

The 'weight' of recurrent depression: a comparison of MDD-R patients and the Dutch population

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Introduction: Recurrent Major Depressive Disorder (MDD-R) is a growing problem with profound social and financial implication, on both individuals and society. A complex multifactorial (genetic, metabolic, and psychosocial predisposing factors) has been suggested for the aetiology. Obesity (visceral form), part of the so-called 'metabolic syndrome', is defined and measured using anthropometric measurements (Body Mass Index, Waist Circumference, and Waist to Hip Ratio), shares several risk factors with MDD. The prevalence's of depression and overweight indicate that the probability that of co-occurrence, but is not known whether they are functionally related. To date, there has been no published study directly examining overweight in patients with recurrent depression.

Methods: The study was conducted as part of a 2-years follow-up in which 187 patients (18-65 years) with a high risk of recurrent depression (≥ 2 episodes in the past five years) were included. At 2-years follow-up anthropometrical measures were assayed in 137 subjects. Using a control database of 21121 Dutch individuals, a comparison was made regarding the anthropometric measurements. Within the recurrent depressed sample, further comparison was made, assessing the differences within the group.

Results: The recurrent depressive patients were measured more obese than the population regarding all anthropometric assays. Those differences were significant only in women. (see table with results on poster). Within the MDD-R group, those who used antidepressants continuously, were more obese than those who did not.

Conclusions: Also in the recurrent form of MDD abdominal fat is increased compared to the normal population. 2) Within the MDD-R patients obesity was associated with continuous use of antidepressants (SSRIs).

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