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# PSYCHOPHARMACOLOGICAL APPROACH TO THE TREATMENT OF ADOLESCENTS IN THE FIRST PSYCHOTIC EPISODE

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## Summary

**Introduction.** The first psychotic episodes in adolescents represents a great challenge in the psychopharmacologic and diagnostic point of view. Atypical antipsychotics are the first line treatment of children and adolescents with psychotic disorders. Typical antipsychotics are used as second-line treatment.

**Objective.** The aim of the study was to assess, analyze and present data on psychopharmacologic treatment of first psychotic episodes in adolescents who were hospitalized at the Clinic for Mental Disorders "Dr Laza Lazarevic" in the Clinical department for older adolescents.

**Method.** The research was conducted as a retrospective naturalistic study conducted in the period from 01.07.2012. to 08.30.2014. The sample consisted of 60 hospitalized patients with a first psychotic episode. The therapy administered at discharge was recorded. The survey instrument was a closed questionnaire composed for this article. Data analysis was performed by means of descriptive statistics.

**Results.** Out of 60 patients incidence of those treated with typical antipsychotic was 40 %, atypical 33.33 %, while the incidence of combined therapy with typical and atypical was 26.67 %. The average length of treatment of patients on monotherapy typical antipsychotic was 28.79 days ( $\bar{X}$  = 28.79), atypical 24.15 ( $\bar{X}$  = 24.15) and a combination of typical and atypical 27.44 ( $\bar{X}$  = 27.44). Hallucinations show a better response to typical antipsychotics, while delusions respond about the same in both drug groups.

**Conclusion.** Successful treatment of initial psychotic episode, especially among adolescents, is crucial for minimizing the consequences for the personal and social functioning. In relation to the course of the disease, duration of treatment and side effects, atypical antipsychotics have the advantage over the first-generation drugs, as has been shown by the results of the study.

**Key words:** adolescent, first psychotic episode, typical antipsychotic, atypical antipsychotic















