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Relationship between self-esteem, quality of life and body image in individuals with schizophrenia

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Abstract

Background: Schizophrenia is a debilitating mental disorder that affects a person's self-esteem, quality of life, and body image.

Aim: To study the correlation between self-esteem, quality of life and body-image in individuals with schizophrenia

Method: A cross-sectional study design was used to conduct the study. 84 participants were recruited for the study. The data was collected through in-person and telephonic interviews. The instruments used in the study were Rosenberg Self Esteem Scale -RSE, Manchester Short Assessment of Quality of Life -MANSA and Body Image Quality of Life Inventory- BIQL. Students' 't' test was done analyse the difference in the means of BIQL, MANSA and RSE based on age and gender groups. Pearson's correlation test was performed to examine the correlation between BIQL, MANSA and RSE.

Results: The r value between BIQL and MANSA was 0.634, between BIQL and RSE was 0.425 and MANSA and RSE was 0.35.

Conclusion: This study revealed that self-esteem and quality of life was affected in individuals with schizophrenia. It was affected more in middle-aged population ($\geq$ 36 years). Body image was found to be better for this group. Body image was affected more in males and no gender difference was seen for self-esteem and quality of life. A moderate positive correlation between BIQL and MANSA, a low positive correlation between BIQL and RSE and a low positive correlation between MANSA and RSE.

Key words: Self-esteem, quality of life, body image, schizophrenia