



RISKS TO PATIENTS' PHYSICAL WELL-BEING ASSOCIATED WITH SCHIZOPHRENIA

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Abstract – *Contemporary society is characterized by a significant prevalence of psychiatric diseases among its population. Schizophrenia is a highly prevalent psychiatric disorder in the given context. It exerts an influence on the cognitive processes, emotional experiences, and behavioral responses of individuals. Individuals diagnosed with schizophrenia often have a significant impairment in their perception of reality. While indicators of psychiatric diseases may not be as severe as those of other conditions, they can nonetheless cause significant disability. The significance of physical wellbeing in individuals diagnosed with schizophrenia stems from the recognition that compromised physical health can exacerbate mental health impairments. Individuals diagnosed with schizophrenia experience a range of physical complications, such as an elevated propensity for weight gain, abdominal obesity, diabetes, metabolic and cardiovascular syndrome, as well as reduced mobility and limited access to treatment options. In this investigation, the researcher employed a descriptive research design and implemented a simple random sampling procedure for the study. This study elucidated the physical challenges experienced by individuals diagnosed with schizophrenia.*

Key words : Physical Health, Schizophrenia, well-being, Mental illness

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Introduction

Schizophrenia is a prominent psychiatric condition characterized by aberrant perceptions and interpretations of reality. Schizophrenia has the potential to induce hallucinations, delusions, and irrational thinking and behavior, which can significantly hinder and incapacitate an individual's daily functioning (National Institute of Mental Health, n.d.). Physical health refers to the state of an individual being devoid of illness or damage. The concept encompasses a broad spectrum of domains, such as maintaining a nutritious diet, achieving a healthy body weight, promoting oral health, practicing personal hygiene, and ensuring adequate sleep. These factors collectively play a crucial role in fostering overall well-being (NHS, 2019). In essence, the condition under consideration is a psychological disease distinguished by atypical conduct, peculiar verbal communication, and a diminished capacity to comprehend objective reality. In addition to the aforementioned symptoms, individuals with this condition may also experience delusions,

cognitive impairment characterized by disorganized or muddled thoughts, auditory hallucinations, diminished social interaction and emotional responsiveness, as well as a decline in motivation. The onset of symptoms associated with schizophrenia often occurs over the period spanning from adolescence to early adulthood, typically between the ages of 16 and 30 (Gogtay, Vyas, Testa, J, & Pantelis, 2011). In certain instances, children may also experience schizophrenia. Schizophrenia symptoms can be classified into three distinct groups, namely positive, negative, and cognitive. The scientific community posits that the risk of schizophrenia may be influenced by the presence of multiple genes, while acknowledging that no single genetic component is solely responsible for the development of the disorder. Currently, the utilization of genetic information for the identification of those predisposed to developing schizophrenia remains unattainable. It is well acknowledged among scientists that comprehending the role of genes and various facets of the human condition holds significant importance in the advancement of our understanding of schizophrenia. Various ecological factors, including but not limited to acquaintance with viruses, undernourishment, congenital abnormalities, and psychosocial issues, may potentially play a role in this phenomenon. It is also widely acknowledged that an imbalance in intricate and interrelated chemical brain reactions to neurotransmitters, which are molecules utilized by brain cells to communicate with one another, plays a crucial role in the dysregulation of dopamine and glutamate, and potentially other neurotransmitters, in individuals with schizophrenia. Physical health, in contrast to mental or emotional health, refers to the overall physical condition of a living organism at a specific point in time. Physical health refers to the state of the body being free from sickness, abnormalities, and maintaining an ideal level of well-being. According to the National Institute of Mental Health (NIMH, n.d.), optimal functioning of the body occurs when it operates in accordance with its intended design. There exist numerous factors that contribute to the occurrence of the illness. Numerous research have provided confirmatory evidence suggesting a partial hereditary component in the manifestation of the illness, particularly through investigations involving twins. Identical twins provide a significant contribution to the genetic similarity. In the case of identical twins, if one twin develops schizophrenia, the other sibling likewise has a 50% chance of developing the disorder. This statement is accurate, particularly when considering the individual's level of achievement or advancement. However, In the case of non-identical twins, who possess distinct genetic compositions, when one twin develops schizophrenia, the other twin has a 14.3% chance of developing the condition. Complications during pregnancy and childbirth,

such as low birth weight, premature delivery, and perinatal hypoxia, have been identified as factors contributing to suboptimal brain development. Drug misuse does not directly cause schizophrenia; nonetheless, research has revealed that it increases the risk of developing schizophrenia or a comparable psychiatric disorder.

