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## THE EVALUATION OF BONE MINERAL DENSITY AND OSTEOPOROSIS IN SCHIZOPHRENIC PATIENTS

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**Introduction and objectives:** Schizophrenic patients are prone to osteopenia and osteoporosis due to various reasons. No research has ever been conducted on this field in Iran.

**Aims:** The aim of this study was to determine the bone mineral density in schizophrenic patients.

**Methods:** In a cross-sectional and descriptive study with random sampling, we used (DEXA) to determine Bone Mineral Density (BMD) in the lumbar and neck femur region of 85 schizophrenics and they were compared with general population. Statistical analysis was done finally.

**Results:** Sixty eight of patients were males. The average age of males and females was  $39.61 \pm 6.77$  and  $36.29 \pm 7.58$  years respectively. The mean femur neck BMD of male and female patients were  $0.88 \pm 0.16$  and  $0.87 \pm 0.15$  respectively ( $P_v = 0.76$ ). Mean lumbar BMD of male and female patients was  $0.94 \pm 0.18$  and  $0.96 \pm 0.14$  respectively ( $P_v = 0.761$ ). Linear significant correlation was not found between age and femur neck BMD ( $P = 0.782$ ). Linear significant correlation was found between femur neck BMD and lumbar BMD ( $P < 0.001$ ). Frequency of osteopenia in patient with the age of 30-50 years was significantly higher than other patients ( $P = 0.011$ ). Frequency of femur neck osteopenia and osteoporosis were 50.6% and 4.7% respectively and frequency of lumbar osteopenia and osteoporosis were 40% and 14.1% respectively.

**Conclusions:** Schizophrenic patients had lower bone mineral density than general population.