

Integrated care model for mental health in Osona

The treatment of mental health conditions presents clinical and organizational challenges in a care system that is fragmented across mental health and medical sectors. We describe the integrated mental health care model used in Osona: a community collaborative care model.

Case management programme for patients discharged from an emergency department after a suicide attempt

A prior suicide attempt is the strongest predictor of suicide. Accurate follow-up of patients who have attempted suicide helps to reduce repeat attempts. This programme consists of telephone and face-to-face visits over a year, to evaluate suicide risk and promote treatment compliance. Two hundred suicide attempts were registered in a total of 181 patients in 2015. Only 9.4% of the patients were not followed up by our mental health service.

Book presentation: Life histories of people who have attempted suicide (qualitative research)

A book will be presented that is based on the life stories of people who have attempted suicide and survived. The aim of the work is to identify risk and protective factors of suicide. Remarkably, most of the patients interviewed had experienced trauma in childhood.

The role of occupational therapy in recovery from depression

Depression is a major cause of disability and illness, with high costs for the health system and society in general. In recent years, the effectiveness of antidepressant drugs has been questioned. Although depressive disorders tend to improve with these treatments, residual symptoms frequently remain and are associated with the risk of new episodes or relapses that appear after shorter intervals. The guidelines of many specialized clinics propose a stepped-care model of intervention, in which less intrusive actions are prioritized, including low-intensity psychosocial interventions.

Influence of trauma on the start and evolution of psychosis

The author presents the results of studies in her research area:

- The prevalence and clinical impact of childhood trauma in patients with severe mental disorders
- Post-traumatic stress disorder comorbidity and clinical implications in patients with severe mental illness
- Cumulative effects of childhood traumas: polytraumatization, dissociation, and schizophrenia

Psychosocial moderator and mediator factors of the stress response in multiple sclerosis and its relationship with disease progression: a case-control study

This study compares psychosocial moderators/mediators of the stress response in people with Multiple Sclerosis (pwMS) and healthy controls, and observes their association with disease progression. Forty-one patients and 41 healthy controls participated. The psychosocial factors that were measured were coping style, social support, anxiety, alexithymia, and early life stress. Disease progression was measured through disability and functionality. PwMS scored significantly higher on avoidance and instinctive coping, anxiety and alexithymia, but lower on social support. Disability and functionality were related to avoidance and anxiety.

Psychological impact and incidence of mental disorders after abortion

Concern has been expressed about the potential harm to women's mental health associated with abortion, but it remains unclear whether abortion is associated with an increased risk of subsequent psychiatric problems. We present the results of a study on a sample of women who had abortions and were followed up and interviewed about their mental status.

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