

Abstract

Objective: To explore the relationship of insight with symptoms, deficit syndrome, objective and subjective quality of life in a group of patients suffering from chronic schizophrenia in Hong Kong.

Patients and Methods: 100 consecutive patients attending the outpatient psychiatric clinic of Kowloon Hospital were recruited. All patients were interviewed and insight was assessed by using the Scale to Assess Unawareness of Mental Disease (SUMD). The relationship between insight, psychotic symptoms, deficit syndrome, objective and subjective quality of life were explored.

Results: There were significant differences in negative symptoms, deficit syndrome, objective quality of life between patients with chronic schizophrenia in impaired and unimpaired insight groups. However, no significant relationship was found between insight and subjective quality of life except physical health domain.

Conclusion: Patients suffering from chronic schizophrenia with impaired insight demonstrate higher level of negative symptoms, more deficit syndrome, poorer psychosocial functioning and objective quality of life. It may give some support to the theory from previous literature review that poor insight in schizophrenia may be explained by neuropsychological dysfunction and linked to negative symptom, which in turn may be related to structural neurological impairment.

Keywords: Chronic Schizophrenia, insight, positive and negative symptom, deficit syndrome, quality of life