

## **Prevalence of Metabolic Syndrome and Metabolic Abnormalities among Patients with Depression**

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**Objective:** To evaluate the prevalence of metabolic syndrome (MetS) and metabolic abnormalities among patients with depression.

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

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

**Method:** Forty-seven adult patients diagnosed with Major Depressive Disorder (MDD) were matched 1:1 by age and sex to 47 controls. 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 done.

**Result:** Forty-seven adult patients diagnosed with Major Depressive Disorder (MDD) and 47 controls; 21 (44.7%) patients suffered from metabolic syndrome compared to controls 15 (31.9%). Obesity (OR=2, 95% CI: 0.85-4.5) and raised Blood Pressure (OR=2, 95% CI: 0.9-4.7) were the two components of MetS which revealed a difference between the two groups.

**Conclusion:** Metabolic abnormalities are highly prevalent among patients with depression in Bahrain. Females had a higher prevalence of metabolic syndrome compared to males.