

Risk Factors Associated with Impulsivity Among Hospitalized Patients

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Introduction:

Impulsivity is recognized as a predisposing factor for addictive, suicidal and aggressive behavior.

Aims:

The aims of our study were to evaluate the level of impulsivity in inpatients and identify risk factors associated.

Methods:

Our study was conducted among 32 inpatients in the psychiatry ward 'B' in Sfax, Tunisia.

We collected socio-demographic and clinical data and we measured impulsivity using the Barratt Impulsiveness Scale (BIS-11), insight using insight Q8 scale and medication adherence rating scale (MARS).

Results:

The mean age of the sample was 36.72 years.

Patients had a low socioeconomic status in 50% of cases.

They had a criminal record in 25% of cases, a history of suicide in 34.4% of cases and addictive behaviors in 59.4% of cases.

Ninety-four percent of patients had a violent behavior.

Patients were diagnosed with schizophrenia in 59.4% of cases, suffering from mood disorders in 28.1% of cases, and had manifested personality disorder in 18.8% cases.

The percentage of patients with a high degree of impulsivity was 59.4.

Patients had poor insight in 75 % of cases and were not adherents to treatment in 65.6 % of cases.

Impulsive patients were smokers ($p=0.046$), had a familial history of violent behavior ($p=0.01$), had poor insight ($p=0.02$) and were not adherent to treatment (0.04).

Conclusion:

Impulsive behavior is associated with several factors, including addictive behavior, poor insight and lack of adherence to treatment. It is imperative to detect and treat them in time to avoid serious consequences.