

Summary: The aim of the research project was to identify options telemedicine interventions in the treatment and prevention of relapse in patients with depressive disorder and bipolar affective disorder. We observe 64 patients (28 men and 36 women) who were divided into two groups according to their diagnosis, either with depressive disorder or bipolar affective disorder. Each of these groups was divided into two subgroups, where one was used telepsychiatric adjunctive intervention (SMS or phone or web application) and the other one was the control subgroup. For assessment of patients at the beginning and the end were used scales MADRS, YMRS, CGI and BD- II, observation lasted 52 ± 1 week . We count the number of relapses in episodes of the disease in both diagnostic groups. The results were statistically analyzed and showed that for all patients with affective disorder in the group with telepsychiatric intervention came before and after intervention, significant differences for all measured parameters. For the control group of patients with affective disorder, no differences were observed . When comparing the number of relapses, a statistically significant difference between the experimental and control groups was found. The mean time to relapse , in the weeks since the beginning of follow-up was 41.7 weeks in the experimental group and 18.2 weeks in the control group . The results confirm the hypothesis that the introduction of telepsychiatric intervention can affect the incidence of relapse affective disorders compared to usual outpatient psychiatric care. Influence is positive, we managed to prove that the use of telepsychiatric intervention significantly delays the onset of relapse.