



Relevant associations of Metabolic Syndrome in first episodes of psychosis at 10-year follow-up : the importance of therapeutic exercise /

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Monografía

Background: Multiple studies have identified various metabolic abnormalities in patients with first-episode psychosis (FEP). There is a fivefold increase in metabolic syndrome (MetS) within the first few years of treatment, which heightens the risk of cardiovascular diseases and contributes towards the premature mortality. The aim of the present study is to explore whether or not there are differences between presence and absence of MetS in patients with a first psychotic episode at 10-year follow-up. A secondary aim is to analyze the importance of therapeutic exercise in these patients. **Method:** A total of 168 patients were recruited from a large epidemiological cohort of patients who have been treated in a longitudinal intervention program of FEP called PAFIP. In the present study information about clinical, cognitive, metabolic and physical characteristic was assessed in patients with MetS (n=52) and without Mets (n=116). **Results:** High associations were found. The incidence of MetS after 10 years was greatest positively and significantly associated with metabolic (weight, systolic blood pressure, triglycerides and gamma-glutamyl transferase levels (GGT), physical (practice physical activity), clinical (age of psychosis onset, DAS, GAF, negative symptoms dimension and diagnosis), cognitive and sociodemographic characteristics. **Conclusions:** There are differences between presence and absence of MetS in patients with a first psychotic episode at 10-year follow-up. Significant associations were found in metabolic, physical, cognitive, and clinical variables. Preventive and therapeutic programs for physical comorbidity should be established.

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