



## A COMPARATIVE STUDY OF DISABILITY IN SCHIZOPHRENIA AND OBSESSIVE COMPULSIVE DISORDER

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### ABSTRACT

**Background:-** As we know that most of the psychiatric illnesses follow a chronic course so not only they affect the condition of living but also worsens the relationship to the social environment along with the communication and occupational skills, thus adding several years of disability in patients which in turn increases burden on the family as well as the community.

**Objectives:-** To assess and compare disability among Schizophrenia and OCD patients.

**Materials And Methods:-** This was a Hospital based Cross-sectional study, conducted in Outpatient Department of Psychiatry, N.S.C.B. Medical College, Jabalpur. Evaluation of 100 cases (50 in each group) diagnosed with Schizophrenia and OCD as per the criteria of ICD- 10 who were on the maintenance treatment was done and their disability was assessed using IDEAS scale.

**Results :-** Majority of patients in both groups belonged to 20-30 years of age group. Most of the Schizophrenic patients were married males as compared to the OCD group in which the higher number were of married females. Moreover, it was found that Schizophrenics have greater disability burden as compared to OCD.

**Conclusion:-** We can conclude that both the disorders cause functional impairment, Schizophrenia being more disabling than OCD.

### KEYWORDS : Schizophrenia; OCD ; Disability

#### INTRODUCTION:-

Today, the world is facing a tremendous increase in mental, social and behavioural health problems.

With the fact that most of the psychiatric illnesses follow a chronic course, so not only they affect condition of living but also add several years to live in a disabled manner.

According to the statistics, in 2017 around 970 million people worldwide and 197.3 million people in India were living with a mental disorder.<sup>1</sup>

In 2017, mental disorders were the leading cause of YLDs in India contributing 14.5% of the total YLDs and 4.7% (3.7–5.6) of the total DALYs in India.<sup>2</sup>

In 1980, the World Health Organization (WHO) defined disability “as an individual limitation or restriction of an activity as the result of an impairment.”<sup>3</sup>

The second leading cause of disease burden in terms of Years Lived with Disability (YLDs) and the sixth leading cause of Disability-Adjusted Life-Years (DALYs) in the world in 2017 are mental disorders and they are putting the serious burden on health services especially in developing countries.<sup>3</sup>

Schizophrenia and OCD are the representatives for two different types of mental disorders i.e. psychotic and neurotic and by comparing disability among them can give us an insight into their problems.

The chronic and debilitating nature of Schizophrenia causes enormous disability when remains untreated.

In India, every 3<sup>rd</sup> person in 1000 people is affected with schizophrenia.<sup>4</sup> It is almost equally prevalent in both males and females.

Schizophrenia remains one of the top causes of disability in the world despite 50 years of pharmacological and psychosocial intervention.

In the age group of 15 - 44 years, Schizophrenia is listed as the fifth leading cause of loss of DALYs worldwide and causes disability in many domains of life like personal care, interpersonal relations, social relations and occupation.

Obsessive-Compulsive disorder (OCD) is a chronic psychiatric illness associated with significant global disability. OCD has a lifetime prevalence of 2-3% and is more common in females as compare to male.<sup>5</sup>

Due to repetitive thoughts and behavior, OCD patients mostly face problems in performing their day-to-day activities efficiently, ultimately affecting their occupational and social well-being as well as functioning.

So, in this study, we are going to learn broadly about two different psychiatric disorders and compare the disability among them.

#### METHODOLOGY AND PROCEDURE:-

Site:- Outpatient Department of Psychiatry, N.S.C.B Medical College, Jabalpur

Sample:- Purposive sampling technique was used to select 50 patients of OCD and Schizophrenia.

Study Design:- Comparative Cross-sectional study.

Duration:- 6 months

#### CRITERIA FOR SELECTING PATIENTS

##### Inclusion Criteria :-

- The diagnosed cases of Schizophrenia and OCD according to the ICD-10 by the consultant psychiatrist at OPD who were on maintenance treatment were selected.
- Those were in between age group of 18 to 60 years of either sex.
- Patients giving written informed consent before assessment.
- Patients who were cooperative for interview.
- Minimum duration of illness should be 2 years, so he/she who fitted into the criteria of the IDEAS scale.
- Patients who could read/write in Hindi/English language

##### Exclusion Criteria:-

- Patients with other co morbid psychiatric conditions and organic mental conditions.
- Persons with other co morbid physical illnesses.
- Patients who didn't give informed consent.

##### Assessment Tools:-

- ICD-10 for the diagnosis of Schizophrenia and OCD.
- Written informed consent form
- Semi-structured Data Entry Performa
- Indian Disability Evaluation Assessment Scale (IDEAS)

##### Procedure:-

- One hundred cases (50 in each group), who were on maintenance treatment, were selected from the outpatient department of N.S.C.B Medical College on the basis of Inclusion and Exclusion criteria.

- The entire selected patient's information was collected in semi-structured Performa and then they were assessed using IDEAS scale.

**Statistical Method:-**

Data analysis was done with SPSS software.

