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**PSYCHOTIC EPISODE IN SYSTEMIC LUPUS ERYTHEMATOSUS: A CASE REPORT**

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**Introduction:** Systemic lupus erythematosus (SLE) is an autoimmune disease affecting multiple body systems, including the central nervous system. Severe neuropsychiatric symptoms, known as neuropsychiatric systemic lupus erythematosus (NPSLE), can include psychosis. Effective management requires a holistic approach that combines medical treatments with psychological interventions like Cognitive-Behavioral Therapy (CBT).

**Objective:** This study seeks to underscore the significance of recognizing psychosis as a neuropsychiatric manifestation of SLE. It will explore the diagnostic challenges and management strategies associated with SLE-related psychosis while highlighting the importance of cognitive behavioral therapy.

**Methods:** We report the case of a 21-year-old female with a known history of SLE who presented with acute onset of psychotic symptoms, including hallucinations and delusions. Clinical evaluation, neuroimaging, and laboratory findings supported the diagnosis of NPSLE. The patient was assessed with the Beck Inventory, Psychotic Symptom Rating Scale, and Anxiety Inventory to address psychosis symptoms.

The patient received cognitive behavioral therapy to reduce psychotic symptoms such as hallucinations and delusions while improving overall psychological well-being.

**Results:** Following 12 weeks of cognitive behavioral therapy, the patient exhibited significant improvement in her psychotic symptoms. There was a marked reduction in both the frequency and intensity of her hallucinations and delusions. Additionally, the patient reported enhanced psychological well-being, improved daily functioning, and the implementation of more effective coping strategies.

**Conclusion**: This case underscores the importance of early identification and management of neuropsychiatric symptoms in patients with SLE. Prompt intervention is vital for minimizing long-term morbidity and enhancing patient outcomes. Additionally, cognitive behavioral therapy has demonstrated its effectiveness in reducing both the frequency and severity of hallucinations and delusions.

