The Association for Child and Adolescent Mental Health

Monitoring Treatment in Early-Onset Psychosis and Bipolar Disorder

Monitoring is a core part of pharmacological treatment for young people with severe mental illness.

What monitoring covers

Effectiveness
whether symptoms and functioning are improving, which rating scales can help quantify

Side effects
metabolic, extrapyramidal and cardiovascular

Physical health
from baseline before treatment, then at 12 weeks and every 6 months

Why it matters

- **Young people are particularly vulnerable to antipsychotic side effects**
- **Responses vary between individual medications**
- **Findings can guide dose adjustment, a switch of medication or physical health interventions**

Monitoring results should be discussed with young people and their families, and shared between primary care and mental health teams.

Join Dr Marinos Kyriakopoulos and Professor Aditya Sharma at our Expert Half-Day, "Severe Mental Illness: Diagnosis, Pharmacological Management, and Monitoring".

Click here to register