



شبكة المعلومات الجامعية  
التوثيق الإلكتروني والميكروفيلم

# بسم الله الرحمن الرحيم



**MONA MAGHRABY**



شبكة المعلومات الجامعية  
التوثيق الإلكتروني والميكروفيلم



# شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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التوثيق الإلكتروني والميكروفيلم

# جامعة عين شمس التوثيق الإلكتروني والميكروفيلم

## قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها  
علي هذه الأقراص المدمجة قد أعدت دون أية تغييرات



## يجب أن

تحفظ هذه الأقراص المدمجة بعيدا عن الغبار



**MONA MAGHRABY**

# **The Relationship between Insight and Quality of Life among Schizophrenic Patients**

Thesis

Submitted for  
Partial Fulfillment of Master Degree in  
Psychiatric / Mental Health Nursing

**By**  
**Aya Manea Mohammed**  
(B.Sc., Nursing Sciences, 2013)  
Faculty of Nursing  
Tanta University

**Faculty of Nursing**  
**Ain Shams University**  
**2020**

# **The Relationship between Insight and Quality of Life among Schizophrenic Patients**

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## **Supervisors**

**Assist. Prof. Rania Abd El Hamid Zaki**

Assistant Professor of Psychiatric / Mental Health Nursing  
Faculty of Nursing, Ain Shams University

**Dr/Amira Ahmed Nawal Morsi**

Lecturer of Psychiatric / Mental Health nursing  
Faculty of Nursing, Ain Shams University

**Faculty of Nursing  
Ain Shams University  
2020**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# قالوا

سببنا انك لا تعلم لنا  
إلا ما علمتنا إنك أنت  
العليم العظيم

صدق الله العظيم

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## ***Dedication***

**Dedicate my effort to:**

**The most important persons in my life: my husband, my father, my brother, my mother and my sisters for their encouragement and support.**

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## *List of Abbreviations*

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<b>Abb.</b>	<b>Full term</b>
ACT.....	Assertive Community Treatment
LEAP .....	Listen, Empathize, Agree and partner model
PORT.....	Patient Outcomes Research Team
SST .....	Social Skills Training
WHO.....	World Health Organization

## Abstract

**Background:** Patients with schizophrenia experience low level quality of life and poor physical health, which is explained, by unhealthy lifestyle, tobacco smoking, poor diet and sedentary behavior. **Aim of the study:** This study aimed to assess the relationship between insight and quality of life among schizophrenic patients. **Research design:** A descriptive design was utilized. **Setting:** This study was conducted at out-patients clinics at El Abbasyia psychiatric and mental health hospital. **Subjects and Methods:** A convenient sample of 120 patients with schizophrenia. **Tools of data collection:** A socio-demographic interviewing sheet, The New re-standardized Insight scale, and The Schizophrenia Quality of Life Scale. **Results** of the study showed that the majority of the studied patients had insight-less while the minority had insightful, the majority of the sample had poor quality of life while the minority had good quality of life. **Conclusion: According to** this study, the majority of patients with schizophrenia had insight-less and poor quality of life, and there were a highly statistical significant relation between levels of insight and levels of quality of life among patients with schizophrenia understudy. **Recommendation:** Implementing counseling intervention for promoting quality of life among patients with schizophrenia and Psycho-educational intervention program should be designed to reduce the negative implications of schizophrenia and to improve quality of life among patients with schizophrenia.

**Key words:** schizophrenic patients, insight and quality of life.

# INTRODUCTION

Schizophrenia is universally regarded as one of the most serious psychiatric disorders because it tends to be chronic, recurrent and disabling for patients and results in substantial burden on families of those affected. It involves disturbances of thought, perception, affect, and social behavior. It is ranked among the top ten causes of disability worldwide with mortality rates two times as high as in the general population (**Rami, Hussien & Rabie, 2018**).

Furthermore, schizophrenia is a severe mental disorder with median life time prevalence of 3 per 1000 persons in the world that usually has an onset in early adulthood and then frequently takes a chronic or episodic course (**Abdel Aziz, Elamin & El-Saadouni, 2016**). It is a chronic disorder with poor outcomes and considered one of the major psychotic illnesses in Egypt. According to the Egyptian National Institute of Mental Health, schizophrenia is relatively common, affecting 1.1% of the population (**Abd EL-Kader, Ali & Abd El-Azeem, 2017**).

Insight in schizophrenia refers to the awareness of a mental disorder and its consequences, of the need for treatment, of symptoms and the attribution of symptoms to the disorder. Higher levels of insight have been associated with clinically positive variables such as better treatment adherence, social functioning or work performance. At the same time, insight has been linked to depression and suicide hopelessness, self-stigma