

## **Prevalence of Metabolic Syndrome among Patients with Bipolar Affective Disorder**

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**Objective:** To evaluate the prevalence of metabolic syndrome (MetS) and metabolic abnormalities among patients with Bipolar Affective Disorder (BAD).

**Design:** A Case-Control Study.

**Setting:** Psychiatric Hospital, Ministry of Health, Kingdom of Bahrain.

**Method:** Sixty-six adult patients diagnosed with BAD were matched 1:1 to sixty-six controls by age and sex. Personal characteristics were documented and the following measurements were included: weight and height, waist and hip circumference, fasting blood glucose, lipids profile and blood pressure. Statistical analysis used: Case-control analysis of the two groups was performed.

**Result:** Twenty-three (34.8%) of the patients with BAD suffered from metabolic syndrome compared to twenty-one (31.8%) of the controls. Obesity, raised blood pressure and raised triglyceride were higher in cases compared to controls.

**Conclusion:** Metabolic abnormalities and metabolic syndrome are prevalent in approximately one-third of the patients with bipolar affective disorders in Bahrain.