



## TO STUDY SOCIO-DEMOGRAPHIC AND CLINICAL VARIABLE OF STABLE SCHIZOPHRENIC PATIENTS

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### ABSTRACT

**Background:** Schizophrenia is a chronic and severe mental disorder. Begins in late adolescence or early adulthood and characterized by significant disruption in thinking, language, Perception and behavior.

**Aim:** The aim of the present study was to examine sociodemographic and clinical variable of stable schizophrenic patients.

**Methods:** 100 patients under treatment for schizophrenia who are stable for at least 3 month were included in the study. PANSS (positive and negative syndrome scale) was used for the assessment of stability of schizophrenia patients. Socio-demographical data were used to evaluate the related factors. **Results:** The majority of the patient's were male, 51% were married and belonged to Hindu religion, majority were literate up to various levels, unemployed and belonged to no income group, majority live in urban area. The mean age of the patient was  $35.28 \pm 10.20$  years, Mean of monthly income  $865 \pm 3473.0$ , Mean of age of onset of illness was  $25.87 \pm 8.82$  years, Mean of total duration of illness was  $9.49 \pm 6.77$  years, Mean of number of hospitalization was  $.79 \pm 1.43$ , the Mean of time spent in the hospital was  $12.31 \pm 25.49$  days, while Mean of PANSS scores were  $44.98 \pm 7.18$ . **Conclusion:** The study gives insight about demographic and clinical variables in stable schizophrenic patients.

**KEYWORDS :** Schizophrenia, Socio-demographic, Clinical Variable

### INTRODUCTION

Schizophrenia is a chronic and severe mental disorder. Characterized by long and progressive illness in various individuals.<sup>[1]</sup> Typically begins in late adolescence or early adulthood and characterized by significant disruption in thinking, language, perception and behavior that impair daily functioning, and can be disabling and often includes psychotic experiences, such as hearing voices or delusions followed by presentation of inappropriate emotions.<sup>[2]</sup> Schizophrenia alters individuals' perception of reality, in which the patient loses connection with actuality. It often results in a loss of social functioning in affected individuals.<sup>[3]</sup> About twenty-one million individuals suffer from schizophrenia globally (WHO).<sup>[2]</sup> It has been estimated that approximately 7 individuals per 1000 will develop schizophrenia during their lifespan. The prevalence of schizophrenia approaches 1% internationally. The incidence of schizophrenia 1.5 per 10,000 people. Schizophrenia also commonly starts earlier among men.<sup>[4,5,6]</sup> Most of the studies have focused on active cases of schizophrenia. Here by this study we intended to find profile of stable schizophrenic patients.

### MATERIAL AND METHOD:

The study was cross sectional in nature. The study duration was of one year from the date of approval of ethics committee. Purposive sampling technique was used. The study sample consisted of 100 patient of schizophrenia. Patients attending Psychiatry OPD in mental hospital and MY hospital, Indore were recruited in the study. The patients who met the diagnosis of schizophrenia as per ICD-10 and aged between 18-65 years having minimum one year of illness and clinically stable since 3 months were included in the study. Patient of schizophrenia with other mental illness and additional organic disease or intellectual disability were excluded. Written informed consent was obtained from all participants after complete description of the study to the subjects. Assessment of patient group was done as per described methodology. Socio-demographic data was collected. After that clinical assessment of patient group was done using PANSS scales.

### RESULTS:

**Table 1. Socio demographic variable of patient (categorical)**

Variable	Frequency (n)	Percentage (%)
<b>Gender</b>		
Male	59.0	59
Female	41.0	41
<b>Marital status</b>		
Single	41	41
Married	51	51
Widowed	1	1
Divorced	6	6
Separate	1	1
<b>Religion</b>		
Hindu	93	93
Muslim	6	6
Christian	1	1
<b>Education</b>		
Illiterate	17	17
Primary	28	28
Middle	24	24
High school	23	23
Diploma	3	3
Graduate/postgraduate	5	5
<b>Occupation</b>		
Unemployed	83	83
Unskilled	6	6
Skilled	3	3
Semiskilled	1	1
Clerk/shopkeeper/farmer	5	5
Semiprofessional	2	2
Professional	0	0
<b>Income</b>		
No income	84	84
< = 1802 rs	1	1
1803-5380 rs	9	9
5381-8998 rs	3	3
8989-13494 rs	1	1
13495-17999 rs	0	0
18000-36016 rs	1	1
>36016 rs	0	0
<b>Locality</b>		
Rural	40.0	40.0

