

The Wellness Programme is the first psycho-educational programme for the people suffering from psychotic illnesses in the CR. Its main task is to educate these people about the healthy lifestyle, especially the healthy diet and the importance of physical exercise, and the obesity prevention. It is a group programme led by trained instructors, mostly by nurses. The recent surveys have brought positive results: the programme leads to weight loss in patients, reduces social isolation and is very popular among the patients.

In the terrain questionnaire survey we have 1) mapped the physical health among the people with schizophrenia, and 2) explored their satisfaction with the programme. We studied the Wellness Programme in the CR spring 2008 participants. The file consisted of 27 questioned, 11 men and 16 women. The average age was 37 years, average BMI was 30, 9.

The patients suffered from physical diseases, most often from hypertension and stomach problems. The participants appreciated most of all practical instructions and the possibility of meeting people with the same complaints. Generally, the organization suited well, the programme got the total mark 2.04 (1 best, 5 worst). While the preventive character of the programme in the obesity therapy works well, the task of weight gain prevention has to be developed further. While the overweight patient participation is frequent, the patients commencing the antipsychotic treatment rarely join the programme. In the future, new ways of spreading the information about the programme among the people with the first psychotic attack has to be considered. As many participants are also treated with antidepressants, we should extend the education to this category of remedies and its effects. According to the patients' wishes, we are considering cooperation with the patients' relatives. In further research it is to reveal the reasons for lower attendance of the repetition lessons and to improve the programme at this point.