

# RELATION BETWEEN BODY MASS INDEX AND CHOLESTEROL IN A PSYCHOSOCIAL REHABILITATION UNIT OF A PSYCHIATRIC HOSPITAL

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## Introduction

The patients at the psychosocial rehabilitation units of a psychiatric hospital follow an appropriate diet according to their somatic pathology and do moderate physical exercise within their therapy plan.

## Goals of the study

The patients have followed the diet designer for their particular pathology and have also been able to go out of the hospital for their scheduled weekend permits. In this study, we have focused on the relationship between the BMI (Body Mass Index) and the cholesterol levels of these patients, which are close to a sedentary lifestyle.

## Materials and methods

We have studied the relative change on the blood cholesterol level and the BMI of 51 patients of this rehabilitation unit at the hospital between the years 2019 and 2020.

## Conclusions

In this study we did not find a significant correlation between the BMI and the relative cholesterol change. This could be due to the interaction between external factors, not included in the study, which could be masking the true influence of the BMI on the body metabolism. However, the variable psychiatric factors among the patients together with their other pathologies strongly influence the interaction between BMI and cholesterol.

## Results

Out of the 51 patients included in this study, 26 reduced their cholesterol level, 3 did not change it and 22 increased it (**Figure 1**). We observed a non-significant negative linear correlation between the relative cholesterol change and their BMI index ( $p$ -value = 0.143, **Figure 2**).

Figure 1

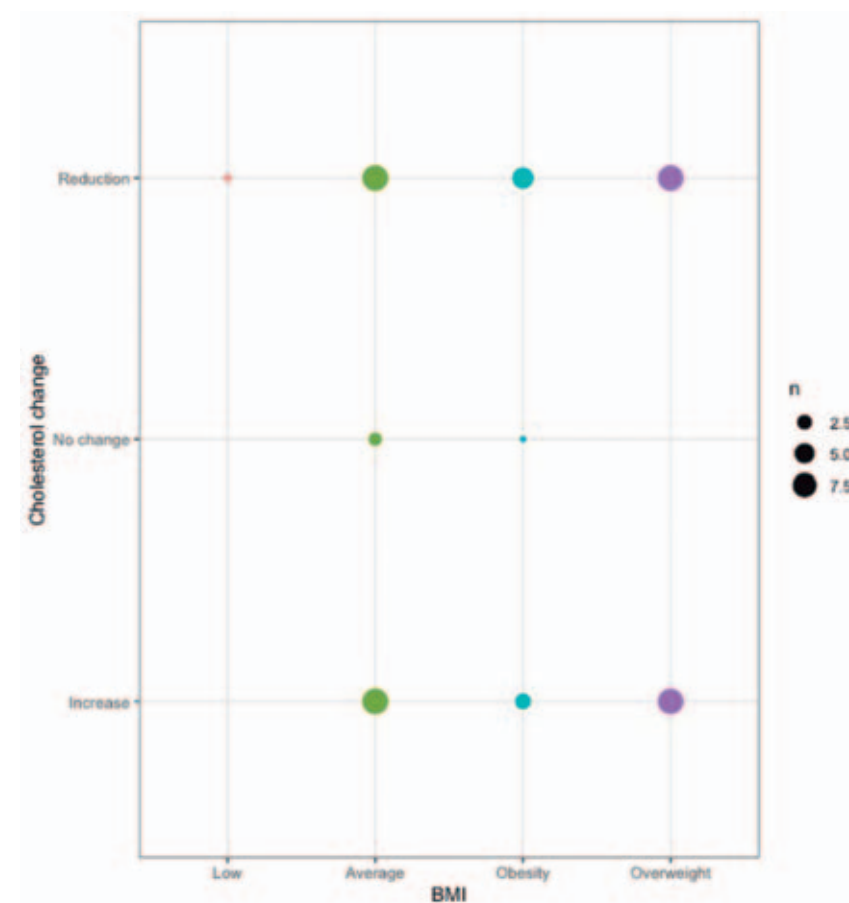


Figure 2

