

## A Two Fold Risk of Metabolic Syndrome in a Sample of Patients with Schizophrenia: Do Consanguinity and Family History Increase Risk?

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**Background** : Patients with schizophrenia are at greater risk for metabolic syndrome (MetS) and other cardiovascular risk factors.

**Objective** : Determine the prevalence of MetS and its criteria among patients with Schizophrenia (Sz) according to the revised criteria of NCEP ATP III and assess which component contributed to the increased risk of the MetS in schizophrenia patients.

**Methods**: Case-control study carried out among patients with Schizophrenia (SZ) and healthy subjects above 20 years old. Outpatient clinics of the Psychiatry department and Primary Health Care (PHC) Centres in Qatar. The study based on matched by age and gender of 233 cases and 466 controls. Face to face interviews were conducted using a structured questionnaire followed by laboratory tests. Metabolic syndrome was defined using the National Cholesterol Education Program – Third Adult Treatment Panel (ATP III).

**Results** : The prevalence of MetS among schizophrenic patients (36.5%) was significantly higher than healthy subjects (18.7%) ( $p < 0.001$ ). The prevalence of MetS in schizophrenic subjects was reported to be two times higher than in the general population. The MetS components were higher among schizophrenic patients than healthy subjects. Among the components of MetS, central obesity (63.9%) was the most common criteria among patients compared to healthy subjects (45.7%) ( $p < 0.001$ ). Schizophrenic patients (27%) were significantly obese than the healthy subjects (13.1%). Female schizophrenia patients were more likely to have three or more metabolic

**Conclusion** : The metabolic syndrome was highly prevalent in patients with schizophrenia. The female gender was significantly associated with a higher prevalence of MetS.