

Lang A; Berghofer G; Kager A; Henkel H; Schmitz M; Steiner E; Schmidl F; Rudas S (2002). Zukunftserwartungen und Krankheitsverlauf. Expectations of Patients' Improvement and Outcome. *Krankenhauspsychiatrie*; 13(2): 54-58.

### **Abstract**

Optimistic patients and patients who were evaluated for being optimistic were characterised. Future expectations were tested whether they can serve as prognostic predictors. METHODS: The sample included 425 patients who were diagnosed with DSM-IV. Expectations of patients, relatives, and physicians were evaluated. RESULTS: The patients tended to be more optimistic than their relatives and their physicians. Optimistic respectively optimistic evaluated patients were younger and more healthy. Clinicians prognosted the outcome of 65.5 % of all patients correctly. CONCLUSIONS: Treatment providers should always be aware of patients' expectations about their illness. An optimistic attitude is a therapeutic tool and should always be used when treating patients.

**Key Words:** Improvement, Outcome.