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### Prevalence, gender differences and risk factors of metabolic syndrome in Han-Chinese with schizophrenia taking second-generation antipsychotics in Taiwan

Accumulating evidence supports an association between metabolic alterations and schizophrenia. It is estimated that nearly two thirds of patients with schizophrenia have obesity and metabolic syndrome (MetS). The prevalence in schizophrenic patients is nearly triple that of the general population. We examined the prevalence, gender differences and risk factors for metabolic syndrome of patients with schizophrenia using second-generation antipsychotics. A cross-sectional sample of 329 patients was recruited in central Taiwan. Prevalence was estimated using the definitions of the International Diabetes Federation for Chinese. Logistic regression analyses were done to assess the predictive power of demographic and clinical risk factors for metabolic syndrome, and to identify gender-specific predictors. The prevalence of metabolic syndrome was 23.7% (n=78; men=25.7% vs. women=21.2%). Risk factors were a body mass index (BMI) greater than 24 and abnormal non-HDL-C ( $\geq 130$  mg/dL). Gender-specific risk factors and related mechanisms are discussed. Future development of specific interventions for metabolic syndrome is imperative for early identification and prevention.

#### Biography

Esther Ching-Lan Lin is an Associate Professor in the Department of Nursing, College of Medicine, National Cheng Kung University, and adjunct Head Nurse of the Department of Psychiatry, National Cheng Kung University Hospital, Tainan, Taiwan. She has been a nurse, a manager, a teacher and an advisor for 18 years. After completing her PhD at National Taiwan University, she continued her academic career in nursing education and has focused on improving the quality of care for patients with severe mental illness. She has published 30 papers in English-language and Chinese-language journals—most recently on developing and evaluating psychosocial treatments for patients with schizophrenia and bipolar disorder—and has been an Editorial Board Member for the past 3 years of a national nursing journal in Taiwan.

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