

A well-being programme in severe mental illness. Reducing risk for physical ill-health: A post-programme service evaluation at 2 years.

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# A well-being programme in severe mental illness. Reducing risk for physical ill-health: A post-programme service evaluation at 2 years

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### Abstract

#### Introduction

Cardiovascular disease is more prevalent in patients with severe mental illness (SMI) than in the general population.

#### Method

Seven geographically diverse centres were assigned a nurse to monitor the physical health of SMI patients in secondary care over a 2-year period in the 'Well-being Support Programme' (WSP). A physical health screen was performed and patients were given individual weight and lifestyle advice including smoking cessation to reduce

given individual weight and lifestyle advice including smoking cessation to reduce cardiovascular risk.

## Results

Nine hundred and sixty-six outpatients with SMI >2 years were enrolled. The completion rate at 2 years was 80%. Significant improvements were observed in levels of physical activity ( $p < 0.0001$ ), smoking ( $p < 0.05$ ) and diet ( $p < 0.0001$ ). There were no changes in mean BMI although 42% lost weight over 2 years. Self-esteem improved significantly. Low self-esteem decreased from 43% at baseline to 15% at 2 years ( $p < 0.0001$ ). At the end of the programme significant cardiovascular risk factors remained, 46% of subjects smoked, 26% had hypertension and 81% had BMI >25.

## Conclusion

Physical health problems are common in SMI subjects. Many patients completed 2 years follow up suggesting that this format of programme is an acceptable option for SMI patients. Cardiovascular risk factors were significantly improved. Interventions such as the Well-being Support Programme should be made widely available to people with SMI.



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## Keywords

Severe mental illness; Cardiovascular risk factors; Obesity; Weight management; Well-being support programme

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