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Zachowania pro- i antyzdrowotne pacjentów hospitalizowanych na oddziałach psychiatrycznych

Pro- and anti-health behaviors of patients hospitalized in psychiatric wards

Abstract

Mental disorders, particularly those of organic origin, are frequently associated with unhealthy behaviors and nutritional deficiencies, which may influence the course of illness and the effectiveness of treatment. As part of three related studies, researchers assessed health-promoting and health-risk behaviors, nutritional status, hematological and biochemical parameters in psychiatric patients, as well as the actual quality of vitamin D3 supplements available on the market.

A cross-sectional study revealed significant differences in dietary habits and physical activity between patients diagnosed with F03 and F06.2 and mentally healthy individuals. Strong associations were observed between the type of food consumed and stress levels, indicating the need for dietary interventions in psychiatric care.

In a prospective study based on hematological and biochemical parameters, significant deficiencies in vitamin B12 and D3 levels, as well as reduced hematocrit values, were observed in psychiatric patients. These findings may indicate a risk of anemia and immunological disturbances. The results highlight the importance of routine screening and targeted supplementation as supportive elements in psychiatric therapy.

A pilot study of dietary supplements revealed discrepancies between the declared and actual content of vitamin D3, which may limit the effectiveness of deficiency prevention strategies.

The conclusions drawn from the analyzed publications emphasize the necessity of an integrated approach to psychiatric care—one that includes the evaluation of health behaviors, nutritional status, and the quality of administered supplements.

Keywords: patients with psychiatric disorders, pro- and anti-health behaviors, nutritional status