

Relation between insight and quality of life in patients with schizophrenia : Role of internalized stigma and depression

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Is to throw light on the impact of unawareness of mental illness on the quality of life (QOL) in patients with schizophrenia and also the role of internalized stigma and depression in this respect.

Scale of Unawareness of Mental Disorder (SUMD) was applied to each schizophrenic patient recruited and then 2 groups of schizophrenic patients (30 patients each) were established; Group I was meant to have higher scores while group II was meant to have lower scores in the SUMD. Patients of both groups were subjected to Schizophrenia Quality of Life Scale (SQOLS), Internalized Stigma of Mental Illness Scale (ISMI) and Hamilton Depression Rating Scale (HDRS).

Patients with poorer insight showed significantly lower scores of ISMI and HDRS and higher scores in aspect QOL than those with better insight.

This means that when QOL is linked to patient awareness of his mental illness, it is thus a complex issue. QOL of schizophrenic patients may be undermined through the effect of internalized stigma and feeling of hopelessness and depression proved in those patients with good insight.