CHANGES IN QUALITY OF LIFE BEFORE AND AFTER BARIATRIC SURGERY IN PATIENTS WITH SCHIZOPHRENIA

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INTRODUCTION

Although bariatric surgery has become a recognized treatment for obesity, its utility among patients with schizophrenia has not been extensively studied. Studies have reported data regarding weight loss outcomes, but changes in quality of life are less known.

MATERIALS AND METHODS

Five patients diagnosed with schizophrenia and with body mass index (BMI) above 35 kg/m² were submitted to bariatric surgery. The surgeries were performed between August and September 2017. The short version of the World Health Organization Quality of Life questionnaire (WHOQOL-BREF) was used to evaluate Quality of Life in the following four areas: physical health, mental health, social relations and environment. Patients completed the questionnaire before their surgeries and, again, 12 months after them.

RESULTS

The sample was composed by four female participants and one male (80% female), aged between 29 and 48 years (M=39,4)

Table 1. Clinical data

Patient	Sex	Age	IMC (kg/m2)
1.	F	48	52
2.	M	38	39
3.	F	39	41
4.	F	29	42
5.	F	43	39

and BMI between 39 and 52 (M=42,6), as show in table 1. One year after the bariatric surgery, a significant trend of BMI reduction was seen (table 2), as well as increased quality of life in all indicated áreas. The change seen in Quality of Life was statistically significant in the areas physical health, mental health and environment; there was no significant difference in social relations domain (table 3).

Table 2. Weigth changes between before bariatric surgery and 12 months after the surgical procedure.

	T0*	T12*	p**
BMI	43,4 ± 5,2	27,9 ± 1,8	0,043

*Data are expressed as means and standard deviation.
*Statistical significance p=0,05, calculated using the Wilcoxon test.

Table 3. Changes in Quality of Life evalueted by the Whoqol-bref scale before and twelve months after bariatric surgery.

Area	T0*	T12*	p**
Physical	42,2 ± 25,8	86,4 ± 10,8	0,043
Mental	53,3 ± 21,5	86,7 ± 12,6	0,043
Social	45 ± 26,7	71,7 ± 20,1	0,138
Environment	56,9 ± 9,2	79,4 ± 6,8	0,043
Total	49,4 ± 14,1	84,1 ± 9,0	0,043

*Data are expressed as means and standard deviation.
*Statistical significance p=0,05, calculated using the Wilcoxon test.

CONCLUSIONS

The results showed that the quality of life, feelings and satisfaction improved after bariatric surgery. It is perceived that the surgical treatment for obesity can have a great positive impact on the Quality of Life of these patients.

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