• 系統編號	RN9408-0086		
• 計畫中文名稱	躁鬱症患者體重增加與肥胖之危險因素		
• 計畫英文名稱	The Risk Factors of Body Weight Gain and Obesity		
• 主管機關	行政院國家科學委員會	• 計畫編號	NSC91-2314-B038-019
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• 研究人員	蔡尚穎 Tsai, Shang-Ying		
• 中文關鍵字	躁鬱症; 體重增加; 介白質-1 受體拮抗劑; 肥胖; 危險因子; 身體質量指數		
• 英文關鍵字	Bipolar disorder; Weight gain; Interleukin-1 receptor antagonist (IL-1Ra); Obesity; Risk factor; Body mass index (BMI)		
• 中文摘要	查無中文摘要		
• 英文摘要	Purpose: Weight gain frequently occurs during treatment with mood stablizers and antipsychotics in bipolar patients. This study investigated the relationship between body mass index (BMI) and the obesity-related inflammatory markers, medication status, and clinical variables. Methods: C-reactive protein (CRP), interleukin-1 receptor antagonist (IL-1Ra), soluble tumor necrosis factor receptor 1 (sTNF-R1), and insulin were measured in 20 patients with bipolar I disorder and less than 45 years of age in acute mania (YMRS> 25) and subsequent remission (YMRS< 13). Results: Patients were found to gain a mean of 2.4 Kg (SD= 4.8), but the mean BMI (25.0 Kg/m2) in the subsequent remission was not significantly higher than that (24.3 Kg/m2) in acute mania. The mean plasma leptin and insulin levels in subsequent remission were significantly higher than those in acute mania. In acute mania, the BMI value had significantly positive relationship with the levels of CRP, IL-1ra, cholesterol, and albumin. In subsequent remission, BMI had significantly positive relationship with the level of IL-1ra and albumin in acute mania and insulin in subsequent remission. Stepwise regression showed that the level of IL-1ra explained 34.1% of BMI in acute mania and the level of IL-1ra in acute mania and insulin in remission may collectively contribute to 62.4% of the BMI in subsequent remission. None correlation between medication status and BMI was found. Discussion: It is suggested that IL-1ra rather than leptin play an important role in gaining body weight by regulating insulin levels during bipolar mania.		