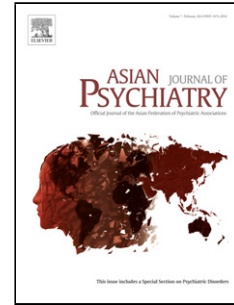


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Author: Haitham Ali Jahrami Mo'ez Al-Islam Ezzat Faris  
Zahraa Qassim Saif Laila Habib Hammad



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# Assessing dietary and lifestyle risk factors and their associations with disease comorbidities among patients with schizophrenia: a case-control study from Bahrain

Haitham Ali Jahrami<sup>\*1,2</sup>, “Mo’ez Al-Islam” Ezzat Faris<sup>3</sup>, Zahraa Qassim Saif<sup>1</sup>, Laila Habib Hammad<sup>1</sup>

<sup>1</sup>Psychiatric Hospital, Ministry of Health, Kingdom of Bahrain

<sup>2</sup>College of Medicine and Medical Sciences, Arabian Gulf University, Manama, Bahrain

<sup>3</sup>Department of Clinical Nutrition and Dietetics, College of Health Sciences/Sharjah Institute for Medical Research (SIMR), University of Sharjah, Sharjah, United Arab Emirates

\*The Psychiatric Hospital is the National Centre for Mental Health.

## Abstract

*Objective:* Acquired dietary habits and lifestyle behaviors of patients with schizophrenia may affect their life expectancy, disease complications and prognosis. The objectives of the current study were to assess the dietary habits and other lifestyle behaviors for Bahraini patients with schizophrenia, and to determine their associations with different medical comorbidities.

*Method:* A case-control study was conducted during the period of March to December, 2016. A sample of 120 cases were recruited from the Psychiatric Hospital, Bahrain and age- sex-matched with 120 controls. Controls were recruited from primary health centres, and were free from serious mental illness. Dietary habits and lifestyle behaviors including smoking, alcohol intake and physical activity were assessed using a questionnaire. All medical records were reviewed retrospectively. Logistic regression analysis was used to identify dietary and lifestyle risk factors that are associated with one or more disease comorbidities.

*Results:* Cases had higher prevalence of smoking and alcohol intake, excessive dietary intake, and decreased physical activity (all  $P < 0.05$ ) compared with controls. Cases appeared to be at higher risk for developing chronic medical conditions such as obesity, type 2 diabetes, hypertension, cardiovascular disease, and musculoskeletal disorders. Cases were three times more likely to have up to three or more- medical comorbidities compared with controls. Excessive dietary intake and decreased physical activity were identified as the main risk factors.

*Conclusion:* Excessive caloric intake and decreased physical activity represent the main dietary and lifestyle risk factors associated with comorbidities among patients with schizophrenia in Bahrain.

**Keywords:** Schizophrenia, Case-Control, Lifestyle, Diet, Physical Activity, Smoking

## 1. Introduction

Poor health behaviours like smoking, alcohol or substance abuse, inadequate dietary intake, and the lack of physical activity (PA) are common in patients with schizophrenia (Daumit

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