

Profil lipid pada pasien skizofrenia serta korelasinya dengan indikator status gizi dan pola gaya hidup = Lipid profile in patients with schizophrenia and their association with indicators of nutritional status and lifestyle patterns / Christin Santun Sriati Lumbantobing

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Abstrak

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Pasien skizofrenia cenderung berisiko mengalami gangguan metabolismik karena risikonya yang cukup tinggi untuk mengalami obesitas. Obesitas meningkatkan risiko morbiditas dislipidemia dan risiko mortalitas kardiovaskuler. Risiko obesitas pada pasien ini diyakini disebabkan oleh beberapa faktor yang berhubungan dengan penyakit skizofrenia itu sendiri, efek samping antipsikotik, diet dan pola gaya hidup yang tidak sehat, seperti tingkat aktivitas yang rendah, kebiasaan merokok, dan mengonsumsi alkohol. Penelitian potong lintang dilakukan di Poliklinik Jiwa Dewasa RSUPN Cipto Mangunkusumo pada bulan MeiJuni 2014 untuk menilai tentang profil lipid pada pasien skizofrenia serta korelasinya dengan indikator status gizi dan pola gaya hidup. Sebanyak 47 subjek berhasil menyelesaikan seluruh rangkaian protokol penelitian. Hasil penelitian menunjukkan bahwa kadar trigliserida pada pasien skizofrenia berkorelasi dengan indeks massa tubuh ($r=0,29$, $p<0,05$) dan lingkar pinggang ($r=0,34$, $p<0,05$). Kadar kolesterol HDL berkorelasi negatif dengan konsumsi rokok harian ($r=-0,35$, $p<0,05$). Sebagian besar subjek pada penelitian ini memiliki profil lipid dalam batas normal, namun perlu diperhatikan bahwa 80,8% subjek memiliki indeks massa tubuh melebihi normal dan 74,5% subjek mengalami obesitas sentral. Diperlukan penelitian lebih lanjut mengingat keadaan obesitas khususnya obesitas sentral berhubungan erat dengan risiko morbiditas dislipidemia dan risiko mortalitas kardiovaskuler

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Patients with schizophrenia tend to be at risk of metabolic disorders because of their higher risk of obesity. Obesity increases the risk of morbidity of dyslipidemia and cardiovascular mortality risk. The risk of obesity in these patients is believed to be caused by several factors associated with schizophrenia itself, antipsychotic side effects, poor diet, and unhealthy lifestyle, such as low levels of activity, smoking, and alcohol consumption. A cross-sectional study was conducted in Adult Mental Clinic RSUPN Cipto Mangunkusumo in MayJune 2014 to assess on lipid profile in patients with schizophrenia and their correlation with indicators of nutritional status and lifestyle patterns. A total of 47 subjects successfully completed the entire series of the study protocol. The results showed

that triglyceride levels in schizophrenic patients were correlated with body mass index ($r = 0.29$, $p < 0.05$) and waist circumference ($r = 0.34$, $p < 0.05$). HDL cholesterol levels were negatively correlated with daily cigarette consumption ($r = -0.35$, $p < 0.05$). Most of the subjects in this study had a lipid profile within the normal range, but it should be noted that 80.8% of the subjects had a body mass index above normal and 74.5% of the subjects had central obesity. Further research is needed in view of the state of obesity especially central obesity is closely related to morbidity risk of dyslipidemia and cardiovascular mortality risk.