

Risk factors of metabolic syndrome among Egyptian patients with schizophrenia

Hatata, H. El-Gouhari, G. Abdel-Salam, M. El-Auqda, E.

Current Psychiatry. Ain Shams University (Print)

2009 v16 n1

The aim of this study is to determine the risk factors of metabolic syndrome in a sample of Egyptian patients with schizophrenia. Sixty three patients were screened for metabolic syndrome using the IDF. Twenty four patients (38.09%) met the criteria for MS. Increased waist circumference, higher body mass index, raised triglycerides level, increased blood sugar level, older age, emerged as significant predictors of metabolic syndrome in the sample. 39 (61.91%) patients did not meet the full criteria for the syndrome; however, 31 out of these 39 patients (49.2%) had 1-2 criterion of the syndrome. This study supports the systematic screening for metabolic syndrome in patients receiving antipsychotic drugs. Intervention programs which screen for and address the modifiable risk factors of metabolic syndrome is recommended.