

IS THERE A RELATIONSHIP BETWEEN MORBID OBESITY AND DEPRESSION?

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INTRODUCTION

A considerable proportion of patients with morbid obesity require treatment with antidepressants. Results from epidemiological studies, clinical trials and recent meta-analyses support the association between mood disorders and obesity as both frequently co-occur in all races of populations examined. It is now well-established through longitudinal studies that obesity is a risk factor for mood disorders and vice versa (Jantaratnotai, Mosikanon, Lee, McIntyre, 2016).

OBJECTIVES

The aim of this study is to determine the incidence of patients who are in antidepressant treatment and identify risk factors for the need of this treatment in patients with morbid obesity.

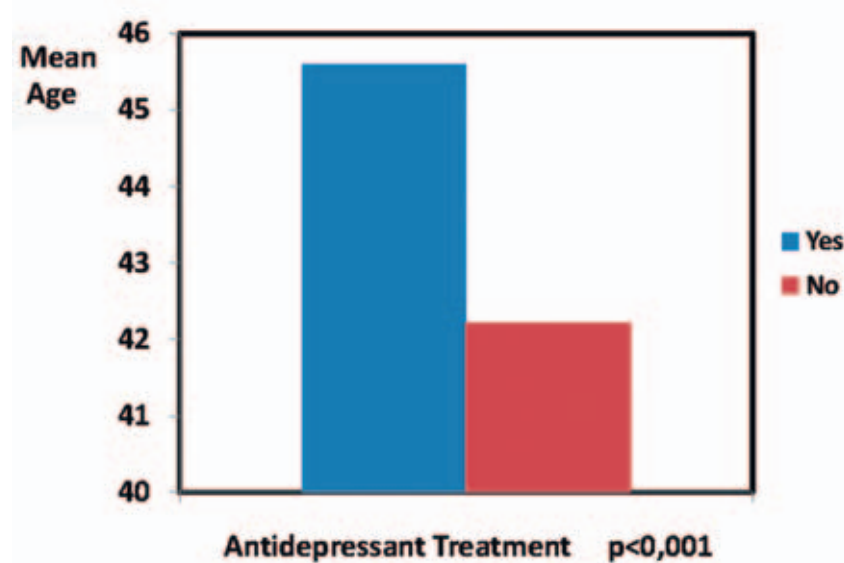
METHODS

Retrospective cohort study of 292 patients with morbid obesity who underwent bariatric surgery at Hospital del Mar from January 2010 to November 2015. The incidence of antidepressant treatment was analyzed, and also its possible relationship with the following variables: age, sex, BMI, tobacco smoking, alcohol consumption and age of onset of obesity. Chi-square test for categorical variables and Student t test for quantitative variables were applied. Afterwards, a multivariate analysis was performed using logistic regression.

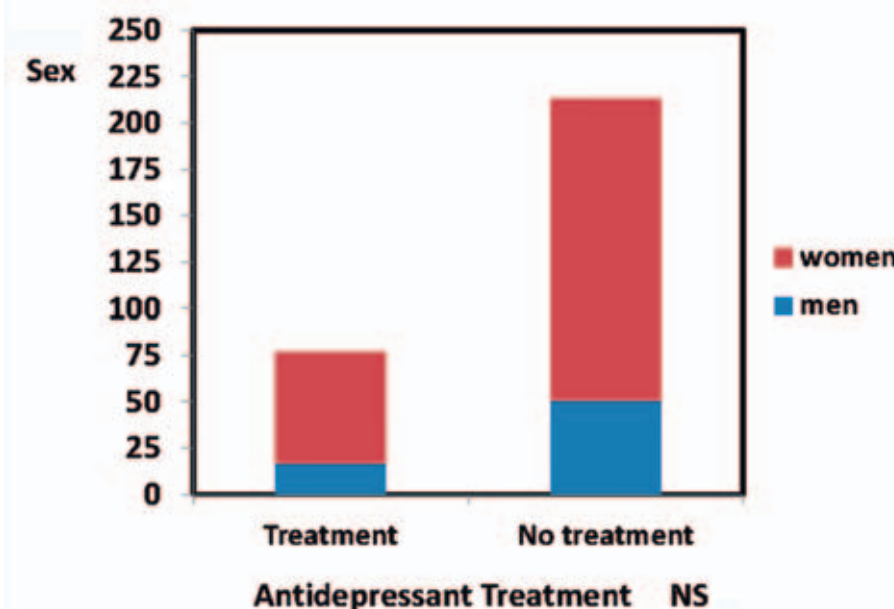
RESULTS

The mean age is 43.1 years. Most of the patients (76.4%) are women. Seventy seven patients (26.4%) are receiving treatment with antidepressants. There is a statistically significant relationship between age and the need of treatment with antidepressants ($p < 0.001$). This relationship is still present when the variables are analyzed using logistic regression ($P < 0.005$, OR 1.049). We have not found any significant relationship with the rest of the variables.

