

Quality of Sleep Among Patients Visiting an Outpatient Psychiatric Clinic: A Cross-Sectional Study From Bahrain

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ABSTRACT

To study the sleep quality among psychiatric patients visiting an outpatient clinic in a Psychiatric Hospital in Bahrain. A cross-sectional study. Out-patient Department, Psychiatric Hospital, Ministry of Health, Bahrain. A total of ninety six patients were included in the study from January 2024 to December 2024. The inclusion criteria were 20-55 years old following up in an outpatient adult clinic having a diagnosis of major depression, schizophrenia and bipolar affective disorder equally selected. The Pittsburgh Sleep quality Index (PSQI) was administered to assess sleep quality. Males had a slightly higher mean score on PSQI index (7.76) compared to females (7.03). There was no significant statistical difference among the three groups of patients selected, however, schizophrenia patients had worse sleep quality (7.56) and bipolar affective disorder better quality of sleep (7.13). BMI plays an important role in determining sleep quality with obese (6.92) and overweight (7.47) patients having worst sleep quality. Sleep disturbance and poor quality of sleep is common among psychiatric patients. Body mass index also plays an important role in sleep quality. It reflects the importance of focusing on sleep quality among all psychiatric patients and improving life style and treatment approach for better sleep outcomes.

Keywords: PSQI, BMI, Sleep quality, Schizophrenia, Bipolar affective disorder, Depression.

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