



LA CLAVE (THE CLUE OR KEY) TO REDUCE TREATMENT DELAY IN LATINOS WITH FIRST EPISODE PSYCHOSIS



Many Latinos with serious mental illness (SMI) and their family members fail to recognize the signs of a first episode of psychosis symptoms. In general, they have poor psychosis literacy which may lead to longer delays in treatment and longer Duration of Untreated Psychosis (DUP).¹ López and colleagues developed a psychoeducational tool known as *La CLAVE* to reduce DUP among Latinos.^{1,2} *La CLAVE* was informed by conceptual models of health literacy.³

La CLAVE is a Spanish mnemonic device that represents the symptoms of psychosis.²

C - represents false beliefs or delusions (*Creencias falsas*)

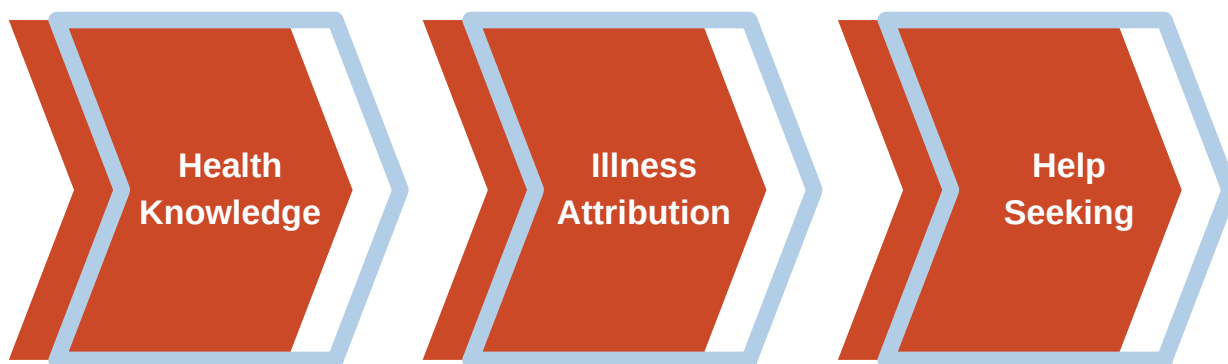
L - stands for disordered speech or thought disorder (*Lenguaje desorganizado*)

A - signifies hallucinations (*Alucinaciones*)

v - represents seeing things that others do not see (*Ver cosas que otros no ven*)

e - represents hearing sounds or voices that others do not hear (*Escuchar voces que no existen*)

La CLAVE uses plain language to guide individuals and caregivers to recognize the three domains of psychosis literacy (i.e., knowledge of psychosis, attributions to mental illness, and help-seeking behaviors).¹ *La CLAVE* uses popular Latin American music, video clips, or art. The purpose of using the mnemonic device and visual arts is to increase participant's knowledge and understanding of psychosis and self-efficacy skills to recognize the symptoms of psychosis in other individuals.^{1,2,4,5}



By identifying these symptoms, individuals and their caregivers will be able to detect SMI earlier and seek treatment, consequently reducing the duration of untreated psychosis (DUP).⁶ DUP is associated with worse long-term functioning-symptoms, decreased remission rates, poorer social functioning, and less treatment benefit.^{7,8} DUP has been attributed to several reasons, including not recognizing SMI symptoms due to low mental health literacy.⁹

For more information visit: <https://www.uselaclave.com> and <https://youtu.be/Nb0jsnp4bP8>



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