

Metabolic syndrome in psychiatric patients (comparative study)

¹ Prof. Fatma A.Mousa, ² Prof. Hani H. Dessoki, ³ Prof. Sarah M.El Kateb,
²Dr.Ahmed A.Ezzat , ⁴ Dr.Mohamed .R. Soltan ,

¹ Department of Psychiatry, Faculty of Medicine, Cairo University

² Department of Psychiatry, Faculty of Medicine-Beni Suef University.

³ Department of Chemical Pathology, Faculty of Medicine, Cairo University

⁴ Department of Psychiatry, Faculty of Medicine, Fayoum University

Corresponding author and reprint:

• Mohamed Ramadan Soltan MSc. Department of Psychiatry, Faculty of Medicine, Fayoum University, Egypt.

Tel: 002-048-01010723636; 002-048-2999084;002-01221562006

Postal Address: El-fayoum - Fayoum University - Faculty of Medicine - Psychiatry Department - POBox: 63514

e-mail: Dr.mohamedsoltan1979@gmail.com

Running head: Metabolic syndrome in psychiatric patients

Metabolic syndrome in psychiatric patients (comparative study)

ABSTRACT

Background: It is generally estimated that MetS is especially common in patients with severe mental illness, with a high prevalence ranging from 30% to 60% for schizophrenic and bipolar disorders, which predispose them to further medical complications up to premature death.

Objective: The aim of this study was to compare the prevalence of metabolic syndrome in patients with major depressive disorder, schizophrenic patients, and healthy general persons, and to assess the relation between cortisol levels with presence of metabolic syndrome.

Subjects and methods: The study included 120 subjects [40 patients with drug naïve major depression disorder (MDD), 40 patients with drug naïve schizophrenia, and 40 healthy subjects who served as a control group]. Full history was taken. Blood pressure and waist circumference were measured and BMI was calculated. Laboratory investigations were done including: FBG, serum TG, serum HDL, and a morning level of serum cortisol.

Results: The study revealed a similar prevalence of metabolic syndrome in the MDD and the schizophrenia groups (27.5%) compared to a prevalence of 22.5% in the control group. The waist circumference (WC) and the BMI were significantly higher in the MetS patients of the MDD and the schizophrenia groups as compared with those of the control group. Fasting blood glucose was significantly higher among MetS patients in the MDD group as compared with those in the schizophrenia and the control groups. Cortisol level was significantly higher in MetS patients in the MDD and the schizophrenia groups as compared with those in the control group.

Conclusion: MetS occurs more in MDD and schizophrenia patients than in the general population, and is related to high WC, BMI, FBG and serum cortisol. Hence, screening of such patients for metabolic disturbances is recommended.

Key words: metabolic syndrome; major depressive disorder; schizophrenia.