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

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

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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. 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.
- 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.
- 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.
- 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 and educational level.
- 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 from 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 (LQoL-P-EU).
- SPSS 17 software was used for data entry and analysis. Descriptive statistics were used to summarize data and ordinal regression was used to examine the association between socio-demographic characteristics and QoL.

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.

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. 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.
- 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.
- 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.
- Married people had better QoL in this study. Marriage has major role on the life particularly in the family and social relationships.