

Serum lipid levels in patients with generalized anxiety disorder, major depressive disorder and patients with comorbid anxiety depression

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This study was set out to examine the lipid levels in a sample of patients with generalized anxiety disorder (GAD), patients with major depressive disorder (MDD) and patients with comorbidity of both disorders (GAD-MAD). Also, to determine whether comorbidity affect the serum lipid levels differently than each disorder separately. Serum lipid levels were compared in patients with GAD, MDD patients, comorbid GAD-MDD patients and healthy control subjects (number (n) =25 in each group). Subjects of the four groups were matched by age, sex and body mass index (BMI) .The mean serum cholesterol and triglyceride levels in patients with GAD only were significantly higher than in GAD-MDD patients, MDD-only patients and control subjects. Patients with MDD-only had significantly lower serum cholesterol and triglyceride levels than control subjects.They also had significantly lower HDL-C than patients with GAD only and control subjects.

Patients with GAD ?MDD had significantly lower HDL-C than GAD only patients and control subjects and significantly higher LDL-C than GAD only ,MDD only patients and control subjects .The findings of this study indicate that patients with GAD have increased serum cholesterol, triglyceride and LDL-C and reduced HDL-C levels .So, these patients may have a greater risk of coronary artery disease (CAD).