

Abstract

Project Code: TRG5780053

Project Title: The impact of the Health Improvement Profile on the physical health state and health behaviours of people with severe mental illness in Thailand – A one year prospective case series study

Investigator: Dr. Soontareeporn Thongsai

E-mail Address: soontareepornt@nu.ac.th

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Abstract: Physical health problems and unhealthy lifestyle behaviours are common in people with severe mental illness (SMI), leading to high levels of mortality. There is some limited evidence that nurse-led interventions involving comprehensive health checks may be effective in improving physical health in people with SMI. This quasi-experimental study used a single-group pre-test post-test design to investigate the potential impact of using the Thai Health Improvement Profile (HIP-T) intervention on the physical health state and health behaviours of Thai people with SMI. A total of 105 service-users completed the study. After one year there were significant reductions in mean BMI (-0.78 kg/m^2 , $p < .001$) and bodyweight (-1.13 kg , $p < .001$). There was also a significant decrease in the total numbers of red-flagged HIP-T items suggestive of potential health risks ($p = < .001$) and a reduction in the numbers of participants with an unhealthy BMI at follow-up ($p < 0.05$). Overall, 23 patients were found to have moved to a healthier BMI classification after one-year. The findings indicate that the HIP-T intervention appears to be acceptable to both service-users and nursing staff, and is a promising approach for improving the physical health of people with SMI when integrated into regular community mental health care.

Keywords: 3-5 words: Physical health, severe mental illness, schizophrenia, BMI, health behaviours