

INTERESTS OF A PROGRAM OF PHYSICAL ACTIVITY IN PATIENTS WITH SCHIZOPHRENIA: A PILOT STUDY

I. Chéreau-Boudet^{1,2}, *G. Chareyron*³, *O. Blanc*^{1,2}, *T. Charpeaud*¹, *M. Duclos*³, *P.-M. Llorca*^{1,2}

¹Psychiatry B, CHU Clermont-Ferrand, ²EA7280, Univ Clermont 1, UFR Medecine, ³Sports Medicine, CHU Clermont-Ferrand, Clermont-Ferrand, France

Compared to the general population, patients with schizophrenia have excess mortality linked to an increase of vascular cardio risk factors and a more sedentary lifestyle. Despite recent recommendations for physical activity, very few studies are devoted to the impact of this type of measurement in schizophrenic patients.

We present a study comparing 12 patients with schizophrenia, sedentary, followed in day care hospital, benefiting from a program of physical activity (PAP) with a control group of 8 patients with schizophrenia, which follow standard activities. The PAP runs on 12 weeks 3 sessions structured, by week, for 45 minutes. In pre and post PAP, (V1 and V2), clinical (BMI, waist circumference (TT), blood pressure), biological (glucose, total cholesterol, HDL, LDL, triglycerides), psychiatric (PANSS) and physical evaluations were conducted.

Patients, 15 men and 5 women, are aged $43,00 \pm 9.00$ years. Compared with controls, the PAP show a significant reduction in weight ($p = 0.001$), BMI ($p = 0.006$) and TT ($p = 0.002$). A significant decrease in the intensity of negative symptoms have been tested between control and PAP group. A significant increase in aerobic capacity, muscular strength of lower limbs and flexibility was tested PAP and control. Attendance to the PAP, on the set of sessions in summer of 100%.

These results are in favour of developing physical activity for its effect on biological and clinical factors; this exploratory study has to be tested in a more straight methodology with a larger number of patients.