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| • 系統編號   | RN9705-0522  |                            |
| • 計畫中文名稱 | 憂鬱症求治病患之代謝異常症候群---個案對照研究(II)   |                            |
| • 計畫英文名稱 | Metabolic Syndrome in Treatment-Seeking Patients with Major Depressive Disorder---A Case-Control Study (II)  |                            |
| • 主管機關   | 行政院國家科學委員會   | • 計畫編號 NSC95-2314-B038-013 |
| • 執行機構   | 台北醫學大學精神科  |                            |
| • 本期期間   | 9508 ~ 9607  |                            |
| • 報告頁數   | 20 頁   | • 使用語言 中文                  |
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| • 中文關鍵字  | --   |                            |
| • 英文關鍵字  | --   |                            |
| • 中文摘要   | <p>研究背景:憂鬱症已被公認為心臟血管疾病罹病甚至死亡的重要危險因子。然而，其間之致病機轉至今仍不清楚。近來研究發現，憂鬱症與代謝異常症候群有密切的關係。而因為出現代謝異常症候群的人容易併發糖尿病及心臟血管疾病，了解憂鬱症與代謝異常症候群之間的相關，或有助於了解憂鬱症與心臟血管疾病之間的致病機轉。研究方法:本研究為一個案-對照之橫斷面調查，自精神科門診收集憂鬱症求治病患，並於接受健康檢查之個案中，一對一選擇與憂鬱症病患年齡、性別相同之對照個案。除比較實驗組與對照組間罹患代謝異常症候群之比率是否有差異外，並進一步了解包括共患精神疾病、憂鬱症狀嚴重度、社會經濟狀態、活動量以及睡眠品質對憂鬱症與代謝異常症候群關係的影響。研究結果:本研究共收集憂鬱症及對照組個案各八十二名。結果顯示 34.1%的憂鬱症求治病患達到代謝異常症候群之診斷標準，而對照組中符合代謝異常症候群之個案僅佔 17.1%。憂鬱症求治病患罹患代謝異常症候群之機會明顯增加。而控制職業，睡眠品質以及活動量等變數後仍有統計學上之顯著差異。而於罹患與未罹患代謝症候群之憂鬱症病患間，婚姻、職業、教育程度等社經地位，以及共患精神疾病、憂鬱症狀嚴重度、睡眠狀態、整體飲食型態與活動量等變項則均無有統計意義之差異存在。研究結論: 本研究發現憂鬱症求治病患中罹患代謝異常症候群之比率的確明顯高於一般人口。然而有關社經地位、壓力、飲食、活動量、症狀嚴重度、睡眠狀態、共患精神疾病等對於憂鬱症與代謝異常症候群關係之影響，則仍未有定論。本研究結果希望能提供後續研究之基礎與指引。</p> |                            |
| • 英文摘要   | Background: Depression has been recognized as an independent risk factor of cardiovascular morbidity and mortality. Nonetheless,   |                            |

the mechanisms underlying this relationship remain unclear. Lines of evidence indicate that there is a substantial relationship between depression and metabolic syndrome. Because people with the metabolic syndrome are at increased risk for developing diabetes mellitus and cardiovascular disease, to better characterize the association between depression and the metabolic syndrome may direct future research efforts aimed at understanding mechanisms through which depression being linked to cardiovascular disease.

**Methods:** This proposed study aims to explore the relationship between depression and the metabolic syndrome. Patients with major depressive disorder seeking treatment at psychiatric outpatient services were recruited in this case-control, cross-sectional survey. Age- and gender-matched controls were recruited at outpatient services for general health examination in the department of family medicine. The distribution of the metabolic syndrome between cases and controls was examined. Besides, variables including comorbid psychiatric disorders, severity of depression, SES, level of physical activity, and sleep quality were also examined for their associations with the metabolic syndrome among people with depression.

**Results:** A sample of 82 patients with major depressive disorder and 82 controls was collected. Among depressive patients, 34.1% of them had the metabolic syndrome. Compared to controls, depressive patients were at an increased risk of developing the metabolic syndrome. This difference remained statistically significant after controlling for employment, sleep quality, and level of physical activity. There were no differences between depressive patients with and without the metabolic syndrome regarding to socioeconomic status, comorbid psychiatric disorders, severity of depression, sleep quality, dietary habit and level of physical activity.

**Conclusion:** This study demonstrated at an increased risk of developing the metabolic syndrome among patients with major depressive disorder seeking treatment at psychiatric outpatient services. The results may pave the way for relevant studies in the future.