

# Title: Predictors of insight into mental illness among psychotic and non-psychotic patients

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The European journal of psychiatry, 2003, 17 (4), 213-222

ISSN: [0213-6163](#)

URL(Dokument): <http://cat.inist.fr/?aModele=a..t=15339635>

## **Abstract**

The purposes of this study were (1) to create an index of insight into mental illness and (2) to examine predictors of insight within a regionally representative sample of 418 patients. Insight was assessed by means of an index based on three questions. In addition to the questions, the interviewer's estimation of patients' insight was also accounted for on the index. Good insight and moderate insight were associated with young age, marital status married/cohabiting, existence of an intimate confidant, diagnosis of mood disorder, anxiety or adjustment disorder, and alcohol and/or drug dependencies, low illness severity, low self-rated physical and mental health, low age at first treatment, high treatment validation, and few admissions during the study period. Using discriminant analysis, a correct group classification was achieved in 44% of all patients. The index was found to be a quick and acceptable measure that may find application as a method considering levels of insight.

## **Keywords:**

[Marital status](#) - [Age](#) - [Self evaluation](#) - [Human](#) - [Diagnosis](#) - [Anamnesis](#) - [Sociodemographic factor](#) - [Psychometrics](#) - [Prediction](#) - [Test validation](#) - [Symptomatology](#) - [Severity score](#) - [Awareness](#) - [Insight](#) - [Evaluation scale](#) - [Mental disorder](#) - [Typology](#) - [Comparative study](#) - [Psychosis](#)