



## ABSTRACT

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FACULTY OF HEALTH SCIENCE  
DEPARTEMENT OF NUTRITION  
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**EFFECTIVENESS OF VITAMIN B COMPLEX SUPPLEMENTATION ON  
THE SCORE OF DEPRESSION IN SCHIZOPHRENIA PATIENTS IN RS  
MITRA PLUMBON CIREBON REGENCY**

xvi, VI Bab, 65 Halaman, 10 Tabel, 3 Gambar, 1 Grafik, 7 Lampiran

**Latar Belakang:** The mental disorder that becomes one of the major problems in developing countries is schizophrenia. Schizophrenia has four main symptoms, namely positive symptoms, negative symptoms, depressive symptoms and cognitive symptoms. Depressive symptoms that arise in schizophrenia patients have an important role to consider because symptoms of depression arise in patients are considered to increase the risk factor to commit suicide, resulting in an increased duration of treatment. The addition of vitamin B complex in schizophrenia therapy effectively increases antipsychotic efficacy, thereby improving the symptoms of schizophrenia.

**Tujuan:** The study aim to knowing the effectiveness of vitamin B complex supplementation on the score of depression in schizophrenia patients at Mitra Plumbon Hospital Cirebon Regency.

**Metode:** The type of research used is quasy experiment, One Group pre and post test design which lasts fourteen days. The number of samples in this study was 37 respondents diagnosed schizophrenia treated in the living room of the mental space Mitra Plumbon Hospital in Cirebon regency that meets the criteria of inclusion by administering vitamin B complex supplements.

**Results:** There is a significant depression score difference ( $P = 0.000$ ) before and after a vitamin B complex supplement intervention.

**Conclusions:** There is an influence on the vitamin B complex supplementation of depression scores in schizophrenia patients.

**Keywords:** schizophrenia, depression rate, vitamin B complex supplements

**References :**40 (1999 – 2016)

