RESEARCH ONLINE

University of Wollongong
Research Online

Faculty of Health and Behavioural Sciences - Papers (Archive)

Faculty of Science, Medicine and Health

2011

The quality of life of people with schizophrenia living in the community in Al-Khobar, Saudi Arabia

Amira Ali Alshowkan
University of Wollongong, aas882@uow.edu.au

Janette Curtis
University of Wollongong, jcurtis@uow.edu.au

Yvonne White
white@uow.edu.au

Publication Details

Alshowkan, A. Ali., Curtis, J. & White, Y. (2011). The quality of life of people with schizophrenia living in the community in Al-Khobar, Saudi Arabia. World Psychiatric Association Thematic Conference: Rethinking Quality in Psychiatry: Education, Research, Prevention, Diagnosis, Treatment (pp. 89-89). Istanbul, Turkey:

Research Online is the open access institutional repository for the University of Wollongong. For further information contact the UOW Library: research-pubs@uow.edu.au

RESEARCH ONLINE

The quality of life of people with schizophrenia living in the community in Al-Khobar, Saudi Arabia

Keywords
people, schizophrenia, living, community, al, quality, khobar, life, saudi, arabia

Disciplines
Arts and Humanities | Life Sciences | Medicine and Health Sciences | Social and Behavioral Sciences

Publication Details
Alshowkan, A. Ali., Curtis, J. & White, Y. (2011). The quality of life of people with schizophrenia living in the community in Al-Khobar, Saudi Arabia. World Psychiatric Association Thematic Conference: Rethinking Quality in Psychiatry: Education, Research, Prevention, Diagnosis, Treatment (pp. 89-89). Istanbul, Turkey:

This conference paper is available at Research Online: http://ro.uow.edu.au/hbspapers/1132

University of Wollongong

جامعة الملك فيصل
KING FAISAL UNIVERSITY

QUALITY OF LIFE OF PEOPLE WITH SCHIZOPHRENIA IN COMMUNITY AL-KHOBAR, SAUDI ARABIA

Amira Alshowkan, Associate Professor Janette Curtis, Yvonne White
University of Wollongong, Wollongong NSW 2522, Australia

Background

- The Kingdom of Saudi Arabia (KSA) is the largest country in the Middle East. It is the world's largest exporter of petroleum and oil products and one of the richest countries in the world in terms of oil reserves. It has a population of approximately 25 million people[1]. The country's main religion is Islam and its official language is Arabic. Saudi Arabia has traditional gender roles and sexual separation. The extended family system and family social support are the norm[2].
- It was estimated that 22.4% of the new mental health services outpatients were suffering from mental & behavioural disorders that are caused by schizophrenia, schizotypal and delusional disorders[3].
- Schizophrenia is a clinical syndrome that has an influence on cognition, emotion, perception, and other features of behaviour. These influences could have an impact on the quality of life (QoL) of the person[4].
- Previous studies on the relationship between socio-demographic variables and QoL of people with schizophrenia who live in the community shows inconsistent results regarding the gender[5, 6] and educational level[5, 7].
- All studies show agreement that being employed, having a high income, having social support, living with family and being married were related to better QoL.

Methods

Participants

- Data were collected form 159 people diagnosed with schizophrenia who were undergoing treatment at the Outpatient Department of the Department of Psychiatry, King Fahd University Hospital, Saudi Arabia.
- The inclusion criteria were Saudi Arabian citizens, aged 18-65 years, diagnosed with schizophrenia and being clinically stable.
- Socio-demographic characteristics are shown in Table 1.

Procedure and measure

- Structured face-to-face interviews were conducted using the Lancashire Quality of Life Profile–European Version (LQoLP-EU)[8].
- SPSS 17 software were used for data entry and analysis. Describtive statistics were used to summarize data and ordinal regression was used to examine the association between socio-demographic characteristics and QoL.

