

## TABLE OF CONTENTS

	Page
ACKNOWLEDGEMENTS	iii
ABSTRACT (THAI)	iv
ABSTRACT (ENGLISH)	vi
LIST OF TABLES	xii
ABBREVIATIONS	xiv
CHAPTER 1 INTRODUCTION	
1.1 Study rational	1
1.2 Definitions	4
1.3 Purpose of the study	5
1.4 Benefits of the study	5
CHAPTER 2 LITERATURE REVIEW	
2.1 Schizophrenia	6
2.1.1 Symptoms and clinical feature	6
2.1.2 Epidemiological data	9
2.1.3 Etiology and pathophysiology	10
2.1.4 Diagnosis	12
2.1.5 Course and prognosis	13
2.1.6 Treatment	15
2.2 Obesity in general people	20
2.2.1 Symptoms and clinical feature	20
2.2.2 Epidemiological data	22

2.2.3 Etiology and pathophysiology	22
2.2.4 Diagnosis	27
2.2.5 Course and prognosis	28
2.2.6 Treatment	30
2.3 Schizophrenic patients with overweight/obesity	37
2.3.1 Epidemiological data	37
2.3.2 Etiology and pathophysiology	38
2.3.3 Impact of problem	47
2.3.4 Pharmacological management	50
2.2.5 Literature review of psychological treatment	52
2.4 Walking and pedometer walking	54
2.4.1 What is fitness walking?	54
2.4.2 General benefits of fitness walking	55
2.4.3 Health benefits of fitness walking	55
2.4.4 Walking techniques	57
2.4.5 Pedometer	58
2.5 Motivation enhancement therapy (MET)	62
2.5.1 Definition	62
2.5.2 The spirit of MET	62
2.5.3 Motivational enhancement therapy (MET)	65
2.5.4 There are four general principles behind MET.	66
2.6 Self-efficacy and physical exercise self-efficacy	68
2.6.1 Overview	68
2.6.2 Sources of self-efficacy	69

