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THE SLEEP AND QUALITY OF LIFE IN SCHIZOPHRENIA

H. Tel, S. Doğan

Erciyes University, Kayseri, Turkey

Objectives: Schizophrenia is a chronic and potentially devastating disease. Patients with schizophrenia have severe and persistent sleep disturbance. Sleep deprivation may foster poor functioning and high levels of thought disorder, hostility, and excitement. Sleep deprivation in patients with schizophrenia have a negative impact on HRQoL. This study was done, as definitive study, to determine the sleep quality and quality of life in schizophrenia.

Methods: 72 schizophrenic inpatients treated in a mental health care centre with the diagnosis of schizophrenia between March 1st and May 31st, 2009 were included to the study. The data was gathered through personal data forms, PSQI and WHOQOL-Brief Turkish Version.

Results: It was found that there was a meaningful relationship between the age, sleep quality and quality of life of the patients ($p < 0.05$), it was also defined that sleep quality decreased as the age increased and quality of life decreased since the quality of sleep was decreased. The life quality points, except physical field, of the patients who live alone, hospitalized more than three times a year, do not use their medicine regularly were defined low.

Conclusions: There is a close relationship between the sleep quality and quality of life of the schizophrenia. As the sleep quality diminished, their quality of life decreases. The quality of life of the schizophrenia may be increased by regulating their sleep pattern and supporting their adoption to the illness.

Keywords: Schizophrenia, sleep quality, quality of life, inpatient, nursing.