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QUALITY OF LIFE AND GENDER RELATED MECHANISMS OF SOCIAL ADAPTATION IN PATIENTS WITH SCHIZOPHRENIA

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Aims: To investigate the quality of life of schizophrenic patients, the influence of gender on their social adjustment and to compare male and female attitude to the quality of life.

Method: Clinical and statistical, instruments for assessing Quality of Life (QOL). 200 patients (150 women and 50 men) were evaluated. We have compared clinical picture, socio-demographic factors, parameters of social adaptation and subjective attitude to the QOL in male and female schizophrenic patients.

Results: The research has indicated sex related differences in the compared parameters. Male patients more frequently revealed personality disorders-like symptoms, they had poor social functioning and even social desadaptation, they were prone to aggression, substance abuse. Nevertheless they displayed subjective satisfaction with their QOL. Female patients more often revealed hypochondriacal symptoms but positive variant of social adaptation. At the same time women subjectively were not satisfied with their QOL.

The study has revealed that gender related mechanisms of social adaptation in women were presented by high compliance. Comparative analysis of males and females of the study exposed that gender related mechanisms of social adaptation with the inclusion of attitudes and behavioural patterns connected with regard of health and compliance are universal irrespective of clinical and social factors.

Conclusion: There are considerable gender differences in the subjective perception of QOL among patients with schizophrenia. The study indicate better social adaptation of females based on specific gender mechanisms. Results will contribute to improve treatment and rehabilitation.