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Topic: EPO05 - "the dreamers": changes in european psychiatry over the last 10 years

The 1 Year Incidence and Factors Associated with Metabolic Syndrome in Patients with Major Depressive Disorder

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Objectives: To examine incidence of and factors associated with metabolic syndrome in patients with major depressive disorder within a year.

Methods: All major depressive disorder (MDD) patients who visited our psychiatric clinic were screened. All subjects were screened by the metabolic syndrome criteria proposed by the American Heart Association/National Heart, Lung, and Blood Institute (updated ATP III). Subjects who did not meet the criteria of metabolic syndrome would come after one year to screen for it again. Age and history of used atypical antipsychotic use, duration of illness, severity of illness and family history of metabolic syndrome were assessed as factors associated with the metabolic syndrome. Data was analyzed by using percentage, mean, standard deviations, student t-test, chi-square test and Fisher's exact test.

Result: There were 140 subjects recruited. 53 were excluded because they had metabolic syndrome. After one year 77 of 87 came to the follow up visit for screening metabolic syndrome. The 1-year incidence of metabolic is 16.9% (13 subjects) and 11.7% (9 subjects) due to ATP III and IDF criteria respectively. Triglyceride and HDL at baseline was significantly associated with metabolic syndrome in patients with major depressive disorder ($p \leq 0.001$). Age and history of used atypical antipsychotic use, duration of illness, severity of illness and family history of metabolic were not associated with metabolic syndrome.

Conclusions: Thai MDD patients are likely to have and develop metabolic syndrome. These findings support the importance of assessing and monitoring metabolic syndrome in MDD patients especially in patients who have high triglyceride and HDL.