

THE IMPACT OF STRESSFUL LIFE EVENTS ON THE FUNCTIONALITY OF PATIENTS WITH SCHIZOPHRENIA

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Objective: Clinical symptoms, functional recovery and stressful life events of patients with schizophrenia were evaluated to investigate the relationship between life events and functional recovery.

Methods: Fifty-three subjects diagnosed with schizophrenia in the remission period were enrolled in the study. Three interviews each at 3 months interval were made with the participants. The participants were evaluated with socio-demographic data form, Positive and Negative Syndrome Scale, Calgary Depression Scale, the Functional Remission of General Schizophrenia Scale at the baseline, third and sixth month interview. The number of stressful life events were determined according to Life Events List.

Results: There was no significant change in the PANNS scores measured at the baseline and follow interview ($p > 0.05$). Depression scores were significantly increased at the follow interviews ($p < 0.05$). This significant increase mostly resulted from the difference between the baseline and final interview scores. The number of stressful life events and functional recovery were found to be negatively correlated with a medium level of significance at the third month ($p < 0.05$). There was a negative relationship between the number of life events and functional recovery at the sixth month but it did not reach to a statistical significance ($p > 0.05$). A significant relationship and a negative correlation was found between functional recovery and depression scores at both the baseline and third month interviews ($p < 0.05$). This relationship was not significant at the sixth month ($p > 0.05$).

Conclusions: Stressful life events in remitted schizophrenia patients reduces functionality over depressive symptomatology without affecting positive and negative symptoms.