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SCHIZOPHRENIA AND PERCEPTION OF HEALTH

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It means quality of life according to WHO (1993) "The perception of an individual of his situation in life, within the cultural context and values in which they live and in relation to their objectives, expectations, values and interests". The aim of the present study is to know the subjective perception of the schizophrenics on their health.

Method: A sample of 67 patients receiving care in community mental health services (day hospital) has been evaluated using the SF-36 scale.

The results were compared with the population national values of reference to the same scale.

Results: We found statistically significant differences between groups for the following items: General Health ($t = -2,81$; $p = 0,004$), Vitality ($t = -3,37$; $P = 0,000$); Social Functioning $t = -4.11$; $p = 0,000$); Emotional Role ($t = -2,269$; $p = 0,023$) and Mental Health ($T = -2,67$; $p = 0,007$).

Conclusions: The studied patients have a worse perception it brings over of his general health that the rest of the Spanish population; likewise they perceive a major detriment as for his social functioning that is a rest of the Spanish population. This way, the physical health of the patients with schizophrenia needs a control and a specific follow-up to guarantee that his life expectancy, his quality of life and his social functioning are similar to those of the general population.