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HAZARDOUS LIFESTYLES IN PATIENTS WITH SCHIZOPHRENIA TREATED WITH ANTIPSYCHOTICS: RESULTS OF THE BOSNIAN CLINICAL STUDY

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Background: Individuals with schizophrenia are in greater risk of physical illnesses and their life is shorter comparing with general population. Hazardous lifestyles as tobacco smoking, lack of physical activity, and obesity contributing to this negative trend. Role of antipsychotic therapy, particularly second generation is also possible. This study aimed to establish hazardous lifestyles in clinical sample of patients with schizophrenia treated with first or second generation antipsychotics.

Method: Study included 60 patients with schizophrenia (38.3% women) treated with antipsychotics for period of six months or longer. Experimental group included 30 patients treated with second generation antipsychotics, and control group included 30 patients treated with first generation antipsychotics. Physical activity, tobacco smoking, and waist circumference as an increased body weight indicator were analysed. Overweight was defined as a waist circumference above 102 cm for males and 88 cm for females.

Results: Mean age was 44.5±12.6. In this sample was 75% tobacco smokers, 30% of subjects taking typical, and 43% of subjects taking atypical antipsychotics declared physical inactivity during most of the day. Increased waist circumference was established in 51.6% of subjects. There wasn't statistically significant difference between two group of subjects (p=0.538).

Conclusion: Hazardous lifestyles including cigarette smoking, lack of physical activity and increased body weight are common in the individuals with schizophrenia. There wasn't statistically significant difference between subjects taking first or second generation antipsychotics.