THE BURDEN OF ACCELERATED AGEING IN SCHIZOPHRENIA

D. Cohen[1,2], A. Nugter[1]

[1]Severe Mental Illness, Mental Health Organization North-Holland North, Heerhugowaard, [2]Clinical Epidemiology, University of Groningen, Groningen, The Netherlands

Introduction: Among patients with schizophrenia there is a significant increased prevalence of type 2 diabetes mellitus. In addition, schizophrenia is accompanied by 15-32 years reduced life-expectancy. We hypothesize a contribution from accelerated ageing.

Objectives: To compare Autofluorescence (AF) levels of patients with severe mental illness (SMI) with the general population.

Aims: To test to what extent accelerated ageing is specific for patients with schizophrenia.

Method: Outpatients with SMI were asked to participate..AF levels were measured with the AGE-reader. Patients with diabetic mellitus were excluded from the analyses.

Results:

Age-cohorts	General Population	SMI-population	t-value	Size Study Population
20-29 years	1.53	2.17	5.95***	N=11
30-39 years	1.73	2.21	10.20***	N=30
40-49 years	1.81	2.31	7.85***	N=43
50-59 years	2.09	2.85	7.03***	N=24
60-69 years	2.46	2.825	2.44*	N=14

[Mean AF values in study-population (N=122)]

Of the 154 patients who were asked to participate 70,8% were male, 74,3% suffered from schizophrenia, 15,3% from diabetes mellitus and of 3% the skin was too dark for a reliable assessment. Only 5 patients refused to participate.

*p< .05; ***p< .001

A regression analysis with age as single predictor, confirmed the predictive value of age. Compared to the general population (R^2 = .60), the explained variance of R^2=.23, p< .001 in the study population is low. Addition of duration of treatment or psychiatric diagnosis as predictors did not change the outcome.

Conclusion: AF-values indicate that accelerated ageing is present in patients with SMI.