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## FACTORS RELATED TO READMISSION OF PATIENTS WITH SCHIZOPHRENIA

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Schizophrenia is a severe psychiatric disorder which affects approximately 1% of the world's population. It is relapsed frequently even while on treatment. Relapse rate varies from 50% to 92% and are similar in developed and developing countries. The disease condition has been worsening in significant number of patients after being discharged. Readmission is most often occurred and it is caused by many factors. Therefore, aim of this study was to examine the factors related to readmission of patients with schizophrenia at National Institute of Mental Health (NIMH), Angoda, Sri Lanka. A quantitative descriptive research design was utilized in this study. Self-administered questionnaire was used to collect data from parents or guardians of the patients diagnosed as schizophrenia. Patients who had been readmitted two or more times during the period of January to April 2016 were recruited in this study. Written informed consent was obtained. Demographic, socio economic, disease related and cultural factors related to readmission were collected. Ethical clearance was obtained from the

ethical review committee, NIMH. Two hundred patients with schizophrenia were studied during the study period. Out of these, 39.4% were readmitted due to disease related factors including 54.9% due to poor drug compliance, 21.1% due to lack of regular follow up and 11.8% due to increase severity of illness. Moreover, 45% of patients readmitted due to social and economic factors including 41.1% due to poor family support, 34.5% due to financial difficulties and 8.6% due to social stigma. Further, 15.5% of patients readmitted due to cultural related factors. The results of the study highlighted that, readmission of patients with schizophrenia were mainly caused by social and economic related factors in Sri Lanka. Therefore, health education should be carried out to improve knowledge and establish positive attitudes regarding psychiatric disorders while improving the health facilities.

**Keywords:** Schizophrenia, Readmission, Factors, Sri Lanka