



# **The effectiveness of an early intervention team in the treatment of first-episode psychosis**

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## **Objective**

*To compare clinical practice and treatment effectiveness in patients managed by an early intervention (EI) team, and a general adult mental health team, and explore implications for service delivery.*

## **Methods**

*A retrospective file audit was conducted comparing the treatment of two groups of 20 first-episode patients before and after the establishment of an early intervention team.*

## **Results**

*EI patients had significantly higher levels of interaction with staff and were more likely to receive atypical antipsychotic medication, though at equivalent peak dosages. Both groups improved clinically with reduced symptoms and improved psychosocial functioning at the end of the six month follow-up period, however symptom improvement was significantly greater for the EI group.*

## **Conclusions**

*The findings suggest that stand-alone EI teams offer improved clinical effectiveness over standard care.*

## **Keywords**

*early intervention, first-episode psychosis, effectiveness, psychosocial functioning, outcome*