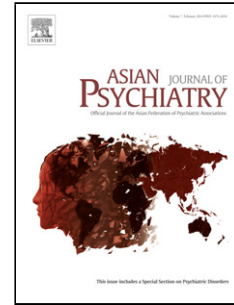


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Activities of daily living in hospitalized patients with mental disorders

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1. Introduction

Mental disorders have an increasingly higher disability-adjusted life-year (DALY) according to the survey conducted by the World Health Organization in 2015. The increases may be caused not only by reduced life expectancy due to poor physical health status (Laursen, 2011; Lawrence et al., 2013); but also by psychiatric symptoms in the acute phase, mental disability, or functional rehabilitation. Nevertheless, no sufficient data were provided on the daily living ability between different mental disorders and the effect of hospitalization on functional recovery. This study aimed to investigate the activities of daily living (ADL) changes in three common mental disorders—schizophrenia, bipolar disorder, and major depressive disorder—during hospitalization after controlling influencing factors such as age.

2. Materials and methods

A total of 1966 patients with schizophrenia, 443 patients with bipolar disorder, and 334 patients with depression who discharged from Beijing Huilongguan Hospital from January 1, 2015 to December 31, 2015 were recruited for the study. Demographic data and clinical information were collected. To assess the actual ADL performance of the patients, the Chinese version of the Modified Barthel Index (MBI-C) was used. Developed by Leung et al. (Leung et al., 2007), this version consists of 10 items: feeding, bathing, grooming, dressing, bowel control, bladder control, toileting, chair transfer, flat walk of 45 meters, and stair climbing. The independence score of each item ranged from 5–15 points, totaling 100 points for the complete independence score. Differences between groups were compared using ANCOVA with age as the covariates. We also used a frequency chart to analyze the trend in length of hospitalization.

3. Results

No significant differences in ADL at admission between groups were indicated, as shown in Figure 1A, even after age was adjusted ($F=0.87$, $p=0.421$). The daily living ability was significantly improved after hospitalization in the schizophrenia group ($t=-26.53$, $p<.001$), bipolar disorder group ($t=-13.77$, $p<.001$), and depression group ($t=-14.83$, $p<.001$). Compared with the schizophrenia group, the bipolar disorder group and the depression group obtained higher ADL Barthel indexes at discharge (Figure 1B) and more significant improvement in daily ability (Figure 1C).

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