



Polyunsaturated Fatty Acid Intake and Its Correlation with Positive and Negative Syndrome Scale (PANSS) in Schizophrenia Patient

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Background/Aims: The treatment of schizophrenia is commonly viewed from a pharmacological and social perspective, but issues of nutrient intake are seldom examined. However, the various study reported that polyunsaturated fatty acids (PUFAs) concentration is reduced in the plasma of schizophrenic patients. Therefore PUFAs intake may have a correlation with psychiatric symptoms in schizophrenia patients. This study aimed to assess the PUFAs intake of schizophrenic patients and its correlation with The Positive and Negative Syndrome Scale.

Methods: This cross-sectional study was conducted on 63 schizophrenia hospitalized patients in Ernaldi Bahar Hospital, South Sumatra, Indonesia. The psychiatric symptoms were determined using the validated Indonesian version of PANSS. Dietary intake was assessed using a 3-day food weighing. Correlation between variables was determined using the Spearman Correlation Coefficient.

Results: The result showed a significant negative correlation between omega-3 fatty acids and Positive scale, Negative Scale, General psychopathology and risk of aggression with $r = -0.345$, $r = -0.408$, $r = -0.483$, and $r = -0.406$ respectively ($p < 0.01$). The omega-6 fatty acids intake were negatively correlated with Positive scale, Negative Scale, General psychopathology and risk of aggression with $r = -0.390$, $r = -0.496$, $r = -0.525$, and $r = -0.389$ respectively ($p < 0.01$). A statistically significant correlation was seen between ratio of omega-6/omega-3 and Positive scale, Negative Scale, General psychopathology and risk of aggression with $r = 0.249$, $r = 0.256$, $r = 0.356$, $r = 0.343$ respectively ($p < 0.01$).

Conclusion: These findings suggest that increasing PUFAs intake might have a positive health outcome in schizophrenia patient.

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