Review of Literature

Schizophrenia is a psychiatric disorder marked by aberrant behavior, atypical verbal communication, and impaired reality awareness. Typically, it manifests during the later stages of adolescence or the early stages of older adulthood. Described as a condition marked by the presence of delusions, hallucinations, and other cognitive impairments, it is often shown to be a chronic and enduring challenge (Connolly, 2005). This condition is characterized by a state of confusion and disorientation in an individual's perception of their lived reality. According to Lonergan (2017), individuals experiencing symptoms of wrongdoing, unclear or confused thinking, auditory hallucinations, less engagement in social activities, decreased emotional expression, and a lack of desire may be indicative of a certain condition. Schizophrenia is a psychiatric disorder characterized by alterations in cognitive processes (e.g., delusions), perceptual experiences (e.g., hallucinations), and behavioral manifestations (e.g., disorganized speech or catatonic behavior), accompanied by diminished affective responsiveness and a marked decline in functional abilities (American Psychiatric Association, 1994). Individuals with intricate health conditions typically undergo therapeutic treatment procedures. Obesity represents a significant physical health concern that affects those diagnosed with schizophrenia. According to Bradshaw and Mairs (2014), the presence of these disorders has significant implications for both the likelihood of survival and the overall quality of life. Both heart disease and stroke, as well as those living with schizophrenia, are considered to be common health conditions. The incidence of bereavement resulting from cardiac sickness is twice as high in individuals with schizophrenia compared to the general population. A significant proportion of individuals experienced various medical ailments, including sexual dysfunction, constipation, hearing impairment, virus infections, heart diseases, and a sedentary lifestyle. According to Foley and Morley (2011), According to Antony (2004), the implementation of cognitive behavior therapy, art therapy, and family therapy has been found to facilitate effective issue reduction in individuals. Individuals diagnosed with

schizophrenia require early interventions in order to mitigate both psychological and physical challenges.

Individuals diagnosed with schizophrenia exhibit an elevated susceptibility to medical illnesses as compared to the broader community. According to Brown (1997) and Joukamaa, Heliövaara, and Knekt (2001), individuals with this condition have a heightened relative risk of premature mortality, with a two- to fourfold increase, resulting in a lifespan that is at least 10 years shorter compared to those of the same age. The primary determinant associated with the development of diabetes in individuals with schizophrenia is the substantial increase in body weight resulting from the administration of antipsychotic medications. The description of this phenomenon has been clearly articulated in the case of conventional antipsychotics and has subsequently garnered significant attention in the study of atypical drugs (Sussman, 2001). According to the studies conducted by Brown et al. (1999) and McCreadie (2003), individuals diagnosed with schizophrenia shown a propensity for engaging in limited levels of physical activity. The underlying cause of this phenomenon has yet to be substantiated; nonetheless, it is plausible that several aspects, including the characteristics of the sickness, the administration of sedative medication, and the absence of suitable circumstances and universal motivation, may be pertinent in understanding this matter.

Methodology

During the present era, a significant portion of the population lacked awareness regarding the condition known as schizophrenia. Schizophrenia is a highly debilitating psychiatric condition characterized by the presence of symptoms such as hallucinations, delusions, and the formation of incorrect beliefs. While medicinal treatments may not provide a cure, effective management of the condition can be achieved by appropriate healthcare and the use of suitable medications. This issue is predominantly observed among individuals in the period of youth and early adulthood. Psychiatrists are expected to ensure that they conduct appropriate assessments and examinations of patients who are at risk of experiencing significant physical health issues. The significance of mental well-being is often overlooked, with schizophrenia assuming a pivotal role in such instances. This illness has the potential to diminish both the life expectancy and level of physical activity in affected individuals. The impact of this phenomenon extends beyond the individual's well-being, encompassing the dynamics within the family unit as well. The researcher aims to

investigate the challenges encountered by individuals diagnosed with schizophrenia. This chapter presents a comprehensive analysis of the impact of schizophrenia on the physical well-being and life expectancy of those diagnosed with the disorder.

