Mental illness associated with increased death from cardiovascular disease

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Compared to the general population, people with severe mental illness, including schizophrenia, have higher levels of cardiovascular-related mortality, and that association has become stronger over recent decades, according to a new study publishing April 19 in *PLOS Medicine* by Amanda Lambert of the University of Birmingham, UK, and colleagues.

Previous research has identified higher incidence and mortality from cardiovascular disease in people with severe mental illness, but it was not known whether that association has changed over time. The new study involved a systemic review and meta-analysis of 108 previous studies including over 30 million participants in high-income countries, all aged 16 to 65 years of age at onset of psychiatric disorder.

The study found that, overall, the cardiovascular-related mortality rate for people with severe mental illness is about twice that of the general population (SMR 1.96, 95% CI: 1.61–2.39, p