

Life experiences and the onset of schizophrenia

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Using an Arabic Version of the PSE, 100 patients (20 with 1st schizophrenic episode and 80 with acute exacerbation) were selected from the Psychiatric Department of Mansoura University Hospital. Their life events histories for four weeks before onset or relapse were studied using the schedule of recent experience (SRE). A positive association between stressful life events and onset of first schizophrenic episode was established.

However, the role played by stressful events in the precipitation of relapse was less pronounced.

The nature of life experience may also influence the severity of illness expressed in PSE scores.

The undesirable experiences were associated with higher PSE scores, while desirable experiences were associated with lower scores.