

P-401 - CARDIAC RISK FACTORS AND CO-MORBIDITIES IN MENTAL ILLNESS

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Introduction: Persons diagnosed with mental disease have usually inadequate lifestyle, especially sedentary life, lack of physical exercise, cardiac diseases, diets with sugar, lipids, coffee, and also tobacco or drugs abuse (Citrome & Yeomans, 2005; Chuang et al., 2008; Messias & Rondina, 2007). They have also high risk of mortality (Osborn et al., 2006).

Aims: To identify the prevalence of cardiovascular risk and others co-morbidities in persons diagnosed with mental illness.

Methods: Data were collected by consulting processes of 100 patients of the Department of Psychiatry at Hospital de S. João, Oporto, Portugal, diagnosed with depression (55%), bipolar disorder (14%), and schizophrenia (31%). They were aged between 24-77 years old (M=48.4), with low education level (30% with 4 years; 39% with 6 years, 7% with high school level), 44% male, 45% workers, 26% un-employers and 30% pensioners.

Results: The results reveal a higher prevalence of cardiovascular risk factors, smoking habits, and obesity compared with the general population. 68% have obesity, 71% smokes, 5% are drug addicted, 5% are alcoholic, 11% are diabetics, 27% are hypertensive, 12% have cardiac disease, 40% have cholesterol, and 94% have at least one cardiac risk factor.

Conclusions: Results highlight the need to develop new strategies to prevent co-morbidities on mental health, helping mentally ill persons to have a better quality of life.