

Caffeinism in psychiatric population

Farrag, Adel El-Saeid

Ain-Shams Univ., Cairo (EGY). Fac. of Med.

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A sample of 200 patients with different psychiatric disorders were compared with two control groups, the first control group is formed of apparently healthy individuals chosen from the relatives of medical cases. The second is composed of medically ill cases from the general hospital. The study revealed that, 34.5% of psychiatric patients are high consumers of caffeine, 35% of healthy control group and 30% of the general hospital control. The comparison between patients and control was found statistically insignificant. 71% of patients, 65% of the general hospital control and 70% of the healthy control reported increase in attention and concentration after intake of caffeine. Also, 25% of patients, 25% of the general hospital control and 60% of the healthy control take caffeine because of its stimulant effect. 71% of the patients, 75% of the general hospital control, 60% of the healthy control reported improve in mood after intake of caffeine. In this study the patients reported the toxic symptoms that occur during the chronic use of caffeine. 22.5% of schizophrenics reported amelioration of symptoms which may be the role of caffeine in alleviating the side effects of antipsychotics in schizophrenics under therapy and 4.9% of schizophrenics reported exacerbation of symptoms.