

The OPUS I trial was **the largest in the field with 547** young patients with first episode psychosis were randomized to standard treatment or specialized, assertive treatment with weekly contacts to a staff **member**, family involvement and training of social skills. **Two- five- and ten years follow-up interviews were conducted and combined with information from registers. At two-year follow-up patients in OPUS treatment had less psychotic symptoms (hallucinations and delusions), substance abuse and negative symptoms (lack of energy, initiative and social withdrawal), inpatient service use and better satisfaction with treatment. At five year follow-up, fewer OPUS patients stayed in an institution, and OPUS patients used fewer inpatient days. Health economic analyses of direct costs showed that saving far exceeded expenses to treatment.**

OPUS is implemented as permanent services in all regions in Denmark. The treatment is manualised and described in the book:” Young people with psychosis”, PsykiatriFonden, 2009. Specific training courses in the core elements in the treatment are mandatory for all staff members.

In a randomized clinical trial with 400 patients, the OPUS II trial will compare the effect of OPUS treatment in two versus five years, and several new trials examine the effect of other specific interventions. International researchers and planners of health care are interested in the results of OPUS I and II, and OPUS has received many study visits from different countries.