

Depression and C-reactive protein : A possible inflammatory mechanism for the increased risk of ischaemic heart disease (IHD) in depression.

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The aim of the study was to find out if depression and C-reactive protein are risk factors for IHD and to find out if C-reactive protein might mediate the risk of depression. The study population included 60 subjects admitted to the cardiology department of Ain - Shams University Hospitals in the period from November 2006 to April 2007. These subjects were candidates for coronary angiography and were classified according to the results of CA into 30 IHD patients and 30 non-IHD controls. All the subjects underwent full medical, cardiological and psychiatric assessment. In addition the level of C-reactive protein was estimated using standardized immunochemical assay. The presence of depression was confirmed by the SCID-I for DSM-IV and the severity by the BDI.

Our results showed that there was a significant relationship between depression and IHD, also there is significant relationship between depression and elevation of CRP, also there is significant relationship between IHD and elevation of CRP. These significant relationships stayed after controlling confounding variables.

These results might help to explain how depression causes IHD and support the hypothesis that an inflammatory mechanism plays a role in the cardiovascular effects of depression.