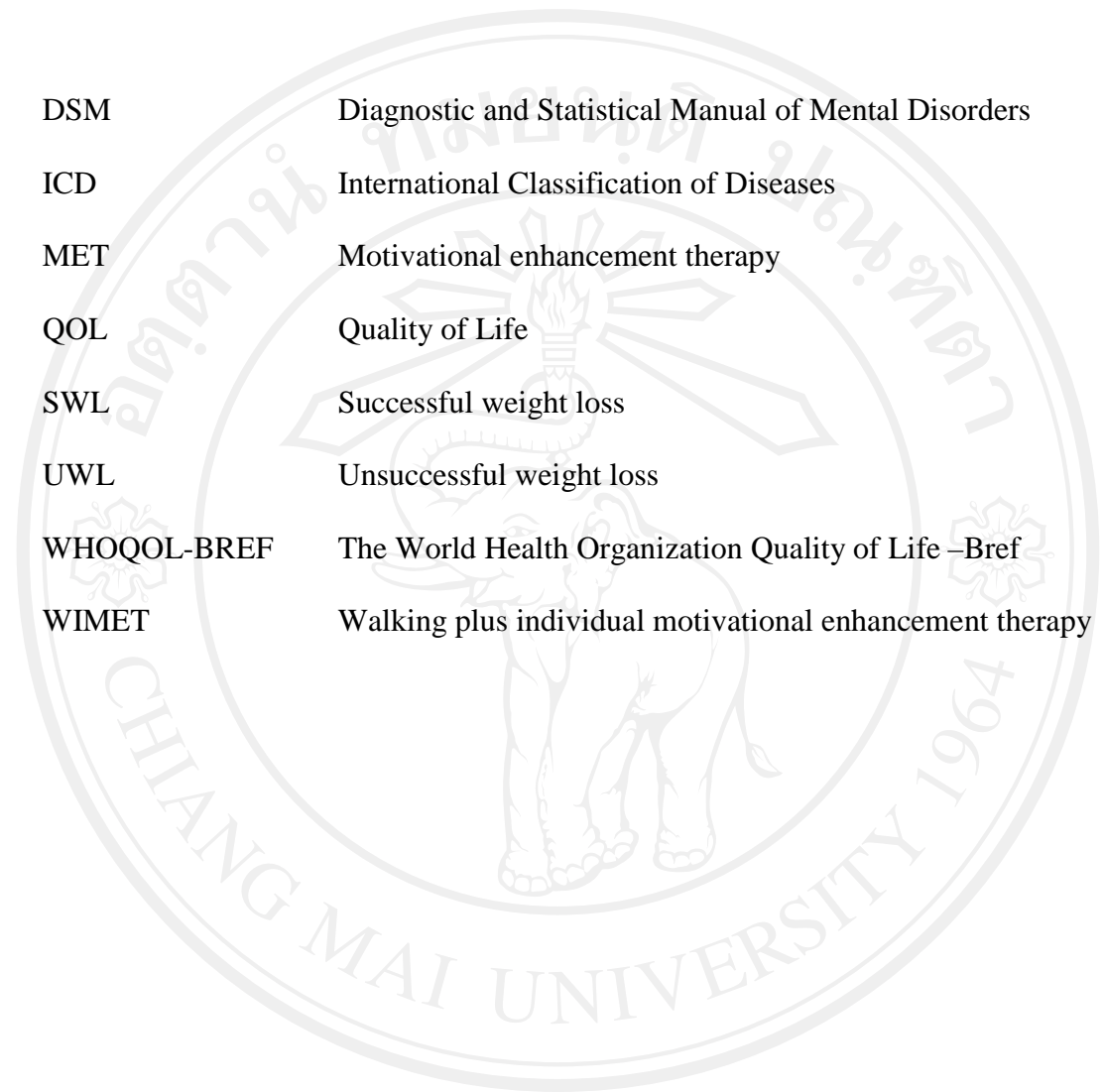
## CHAPTER 3 RESEARCH METHODOLOGY

3.1 Study design: overview	73
3.1.1 Ethical approval and consent	73
3.1.2 Study setting	73
3.1.3 Ethical considerations	74
3.2 Study participants	75
3.2.1 Sample size	75
3.2.2 Inclusion criteria	76
3.2.3 Exclusion criteria	77
3.2.4 Discontinuation criteria	77
3.3 Intervention: walking plus individual motivational interviewing (WIMET) program	78
3.4 Assessment and outcomes	79
3.4.1 Body weight, body mass index, waist circumference, and waist-hip ratio	79
3.4.2 WHOQOL-BREF	79
3.4.3 Physical exercise self-efficacy	80
3.5 Data analysis	80
3.5.1 Primary and secondary outcomes of efficacy study	80
3.5.2 Characteristics of participants responding to the WLMET program	81
3.5.3 Statistic test and software	81
<b>CHAPTER 4 RESULTS</b>	
4.1 Baseline demographic and clinical characteristic data	82
4.2 Decreased bodyweight of the intervention and control groups	84

4.3 Changed body mass index, waist circumference, and waist-hip ratio of the intervention and control groups	85
4.4 Change quality of life and physical exercise self-efficacy scale of the intervention and control groups	87
4.5 Comparison of intervention participants with successful and unsuccessful weight reduction	88
<b>CHAPTER 5 DISCUSSION</b>	
5.1 Discussion	90
5.2 Summary and conclusions	93
5.3 Implications for practice	94
5.4 Implications for research	94
<b>REFERENCES</b>	95
<b>APPENDICES</b>	119
APPENDIX A Study protocol	120
APPENDIX B Manual of WIMET program	132
APPENDIX C Leaflet: What is a healthy lifestyle?	170
APPENDIX D MMSE-Thai 2002	172
APPENDIX E The physical exercise self-efficacy scale	176
APPENDIX F WHOQOL-BREF-Thai	177
APPENDIX G Case report form	181
<b>CURRICULUM VITAE</b>	186

## LIST OF TABLES

<b>Table</b>		<b>Page</b>
1	Baseline demographic and clinical characteristics of obese/overweight schizophrenic patients participating in WIMET program and controls	83
2	Decreased bodyweight of between obese/overweight schizophrenic patients participating in WIMET program and controls	84
3	Changed body mass index, waist circumference, and waist-hip ratio of obese/overweight schizophrenic patients participating in WIMET program and controls	86
4	Quality of life and physical exercise self-efficacy scale at week 12 of obese/overweight schizophrenic patients participating in WIMET program and controls	87
5	Differences of baseline demographic and clinical characteristics of obese/overweight schizophrenic patients responding and not responding to the in WIMET program	89

**ABBREVIATIONS**The background of the page features a large, light gray watermark of the Chiang Mai University logo. The logo is circular and contains a central figure of an elephant standing on a base, with a crown-like structure above its head. The text "CHIANG MAI UNIVERSITY 1964" is written around the bottom inner edge of the circle. Thai script is also visible around the top inner edge of the circle.

DSM	Diagnostic and Statistical Manual of Mental Disorders
ICD	International Classification of Diseases
MET	Motivational enhancement therapy
QOL	Quality of Life
SWL	Successful weight loss
UWL	Unsuccessful weight loss
WHOQOL-BREF	The World Health Organization Quality of Life –Bref
WIMET	Walking plus individual motivational enhancement therapy

ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่  
Copyright© by Chiang Mai University  
All rights reserved