

29th International Congress on

Prevention of Diabetes and Complications

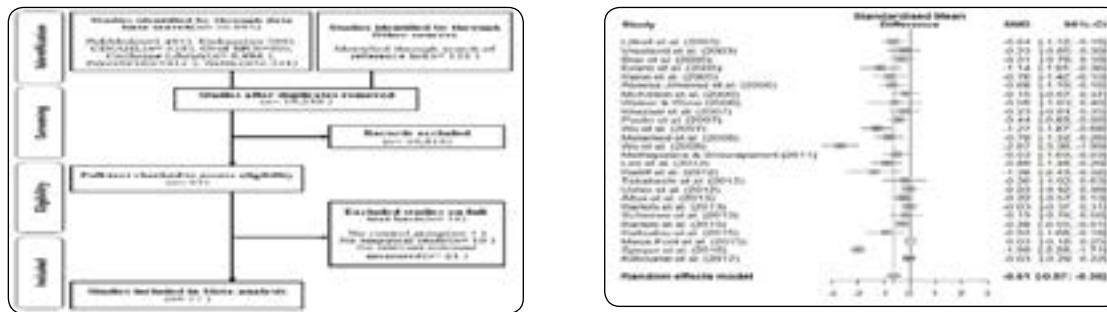
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Effects of therapeutic lifestyle change intervention on overweight and obesity by periods in schizophrenia patients: A meta-analysis

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The incidence rate of cardiovascular disease has increased 2 to 3 times than normal people, and are related to unhealthy lifestyle, unhealthy dietary habits, and side effects of anti-psychiatric drugs taken for treatment of mental disease. The aim of this study is to update the newer published data by conducting a meta-analysis of effects of TLC intervention by periods in patients with schizophrenia. Data sources include electronic research through platform of PubMed. The key words used included 'schizophrenia', 'body mass index', 'lifestyle', 'behavioral intervention'. We evaluated articles published up to June 2018. Out of 21,118 selected articles, 27 clinical trial studies were meta-analyzed. Each article was evaluated in accordance with the Checklist of Scottish Intercollegiate Guideline Network. The analysis was done by random effect model using R. The effect sizes were synthesized by treatment periods, age. The heterogeneity of effect size was analyzed by exploratory and confirmatory moderator analysis. The validity of the study was verified. The validity of the study was verified through Funnel plot, Egger's regression test, fail-safe N, publication bias analysis using trim-and-fill analysis. We found the overall effect size of the program was of a moderate level $SMD = -0.61$ (95% CI: $-0.87 \sim -0.35$). Our meta-analysis highlights the significantly better intervention effect by age in younger patients with schizophrenia rather than by treatment periods. It is evident that the TLC program for schizophrenia patients would be suggested by needs along with the age and follow-up management would be required.



Recent Publications

- Walker ER, McGee RE, Druss BG. Mortality in mental disorders and global disease burden implications: a systematic review and meta-analysis. *JAMA Psychiat* 2015;72(4):334-41.
- Van Citters, A. D., Pratt, S. I., Jue, K., Williams, G., Miller, P. T., Xie, H., et al. A pilot evaluation of the In SHAPE individualized health promotion intervention for adults with mental illness. *Community Mental Health Journal*, 2010; 46, 540-552..
- Alvarez-Jimenez M, Hetrick SE, Gonzalez-Blanch C, Gleeson JF, McGorry PD. Nonpharmacological management of antipsychotic-induced weight gain: systematic review and meta-analysis of randomised controlled trials. *Br J Psychiatry* 2008;193(2):101-7.
- Naslund, J.A., Whitemanb, K.M., McHugoc G. J., Aschbrennerb, K.A. Marsch, C, d, L.A., Bartelsa, S. J. Lifestyle interventions for weight loss among overweight and obese adults with serious mental illness: A systematic review and meta-analysis. *General Hospital Psychiatry*. 2017; 47: 83-102.
- McGinty EE, Baller J, Azrin ST, Juliano-Bult D, Daumit GL. Interventions to address medical conditions and health-risk behaviors among persons with serious mental illness: a comprehensive review. *Schizophr Bull* 2016;42(1):96-124.

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Biography

Kyunghee Lee has completed her Doctor of Nursing Science from Seoul National University in South Korea and postdoctoral studies from University of Illinois at Chicago and College of Nursing in USA. She is currently a professor of Mental Health Nursing at College of Nursing, Keimyung University in South Korea (1993-now). She was also a professor at Gongju National Nursing College. She served as the President of Yeongnam Branch of Korean Psychiatric Mental Health Nurse Practitioners' Society and as an Editor-in-Chief of Keimyung Journal of Nursing Science and a Director of Research Institute of Nursing Science, Keimyung University. Her nursing background includes mobile phone-based therapeutic lifestyle change, autonomic balance, obesity management and metabolic syndrome. She has received research grants from various institutions including Korea Research Foundation. Her representative paper is as follows: Heart Rate Variability and Metabolic Syndrome in hospitalized Patients with Schizophrenia (2011).

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