



## Transcultural Insight : A study on insight of immigrant patients with first episode psychosis /

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Proyectos y Trabajos Académicos. Recurso en Línea. Máster Universitario en Iniciación a la Investigación en Salud Mental.

Monografía

**INTRODUCTION** Lack of insight is a key factor in psychotic psychopathology both for its implications and for its frequency. Most researches on the subject, have been conducted in western countries neglecting the influence of socio-cultural aspects in its study. **OBJECTIVE** We aim to determine how cultural factors modulate the capacity of insight in immigrants affected by a first psychosis episode compared to western patients. **MATERIAL AND METHODS** We compared insight grade evaluated with Beck Cognitive Insight Scale in two immigrant groups (Western and Non-Western) affected by a first episode psychosis according to clinical feature and severity of symptoms measured by Positive and Negative Syndrome Scale (PANSS). **RESULTS** We observed statistically significant differences in insight grade between Western and Non-Western groups ( $p = 0.019$ ). The Western group obtained higher scores in the Self-reflectiveness subscale (R) ( $p = 0.05$ ) and in the Composite Index (R-C) ( $p = 0.013$ ) whereas the mean in the Self-Certainty subscale (C) ( $p = 0.123$ ) was higher in the Non-Western population. Insight grade adjusted by PANSS performance was also examined, showing a statistically significant ( $r = -0.198$ ) inverse relationship. **CONCLUSIONS** We believe that cultural perspective should systematically be considered in the evaluation of all patients diagnosed with first episode psychosis and particularly in the evaluation of insight.

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**Título:** Transcultural Insight : A study on insight of immigrant patients with first episode psychosis presentado por Ignacio Bañuls Miquel ; tutor Julio Sanjuán Arias.

**Editorial:** 2020.

**Descripción física:** 32 páginas.

**Nota general:** Trabajo fin de Máster. Facultad de Medicina. Universidad de Cantabria. Santander.

**Materia:** Psicosis- Proyectos y Disertaciones Académicas. Enfermos mentales- Aspecto Social- Proyectos y Disertaciones Académicas.

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