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## STUDY OF CARDIOVASCULAR RISK FACTORS IN MENTAL DISORDERS

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**Introduction:** Psychiatric patients have high rates of cardiovascular disease compared with the general population, but little is known about the prevalence of metabolic syndrome that predisposes them to this condition.

**Objectives:** Assess the presence of metabolic syndrome in psychiatric patients on an outpatient basis and compare their rates with those for the general population.

**Methods:** A sample of 80 patients followed for six months in a mental health center of San Sebastian were interviewed and assessed, diagnose metabolic syndrome according to the criteria of the ATP-III guide. The results were compared with those of a representative sample of the general population of that health care settings.

**Results:** The mean age of patients was 52 years, with 57% of women. The prevalence of current smoking was 36.4% (general population = 32%) of obesity of 41.4% (PG = 16.6%), hypertension 30.8% (PG = 15.3% ), diabetes mellitus 12.4% (PG = 6.8%), and dyslipidemia of 30.4% (PG = 11.1%). 41.4% of patients in the study met diagnostic criteria for metabolic syndrome, while this figure was 24% in the general population and took place at a later age. 60% of patients with metabolic abnormality was not receiving adequate treatment.

**Conclusions:** The prevalence of cardiovascular risk factors in psychiatric outpatients is very high and requires the application of treatment protocols to improve their physical health.