Table 1 Socio-demographic characteristics of the participants (n = 159)

Variables	Frequency	Percentage
Gender	97	61
Male	62	39
Female		
Age (years)	mean (SD) 38.23 (11.39)	
Education		
Primary/illiterate	61	38.4
Secondary/deploma	72	45.3
University and above	26	16.4
Marital status		
Married	82	51.6
Single	62	39
Divorced/separated	11	6.9
Widow	4	2.5
Empolyment status		
Employed	72	45.3
Unemployed	87	54.7
Monthly income (Saudi Ryial)	mean (SD) 2142.20 (2124.32)	

1 Saudi Riyals (SR) = $ 0.266 US Dollar (USD)

References:
[1] The World Factbook 2010, *Saudi Arabia*, viewed 8 December 2010, https://www.cia.gov/library/publications/the-world-factbook/geos/sa.html. [2] Al-Shahri, MZ 2002, *J Transcult Nurs* 13 133-138. [3] Ministry of Health (2008). Health statistical year book. Riyadh, Ministry of Health. [4] Gee, L, Pearce, E & Jackson, M 2003, *Health Qual Life Outcomes* 1 1-11. [5] Narvaez, JM, Twamley, EW, McKibbin, et al. 2008, *Schizophr Res* 98 201-208. [6] Cardoso, CS, Caiaffa, WT, Siqueira, AL, et al. 2005, *Cad Saude Publica*, 21 1338-1348. [7] Caron, J, Mercier, C, Diaz, P et al. 2005, *Schizophr Res,* 137 203-213. [8] Gaite, L, Vazquez-Barquero, JL, Arrizabalaga, AA, et al. 2002, 177 S49-S54. [9] D'Souza, R 2002, *Australas Psychiatry*, 10 44-47. [10] Salem, MO, Saleh, B, Yousef, S et al. 2009, *Int J Soc Psychiatry*, 55 141-148. [11] Mobaraki, AEH & Söderfeldt, B 2010, *East Mediterr Health J*, 16 113-118. [12] Mechanic, D, Bilder, S & McAlpine, DD 2002, *Health Aff*, 21 242-253. [13] Melle, I, Friis, S, Hauff, E et al. 2000, ' *Psychiatr Serv*, 51 223-228.

Results

Quality of life profile

- Overall, 110 patients (69.2 %) reported feeling satisfied with their QoL, 32 (20.1%) felt basically satisfied, and 17 (10.7%) felt unsatisfied.
- Most expressed satisfaction with the religious domain, legal and safety and family relations. The domains reported with lowest satisfaction were leisure, finance and work (Figure 1).

Figure 1 Quality of life profile of people with schizophrenia in Saudi Arabia

Relationship between socio-demographic characteristics and QoL

- Table 2 shows the socio-demographic factors which associated with perceived QoL. From the observed p-value significant levels, it is clear that gender, education, employment, and marital status are all related to the perceived QoL.
- Females are less likely to assign higher rating than males, people with primary education are less likely to assign higher ratings than university graduates, and unemployed people are less likely to assign higher ratings than employed ones.
- At the same time, married people are likely to assign higher ratings than single, divorced and widowed people.

Table 2 Ordinal regression analyses result for perceived QoL and socio-demographic variables

Variables	Category	Regression coefficient	Std. Error	Wald	P-value
Gender	Female	-.815	.260	9.841	.002*
Education	Primary	-.665	.328	4.104	.043*
Employment	Unemployment	-1.244	.286	18.940	.000*
Marital status	Married	1.213	.437	7.690	.006*

*P value significance at < 0.05

Discussion

- The results show that most Saudi Arabian people with schizophrenia in this study were satisfied with their QoL. They were mostly satisfied with religion. This can viewed in terms of the important role of religion in individual health which contributes to feeling safe and secure[9]. In contrast, they were mostly dissatisfied with leisure, work and finance; the high level of stigmatization of people with schizophrenia in the Arabic culture affects their participation in leisure and work activities[10].
- Women in the current study reported a low QoL. These findings are in agreement with previous studies and could be explained by the terms of cultural factors[11].
- In the current study, people with high education and employed reported high QoL. These results are consistent with those of previous studies. The data show that people with mental illness who have more educational attainment are more likely to be in higher status occupations. Such placement may provide a motivation to stay employed and to avoid dependency[12].
- Married people had better QoL in this study. Marriage has major role on the life particularly in the family and social relationships[13].

dual

d to
igma.

ıtal