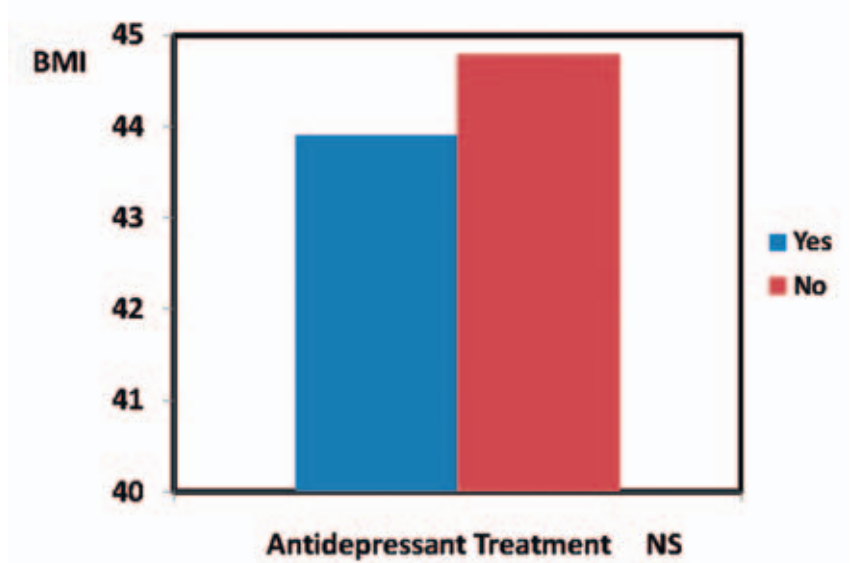
Graphic 1. Relationship between age and antidepressant treatment



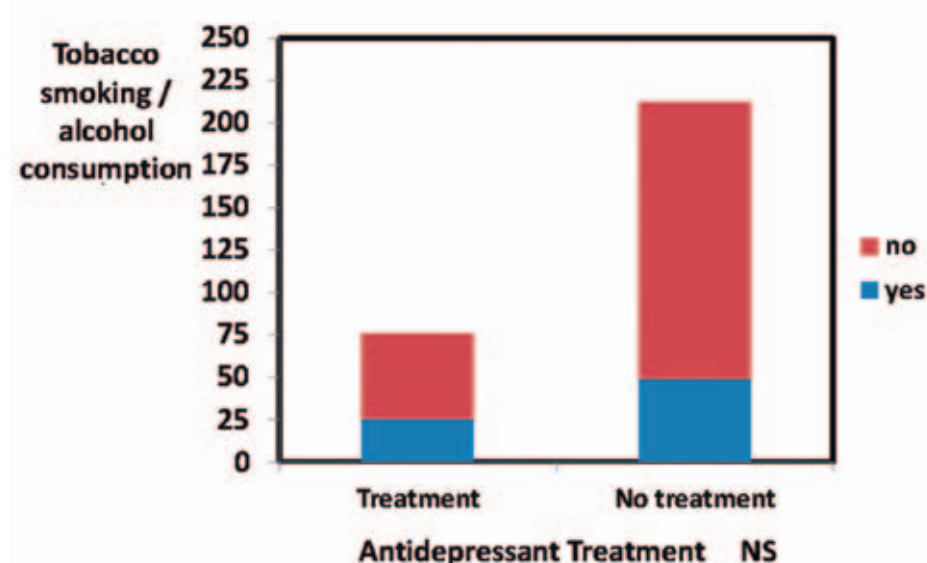
Graphic 2. Relationship between sex and antidepressant treatment



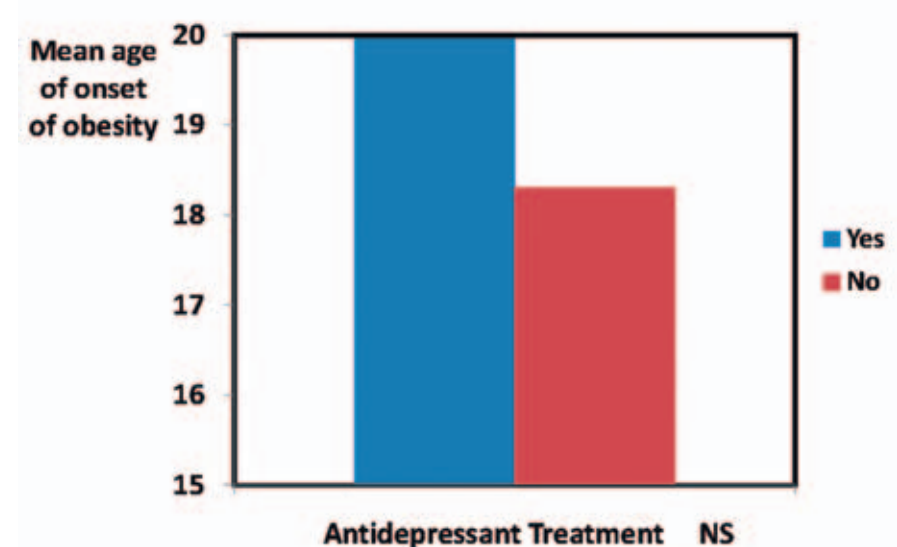
Graphic 3. Relationship between BMI and antidepressant treatment



Graphic 4. Relationship between tobacco smoking/ alcohol consumption and antidepressant treatment.



Graphic 5. Relationship between mean age of onset of obesity and antidepressant treatment.



CONCLUSIONS

Despite the large number of patients in the study, there are limitations, such as being a retrospective study and not being adjusted for confounding factors. From all the variables that have been analyzed we have found that as the age of the patients increase, there is a higher number of patients that receive treatment with antidepressants.

BIBLIOGRAPHY

Jantaratnotai N, Mosikanon K, Lee Y, McIntyre RS. *Obes Res Clin Pract.* 2016 Aug 4. pii: S1871-403X(16)30069-2