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HIGH INCIDENCE OF VITAMIN D DEFICIENCY IN PATIENTS WITH SCHIZOPHRENIA

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Introduction: Neonates born in the winter and those with hypovitaminosis D levels exhibit a higher propensity to develop schizophrenia. Several reports have suggested that adult schizophrenics have lower vitamin D levels.
Objectives: This study was done to evaluate the presence of hypovitaminosis D in institutionalized schizophrenics.
Aims: To compare vitamin D levels in institutionalized patients with schizophrenia.
Methods: We retrospectively reviewed the vitamin D results on all schizophrenic patients seen in our office during a period of six months. Vitamin D was measured as 25-hydroxyvitamin D in the blood and reported as ng/ml. The levels were recorded and classified as follows: more than 30 ng/ml: normal; 21 to 30 ng/ml: mild deficiency; 11 to 20 ng/mL: moderate deficiency; 10 ng/ml or less: severe deficiency.
Results: Total of 83 patients, 63 had vitamin D levels measured. 46 (73%) had low Vitamin D levels, while 17 (27%) had normal vitamin D levels. Of the 26 females, 20 (77%) had low vitamin d levels and of the 37 males, 26 (70%) had low vitamin D levels. 10 of the 63 had severe deficiency, 22 of the 63 had moderate deficiency while 14 of the 63 had mild deficiency. No difference was noted between the males and females.
Conclusion: It is estimated that as much as 60% of the adult US population suffers from vitamin D deficiency. Our population of institutionalized schizophrenia patients had a 73% incidence of hypovitaminosis D. It may contribute to the higher morbidity and mortality noted in this population.

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