BACKGROUND:
Compliance is one of the most important factors to achieve recovery in psychotic patients and it has been associated with fewer relapses and fewer hospitalization days. In this retrospective study, we followed 30 patients treated with aripiprazole depot during 18 months. Our aim was to describe the demographic and clinical profile of our patients and to determine the rate of treatment discontinuation after the observation period.

METHODS
Our sample is composed of 30 patients who attended an Outpatient Mental Health Clinic USMC Zaidín, Granada, Spain and who started treatment with Aripiprazole depot in 2015. Treatment compliance was evaluated along a period of 18 months. The use of monotherapy versus polytherapy was also taken into account. We used the short version of the PANSS Scale to measure the presence of symptoms and their severity. The EuroQol Scale was used to measure the quality of life. We also considered the need of admission in Specialized Care Units, such as Rehabilitation Unit, Therapeutic Community or Addiction Treatment Center, which occurred in one third-patients of our sample (n=10).

RESULTS
Our sample was composed of 64% women and 36% men. Average age was 43 years.
In 19 cases (63.3%) the treatment with Aripiprazole depot had been prescribed in an Inpatient Unit because of a relapse, while in 11 cases (36.7%) it was prescribed in an Outpatient Clinic.
43.3% of the sample were in antipsychotic monotherapy with Aripiprazole depot at the time of assessment, and 27% were in total monotherapy, not taking any other psychotropic drug.

CONCLUSIONS
The typical clinical profile of an Aripiprazole depot user was that of a woman of around 40 years old, who starts the treatment after a relapse which required admission to hospital.
Substance abuse was associated with poorer results.
Aripiprazole depot seemed to increase treatment compliance, the absence of which is related to frequent relapses, more severe symptoms and a greater number of comorbidities. Further research in this field is needed to reach more conclusive results.