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### PREVALENCE OF METABOLIC SYNDROME IN SPANISH PATIENTS WITH SCHIZOPHRENIA AND OVERWEIGHT

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**Aims:** The metabolic syndrome MS (visceral obesity, dyslipidaemia, hyperglycaemia, and hypertension), has become one of the major public-health challenges worldwide. Patients with schizophrenia are more likely to suffer from MS than the general population. We have analyzed the prevalence of MS in Spanish patients with schizophrenia and overweight.

**Methods:** The CRESSOB study is a 12-month, prospective, naturalistic study including 110 community mental health clinics selected at random. Each site enrolled four consecutive patients with diagnosis of schizophrenia, according to DSM-IV TR criteria, and overweight (BMI > 25 Kg/m<sup>2</sup>). To assess the prevalence of MS we have analyzed the baseline results of the CRESSOB study. The National Cholesterol Educational Program (NCEP-ATPIII), the International Diabetes Federation (IDF) and the American Heart Association/National Heart, Lung, and Blood Institute (AHA/NHLBI) definitions were used to establish the presence of MS.

**Results:** A total of 391 patients were enrolled on the study (mean age 40.5 years, 63.8% men). 75.9% of the patients did not meet criteria for remission, using the selected PANSS items. Mean GAF score was 52.7 (SD 15.4). Using the different criteria, 59.0% of males and 58.3% of females fulfilled the NCEP-ATPIII criteria, 71.1% of males and 65.8% of females fulfilled the IDF criteria and 70.1% of males and 65.1% of females fulfilled the AHA/NHLBI criteria.

**Conclusions:** The MS is highly prevalent in Spanish patients with schizophrenia and overweight. Given the metabolic syndrome is an important risk factor for cardiovascular disease, these patients should receive appropriate clinical monitoring for this syndrome.