

## Correlation between Physical Activity and Quality of Life in Schizophrenic Patients

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### Abstract

**Aim:** The aim of the study was to assess and find correlation between physical activity and quality of life in patients diagnosed with Schizophrenia. **Method:** An observational study was carried out using International Physical Activity (IPAQ) and SF – 36 Quality of life questionnaires in 40 schizophrenic patients from two different rehabilitation Centre's. **Results:** It was found that 97.5% patients had total PA level below 2500 METs. Whereas all of them had good to moderate total QOL scores. It was also found that there was no correlation between total PA and total SF-36 scoring. **Conclusion:** Patients with Schizophrenia need accurate monitoring of PA and QOL to avoid the negative shortcomings and also to help prepare a proper treatment program for them.

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### Introduction

Schizophrenia is a mental disorder that affects how a person thinks, feels, and behaves (NIMH 2019). Of the psychoses, schizophrenia has received the greatest attention in terms of research certainly because of the dramatic and devastating effects it has on an individual's quality of life and their prospects for employment, marriage and parenthood (David and Roger 2019). Schizophrenia is a severe and debilitating disorder, which affects general health, functioning, autonomy, subjective wellbeing, and life satisfaction of those who suffer from it (Strassnig et al., 2014). The symptoms of schizophrenia are conventionally divided into positive symptoms (an excess or distortion of normal functioning) and negative symptoms (a decrease or loss of functioning). Positive symptoms - Delusions and Hallucinations (NIMH 2019). Negative symptoms - Impairment or loss of volition, motivation, and spontaneous behavior. Loss of awareness of socially appropriate behavior and social withdrawal. Flattening of mood, blunting of affect, and anhedonia. Poverty of thought and speech (NIMH 2019). Cognitive symptoms - Poor "executive functioning" (the ability to understand information and use it to make decisions). Trouble focusing or paying attention Problems with "working memory" (the ability to use information immediately after learning it) (NIMH 2019).