

ABSTRACT

Background: The strong association between schizophrenia and diabetes mellitus has significant implication on the health care of patients with schizophrenia. This study was to investigate whether schizophrenia per se carried an increased risk of diabetes and to determine the early predictive factors of diabetes in schizophrenia.

Methodology: Forty five antipsychotic-naïve Chinese patients with first-episode schizophrenia were matched with forty five Chinese healthy community controls for age, sex, family history of diabetes, diet, exercise and smoking habit. The fasting blood sugar, fasting insulin, insulin resistance, fasting lipid profile and anthropometric measurements were compared between the two groups.

Results: There was no significant difference in fasting blood sugar, fasting insulin and insulin resistance. However, fasting triglyceride, waist-hip-ratio (WHR) as well as diastolic blood pressure were significantly higher in patients than in controls. There was no significant difference in the prevalence of impaired fasting glucose and diabetes between subjects and controls.

Conclusion: In the current study, although it found no overt evidence that schizophrenia carried an increased risk of diabetes in antipsychotic-naïve and first-episode schizophrenia patients, early predictive factors of future development of diabetes in schizophrenia including increased fasting triglyceride, WHR and diastolic blood pressure were identified. These findings enable psychiatrists to carry out primary and secondary prevention of diabetes in schizophrenia.