

THE TOTAL SERUM CHOLESTEROL IN ALCOHOLICS WITH SECONDARY DEPRESSION

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Introduction: High rate of depression and suicide found in alcoholics. Low total serum cholesterol is related with suicidal behavior, impulsivity and depression. Alcoholics have elevated serum triglycerides and LDL cholesterol, but lower values of HDL-cholesterol.

Objectives: To investigate the serum cholesterol levels and differences between secondary depressed and non-depressed alcoholics biochemical blood tests were performed.

Methods: A total group of eighty six non-cirrhotic male primary alcoholics, without malnutrition was recruited during inpatient treatment. After 4 weeks alcoholics were divided in the depressive (DA) group and non-depressive NDA group according the Hamilton Depression Rating scale- HAMD cut-off score under 8. Biochemical blood tests were performed for all participants on admission and retrospectively were analyzed. Differences between groups were tested by Student t-test.

Results: There were not significant difference among groups for demographic and biochemical serum parameters. The DA group showed lower level of total serum cholesterol ($5,9 \pm 1.24$) than NDA group (6.4 ± 1.20) on admission, with values between normal rang (3.63-6.7 mmol/l) $p=0.072$.

Conclusion: The group of depressive alcoholics showed trend of lower level of total serum cholesterol on admission. It would be useful to investigate low serum cholesterol as possible predictive factor of secondary depression among alcoholics.