Result and Discussion

The objective of this study is to investigate the physical challenges experienced by individuals diagnosed with schizophrenia. The research was carried out in the locality of "Shant Manas" situated in Madurai. The user's text could be rewritten as follows: "The user's text can be reformulated Shant Manas, a non-profit organization, is situated in the Tamil Nadu region of South India. The name 'Shant Manas' derives from the Indian vernacular, where it signifies a state of tranquility and calmness of the mind. Shant Manas was initiated in 2007 by Dr. Cahn Vasudevan, a former Consultant Psychiatrist and Psychotherapist hailing from the United Kingdom. The Shant Manas initiative was initially implemented as a modest clinical experiment in four rural areas. Since its establishment, the organization has broadened its scope of services to encompass 14 rural communities, with an approximate total population of 80,000 individuals. In addition to addressing psychiatric diseases, the primary objective of Shant Manas is to disseminate mental health education within the local community, with the aim of mitigating the stigma and dispelling misconceptions associated with mental health. The service's ongoing expansion can be attributed to its notable success, which is further fueled by the growing need for and recognition of mental health support. The population of the universe comprises 60 individuals diagnosed with schizophrenia. The researcher has excluded individuals with moderate and chronic levels of schizophrenia from the sample of 60 participants. The researcher has selected individuals with a moderate level of severity for inclusion in the study. The researcher picked a sample of individuals with schizophrenia, comprising 50% of the overall population, using a simple random sampling method. The data was gathered through the utilization of an interview schedule administered to the participants.

Consistent with a number of recent findings, this study emphasizes the significant issue of comorbidity of several physical health conditions among individuals with schizophrenia. Individuals diagnosed with schizophrenia exhibit an increased prevalence of several comorbidities, such as HIV infection, hepatitis, asthma, hearing impairment, stroke, altered pain perception, sexual dysfunction, cardiovascular disorders, obesity, diabetes, dental complications,

and Parkinson's disease, among others. The study examined the demographic characteristics of the respondents, revealing that 76.7 percent of them were aged 29 or above. Additionally, 60 percent of the respondents identified as male. It is worth noting that all participants in the study were from rural areas. Approximately 49.8 percent of the respondents have successfully completed their primary education, whereas 67 percent of the respondents are now not engaged in any form of employment.

Table : 1 Health Hazards of Schizophrenia Patients

Health Hazards	Yes (%)	No(%)
Parkison Desease	-	100
Diabetes	73.3	26.7
Eye Problem	-	100
Thyroid Problem	76.7	23.3
Asthma Disease	17.3	82.7
Heart Failure	16.6	83.4
Hearing Loss	-	100
Stroke	9.7	90.3
Obisity	73.3	26.7
Viral Diseses	90.4	9.6
Osteoporosis	-	100

The study revealed that, the respondents doest have any of sysptom of Parkinson's disease and 73.3 percent have diabetes. The study revealed that, they don't have eye problem, but 76.7 percent of the respondent have thyroid disease. Most of the reposndetns (82.7 percent) suffered due to asthma disease by 83.4 percent of respondent does not have any heat failure till. The study evidenced that, they do not have any syptom of hearing loss and stroke diseases. 73.3 percent of the respondent faced obesity disease and 90.4 percent have viral disease frequently. The study discovered that, the schizophrenic patients of "Shant Manas" dose not have any syptoms of osteoporosis.

The study further reveled that, Majotiy (90 percent) of the respondent does not have any sexual problems, but 70 percent of the respondent living inactive life style. The data evidenced

that, schizophrenia patients of “shant manas” were getting regular check up by physicians. Majority (76.7 percent) of the respondent opined that, they were getting proper treatment and they can control their weight with support of care takers. Shant manas is providing nutritious food to the patients which based on the opinion of 76.7percent of the respondent. 63.3 percent of the respondent not having adequate amount of sleep, and 80 percent of the patients not able to involving sports or physical activities, but 66.7 percent of patients can able to daily activities by themselves.

Conclusion

Thus the disorder is having a broad choice of co morbid and numerous physical-health conditions. Physical wellbeing is also significant since if it is compromise, a number of benefits of enhanced psychological health will be present as equalize. Correlated with the general people, schizophrenia patients are at enlarged threat obesity, abdominal pains, diabetes, metabolic disease, and cardiovascular dysfunction. These bodily health troubles can add to the decreased quality of living, lower self-respect and reduced life expectancy generally accounted in schizophrenia. The majority people with schizophrenia are treating by community mental health teams. This team provides access to social workers, pharmacists, occupational therapists, psychologists and psychiatrists and counselors. For these reasons the researcher has given some suggestions to improve their physical health. Most of the people have their own social stigma on schizophrenia. Because of that person with schizophrenia were unable to live their life happily. The respondents should be treated with proper care and treatment. They should have adequate amount of sleep, they should have more fruits and vegetables, they should follow proper food schedules, they should go for regular health checkups and proper medications should taken by the respondents. The researcher suggested the person with schizophrenia to have a good self care and the researcher revealed that there should be proper care and proper medications can make better life for person with schizophrenia and also proper treatment representation incorporates medicine, psychosocial treatments, case administration, family contribution, and sustained education and employment tunes, each and every one intended at decreasing signs and developing quality of life.

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