**RESULTS:-**

**Table No.1 : Showing Socio-demographic Distribution :-**

AGE DISTRIBUTION				
VARIABLES	OCD		SCHIZOPHRENIA	
MEAN AGE	34.98±9.15		36.66±9.80	
AGE GROUP(YEARS)				
	FREQU ENCY	PERCENT TAGE (%)	FREQU ENCY	PERCENT AGE (%)
10-20	2	4.0	1	2.0
20-30	19	38.0	18	36.0
30-40	15	30.0	15	30.0
40-50	11	22.0	11	22.0
50-60	3	6.0	5	10.0
GENDER DISTRIBUTION				
FEMALE	26	52.0	23	46.0
MALE	24	48.0	27	54.0
MARITAL STATUS				
MARRIED	33	66.0	35	70.0
UNMARRIED	17	34.0	14	28.0
WIDOW	0	0.0	1	2.0
RELIGION DISTRIBUTION				
HINDU	47	94.0	45	90.0
JAINISM	3	6.0	0	0.0
MUSLIM	0	0.0	5	10.0
INCOME DISTRIBUTION				
0-10,000	29	58.0	50	100.0
10,000-20,000	7	14.0	0	0
20,000-30,000	4	8.0	0	0
30,000-40,000	8	16.0	0	0
40,000-50,000	2	4.0	0	0
OCCUPATION				
PROFESSIONALS	10	20.0	1	2.0
FARMERS/LABOU R/HOUSEMAKER	25	50.0	30	60.0
SKILLED	9	18.0	0	0.0
SEMISKILLED	2	4.0	4	8.0
UNSKILLED	4	8.0	15	30.0
EDUCATION				
PRIMARY SCHOOL EDUCATION	1	2.0	11	22.0
MIDDLE SCHOOL EDUCATION	7	14.0	14	28.0
HIGH SCHOOL EDUCATION	6	12.0	8	16.0
HIGHER SECONDARY EDUCATION	13	26.0	12	24.0
UNDERGRADUAT E	19	38.0	5	10.0
POSTGRADUATE	4	8.0	0	0.0
Total	50	100.0	50	100.0

**Table No. 2 Comparison Of Disability Levels In OCD And Schizophrenia On Maintenance Treatment**

IDEAS SCALE	MENTAL DISORDER	MEAN±SD	t-value	p-value
SELF CARE	OCD	0 ± 0	-5.715	.001
	SCH	0.4 ± 0.49		
INTERPERSONAL ACTIVITIES	OCD	0.56 ± 0.5	-2.090	.039
	SCH	0.8 ± 0.64		
COMMUNICATION AND UNDERSTANDING	OCD	0.72 ± 0.73	-.266	.790
	SCH	0.76 ± 0.77		

WORK	OCD	0.6 ± 0.76	-2.123	.036
	SCH	0.92 ± 0.75		
TOTAL SCORE	OCD	4.4 ± 1.78	-4.017	.001
	SCH	6.12 ± 2.45		

**DISCUSSION:-**

The mean age in OCD patients was 34.98 ± 9.15 years while in Schizophrenics it was 36.66 ± 9.80 years. In our study, majority of patients in both groups (OCD:38% ,SCH: 36%) belonged to the category of 20 to 30 years of age.

We also found that 52% of OCD patients were females while 54% of Schizophrenics were males and 66% of OCD patients and 70% of schizophrenics were married in our study.

Our findings in both the groups were consistent with the studies of P.Hebrani et al.<sup>6</sup> , SP Swain et al.<sup>7</sup> and R K Solanki et al.<sup>8</sup>

In this study, we also got the result that OCD patients were comparatively wealthier and had higher education levels than the Schizophrenic patients.

Moreover, majority of the patients (OCD: 50%, SCH: 60%) in both the groups fall under the category of farmers/labourers/house makers. In our study, OCD patients showed lower disability levels as well as lower mean scores in all the 4 domains of IDEAS scale.The mean Global Disability scores were also lower in OCD patients than in Schizophrenic patients.

Our findings were in concordance with the findings of SP Swain et al.<sup>7</sup> , Mohan I et al.<sup>9</sup> ,R K Solanki et al.<sup>8</sup> and Chaudhary PK et al.<sup>10</sup>

**CONCLUSION:-**

After thorough review of previous literature along with the results of our study, it is clear that mental disorders have deleterious effects on the functioning ability of the patients. We studied two different types of mental illnesses, psychotic and neurotic, to know which one of them causes more impairment and deterioration of one's living condition.

OCD patients had lower mean scores in all the domains of disability as compared to Schizophrenic patients on maintenance treatment. Schizophrenic patients showed maximum disability in the area of work.

Moreover, Schizophrenics had higher disability levels as compared to OCD patients.

Thus, we can say that both Schizophrenia and OCD are chronic mental disorders and therefore causes functional impairment in the patients suffering from these illnesses and this in turn increases the burden on the family and the community.

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**Conflicts Of Interest** There are no conflicts of interest.

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