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Metabolic Syndrome and Its Impact on Quality of Life in Patients with Schizophrenia

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Objectives: The use of atypical antipsychotic drugs led to an unequivocal improvement in the medical treatment of schizophrenia. However, treatment with these drugs is associated with important side effects such as metabolic syndrome. Therefore, screening and management of metabolic syndrome are important for the quality of life in schizophrenia patients. This study aimed to evaluate the prevalence of metabolic syndrome in schizophrenia patients and whether metabolic syndrome have an effect on the quality of life.

Methods: 81 schizophrenia patients who admitted in a university hospital in Republic of Korea were included in this study. For each subject, anthropometric index and laboratory parameters were measured. Metabolic syndrome was defined by NCEP ATP III criteria. Body image questionnaire and Short-Form 36 Health Survey-Korean Version were compared between schizophrenia with metabolic syndrome and or not.

Results: The prevalence of metabolic syndrome with schizophrenia was 37.5% in male patients and 27.3% in female patients. The patients with metabolic syndrome had negative body image, especially body feature, compared to the patients without metabolic syndrome. The patients with metabolic syndrome showed poorer quality of life, especially role physical and bodily pain in SF-36-K.

Conclusion: The prevalence of metabolic syndrome was 33.3% in patients with schizophrenia, which was higher in prevalence compared to the healthy people in Republic of Korea. The patients with metabolic syndrome has poorer quality of life and body image. These results suggest that metabolic syndrome of schizophrenia could be considered selecting antipsychotics and further management would be needed.

Biography:

Yeon Jeong Jang was born in 1989 and raised in South Korea. She received the Bachelor's Degree from Jeju National University, Jeju, Korea, in 2011. Currently she is a Ph.D. candidate under Professor Suhkneung Pyo at Sungkyunkwan University. She has particular interests in metabolic syndrome, obesity and type 2 diabetes mellitus.