Urban	60.0	60.0
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Table1. 59% were Males, 51% were married, 93% belonged to Hindu religion, 83% were literate up to various levels, 83% were unemployed and majority belonged to urban 60% area.

**Table2. Characteristic of patient**

	Mean	Standard deviation	Range
Age (yr)	35.28	10.20	19-60
Monthly income(Rs)	865	3473.0	0-30000
Age of onset of illness (years)	25.87	8.82	15-57
Total duration of illness (years)	9.49	6.77	2-36
Number of hospitalization	.79	1.43	0-10
Time spent in the hospital (days in total)	12.31	25.49	0-165
PANSS	44.98	7.18	31-64

Table 2 shows the characteristic of patient mean age  $35.28 \pm 10.20$  years. Mean of monthly income  $865 \pm 3473.0$  Rs. Mean of age of onset of illness was  $25.87 \pm 8.82$  years. Mean of total duration of illness was  $9.49 \pm 6.77$  years, Mean of number of hospitalization was  $.79 \pm 1.43$ , the mean of time spent in the hospital was  $12.31 \pm 25.49$  days, while mean of PANSS scores were  $44.98 \pm 7.18$ .

**DISCUSSION**

The male patients were (59%) and female's patients were (41%). Male gender had a slight preponderance among patients, (17%) were illiterate, while (83%) were literate up to various levels. (83%) were unemployed individuals and (17%) were employed. (60%) belonged to urban while (40%) belonged to rural background. In a study done by **Kuchhal, et al** similar finding (61.54%) male, (26.92%) illiterate, (76.92%) of the patients unemployed were found, but majority belonged to rural background.<sup>[7]</sup> The reason could be the site of our study, which is tertiary care centre and mainly urban population.

Among patients (51%) were married, (41%) unmarried and (1%) are widowed, Divorced patient were (6%) and (1%) are separate. A study conducted by **Bhat, et al** patient above (53.3%) were unmarried, (33%) were married and (14.7%) were divorced. In their study the majority of Patient was unmarried.<sup>[8]</sup>

The mean age of the patients was  $35.28 \pm 10.20$  years, Mean of total duration of illness was  $9.49 \pm 6.77$  years. **Yazıcı et al** in their study found the mean age of the patients was  $39.27 \pm 11.70$  years, that was similar to current study. However mean of duration of illness was  $15.79 \pm 9.18$  years, higher than the current study.<sup>[9]</sup>

Mean of monthly income was  $865 \pm 3473.0$  Rs. Mean of age of onset of illness was  $25.87 \pm 8.82$  years. **J. M. RIB\_E et.al** also found similar finding. In their study Mean of age of onset of illness was  $25.8 \pm 9.7$ . As per literature also age of onset in schizophrenia is 10 to 25 years for men and 25 to 35 years for women.<sup>[10]</sup>

Mean of number of hospitalization was  $0.79 \pm 1.43$ . The mean of time spent in the hospital was  $12.31 \pm 25.49$  days. **Yazıcı et al** in their study found the mean of number of hospitalization was  $3.40 \pm 4.38$ . Mean of time spent in the hospital was  $94.54 \pm 128.16$  days. This is different from our study.<sup>[9]</sup> Similarly mean of PANSS scores was  $44.98 \pm 7.18$ . A study by **Mikkilineni et al** found the score of PANSS  $57.30 \pm 12.74$ .<sup>[11]</sup> Mean of PANSS was lower in our study, as we have taken stable patients of schizophrenia.

**CONCLUSION**

On the basis of available literature and results of present study, age of onset is similar as mentioned in literature,

majority were male, Hindu, urban and unemployed.

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