

Two-stage Integrated Care versus Antipsychotic Medication Alone on Outcomes of Schizophrenia: One-year Randomized Controlled Trial and Follow-up

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**Abstract**

Integrated care can reduce rate of relapse and improve personal and social functions in patients with schizophrenia. We established and evaluated a new model of “intensive-consolidation” two-stage integrated care (IC) for inpatients with schizophrenia. Data were collected between 2012 and 2015. Chinese inpatients with schizophrenia (n = 170) diagnosed according to DSM-IV were randomly assigned to antipsychotic medication-alone (n = 84) or two-stage IC (n = 86) and followed up for 12 months. The IC model included intensive treatments (antipsychotics plus the cognitive behavior therapy and rehabilitation treatment) during hospitalization and

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