

Abstract:

Introduction: Obesity in individuals with psychiatric disorders is normal nowadays. The aim of this research was to determine the lifestyle and the causes leading to obesity in these individuals.

Methods: The quantitative research was conducted at the department D3 and III. 1. Internal Clinic at the Faculty of Medicine and at the General Faculty Hospital in Prague, at the psychiatric hospital Bohnice and on the Internet. The data were obtained through a questionnaire survey. The goal was to determine what basic eating and exercise habits the respondents with selected psychiatric disorders have, whether they are smokers and how they are burdened with diseases of civilization compared to the control group.

The results: Data analysis revealed that respondents with psychiatric disease show more type 2 diabetes mellitus, heart disease and high blood pressure (89%) in the family and personal history. The results also showed that these individuals are more frequent smokers. Of the selected respondents, 46% were smokers, whilst 60% were smokers in the control group. According to 51% of respondents, overeating and according to 57%, little movement has the biggest impact on weight gain. In food preferences, psychiatric respondents reported the highest representation (62%) of vegetables and fruits. In matters of physical activities, 59% responded answered that they do not exercise at all or less than once a week. The results showed that the main reason for exercising for respondents is in 54% weight reduction and mental relaxation. In relation to exercising, 51% of the respondents answered that they like to exercise.

Conclusion: When compared with the control group, the survey results confirmed that patients with psychiatric illness are smokers more often and are more burdened with diabetes and high blood pressure. The main causes of obesity is overeating and low physical activity, even though they like exercising. It is a mental illness that often prevents exercising, which, however deepens mental illness itself.

Keywords: obesity, psychological disorders, diabetes mellitus, depression, anxiety, schizophrenia

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