Quality of life among people with schizophrenia in Saudi Arabia

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**Recommended Citation**

Alshowkan, Amira Ali; Curtis, Janette; and White, Yvonne: Quality of life among people with schizophrenia in Saudi Arabia 2011, 40-40.  

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Quality of life among people with schizophrenia in Saudi Arabia

Abstract
Research aims: To provide a profile of the quality of life of people with schizophrenia in Saudi Arabia. To investigate the relationships between Socio-demographic characteristics and their quality of life.

Keywords
people, among, schizophrenia, life, saudi, quality, arabia

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

Publication Details

This conference paper is available at Research Online: https://ro.uow.edu.au/hbspapers/2771
QUALITY OF LIFE AMONG PEOPLE WITH SCHIZOPHRENIA IN SAUDI ARABIA

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Overview

- Introduction
- Research aims
- Literature review
- Methods
- Results
- Discussion
- Conclusion
Introduction

- Saudi Arabia (SA)

- Schizophrenia
  - Definition
  - Prevalence of Schizophrenia in Saudi Arabia

- Quality of life
  - Definition
  - Measurement
Research aims

- To provide a profile of the quality of life of people with schizophrenia in Saudi Arabia

- To investigate the relationships between Socio-demographic characteristics and their quality of life.
Literature Review

- 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 (Narvaez et al. 2008; Cardoso et al. 2005) and educational level (Narvaez et al. 2008; Caron et al. 2005)

- 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.
Research Methodology

Participants

- 159 outpatient with schizophrenia
- Inclusion criteria:

Procedure and measure

- Researcher administered survey
- LQoLP-EU (Gaite et al. 2000)

Data analysis

- SPSS software version 17
- Descriptive statistics
- Ordinal regression
## Results

### Socio-demographic characteristics of the Participants

Table 1

<table>
<thead>
<tr>
<th>Variables</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>97</td>
<td>61</td>
</tr>
<tr>
<td>Female</td>
<td>62</td>
<td>39</td>
</tr>
<tr>
<td>Age(years) mean (SD)</td>
<td>38.23 (11.39)</td>
<td></td>
</tr>
<tr>
<td>18 – 29</td>
<td>41</td>
<td>25.8</td>
</tr>
<tr>
<td>30 – 39</td>
<td>44</td>
<td>27.7</td>
</tr>
<tr>
<td>40 - 65</td>
<td>74</td>
<td>46.5</td>
</tr>
<tr>
<td>Education level</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Primary / illiterate</td>
<td>61</td>
<td>38.4</td>
</tr>
<tr>
<td>Secondary / diploma</td>
<td>72</td>
<td>45.3</td>
</tr>
<tr>
<td>University / and above</td>
<td>26</td>
<td>16.4</td>
</tr>
<tr>
<td>Marital status</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>82</td>
<td>51.6</td>
</tr>
<tr>
<td>Single</td>
<td>62</td>
<td>39</td>
</tr>
<tr>
<td>Divorced/separated</td>
<td>11</td>
<td>6.9</td>
</tr>
<tr>
<td>Widow</td>
<td>4</td>
<td>2.5</td>
</tr>
<tr>
<td>Employment status</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employed</td>
<td>72</td>
<td>45.3</td>
</tr>
<tr>
<td>Unemployed</td>
<td>87</td>
<td>54.7</td>
</tr>
<tr>
<td>Monthly income (Saudi Riyal)</td>
<td>2142.20 (2124.32)</td>
<td></td>
</tr>
</tbody>
</table>

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

Relationship between socio-demographic characteristics and QoL

Female gender, people with primary education and unemployed people were found to have low QoL. Married people were reported to have high QoL (Table 2)

Table 2

<table>
<thead>
<tr>
<th>Variable</th>
<th>Category</th>
<th>Regression coefficient</th>
<th>Std. Error</th>
<th>Wald</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>Female</td>
<td>-.815</td>
<td>.260</td>
<td>9.841</td>
<td>.002*</td>
</tr>
<tr>
<td>Education</td>
<td>Primary</td>
<td>-.665</td>
<td>.328</td>
<td>4.104</td>
<td>.043*</td>
</tr>
<tr>
<td>Employment</td>
<td>Unemployed</td>
<td>1.244</td>
<td>.286</td>
<td>18.940</td>
<td>.000*</td>
</tr>
<tr>
<td>Marital status</td>
<td>Married</td>
<td>1.213</td>
<td>.437</td>
<td>7.690</td>
<td>.006*</td>
</tr>
</tbody>
</table>

*P value significance at < .05
Discussion

- Most Saudi Arabian people with schizophrenia in this study 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 (D'Souza 2002).

- 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 (Salem et al. 2009).

- Women in the current study reported a low QoL. These findings could be explained by the terms of cultural factors (Mobarak & Söderfeldt 2010).
Discussion

- In the current study, people with high education and employed reported high QoL. 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 (Mechanic et al. 2002)

- Married people had better QoL in this study. Marriage has major role on the life particularly in the family and social relationships (Melle et al. 2000)
Implications

- It appears that spiritual and religious practices and beliefs play a major role in the individual with schizophrenia perception of QoL. Therefore further research in this area is vital.

- The stigma of mental illness is a major area of concern in Arabic culture. There is a need to implement community educational strategies to demystify mental illness and decrease stigma.

- Due to the cultural restriction of the Arab world, there is a need for women specific mental health services.
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D'Souza, R 2002, 'Do patients expect psychiatrists to be interested in spiritual issues?' *Australasian Psychiatry*, vol. 10, pp. 44-47.


Melle, I, Friis, S, Hauff, E & Vaglum, P 2000, 'Social functioning of patients with schizophrenia in high-income welfare societies', *Psychiatric Services*, vol. 51, pp. 223-228.


Questions?
Thank you