORBID DEVELOPMENTAL ACHIEVEMENTS* 15 YEAR FOLLOWUPS

*Zigler Scale of Premorbid Developmental Achievement

<table>
<thead>
<tr>
<th>Condition</th>
<th>Antipsychotics</th>
<th>Developmental Achievements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Prescribed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prescribed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good</td>
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</tbody>
</table>

% SZ Psychotic at 15 Year Followup

- 0% Not Prescribed & Good Developmental Achievements
- 67% Prescribed & Good Developmental Achievements
- 70% Prescribed & Poor Developmental Achievements
20 YEAR LONGITUDINAL ASSESSMENT OF REHOSPITALIZATION IN SCHIZOPHRENIA

% SZ Re-hospitalized During Followup

- 4.5 Years: 54%, 13%
- 10 Years: 57%, 0%
- 15 Years: 43%, 0%
- 20 Years: 50%, 18%

Legend:
- Red: Prescribed Antipsychotics at Followup
- Blue: Not on Psychiatric Meds at Followup
SZ WITH PSYCHOTIC ACTIVITY AT 4 OR MORE FOLLOWUPS

% of SZ With Psychosis at 4 or More Followups

- **Always Prescribed Antipsychotics**: 85%
- **Sometimes on Antipsychotics**: 50%
- **Never on Antipsychotics**: 8%
20 YEAR LONGITUDINAL ASSESSMENT OF WORK FUNCTIONING IN SCHIZOPHRENIA PATIENTS: MEDICATED AND UNMEDICATED PATIENTS

% SZ Working
Half Time or More

Never on Antipsychotics At Any Assessment
Always Prescribed Antipsychotics
COMBINATION OF ANTIPSYCHOTIC MEDICATIONS AND PSYCHOSIS IN SZ: RELATION TO WORK FUNCTIONING AT 20 YEAR ASSESSMENTS

% SZ Working Half Time Or More

- Prescribed Antipsychotics & Psychotic: 5%
- Not Prescribed Antipsychotics & Psychotic: 43%
- Prescribed Antipsychotics & Not Psychotic: 53%
- Not Prescribed Antipsychotics & Not Psychotic: 87%
COMBINATION OF ANTIPSYCHOTIC MEDICATIONS AND NEGATIVE SYMPTOMS IN SZ: RELATION TO WORK FUNCTIONING AT 20 YEAR ASSESSMENTS

% SZ Working Half Time Or More

- Prescribed Antipsychotics & Have Negative SXs: 11%
- Not Prescribed Antipsychotics & Have Negative SXs: 33%
- Prescribed Antipsychotics & Do Not Have Negative SXs: 36%
- Not Prescribed Antipsychotics & Do Not Have Negative SXs: 73%
HOW PROTECTIVE ARE ANTIPSYCHOTICS AGAINST RELAPSE?

% Non-Psychotic SZ Relapsing (psychotic activity at next followup)

- 2 Years to 4.5 Years: 30% SZ Patients Prescribed Antipsychotics, 10% SZ Patients NOT on Antipsychotics
- 7.5 Years to 10 Years: 22% SZ Patients Prescribed Antipsychotics, 0% SZ Patients NOT on Antipsychotics
- 15 Years to 20 Years: 50% SZ Patients Prescribed Antipsychotics, 13% SZ Patients NOT on Antipsychotics
% SCHIZOPHRENIA PATIENTS (SZ) REHOSPITALIZED AT 3 OR MORE (OF THE 6) FOLLOWUPS OVER THE 20 YEAR PERIOD

- % Rehospitalized 3 or More Times
  - Always Prescribed Antipsychotics: 52%
  - Never on Antipsychotics: 7%
% SCHIZOPHRENIA PATIENTS IN COMPLETE RECOVERY DURING FOLLOWUP YEAR: LONG-TERM MEDICATION STATUS

- Always Prescribed Antipsychotics
- Not on Antipsychotics at Any Assessment
20 YEAR LONGITUDINAL ASSESSMENT OF WORK FUNCTIONING IN SCHIZOPHRENIA AND MOOD DISORDERED PATIENTS

% Working Half Time or More

- Schizophrenia Patients
- Mood Disordered Patients
20 YEAR LONGITUDINAL ASSESSMENT OF WORK FUNCTIONING IN MOOD DISORDERED PATIENTS

% Working
Half Time or More

- On Antipsychotics
- On Other Meds
- No Meds

2 yrs 4.5 yrs 7.5 yrs 10 yrs 15 yrs 20 yrs

On Antipsychotics
64% 67% 59% 83% 80% 68%

On Other Meds
63% 44% 32% 31% 37% 33%

No Meds
89% 84% 87% 85% 84% 80%
Conclusions
Our longitudinal data indicate that 1) not all SZ need long-term antipsychotic treatment 2) and data on psychosis indicate that multiyear antipsychotic treatment does not eliminate psychosis for most SZ. None of the 25 SZ prescribed antipsychotics continually throughout the 20 years were completely psychosis free throughout the 20 years. A number of SZ who had left long-term treatment experienced periods of recovery.
Conclusions (Cont.
The 20 year data for the SZ continuously prescribed antipsychotics did not show improvement over time in terms of less or “milder” psychosis at the 15 year and 20 year assessments than at the 2 and 4.5 year assessments.

In view of the high percent of SZ with psychotic symptoms at most of the 20 years of followups, our data suggest that continuous post-hospital antipsychotic treatment does not reduce the number of SZ with psychotic activity.

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To Be Continued...