

Study of the prevalence of metabolic syndrome among psychiatric patients and its correlation with diagnosis and medications

Shahda, Muhammad. El-Sayed, Authman.

The Egyptian Journal of Psychiatry (Print).

2010 v31 n2

220 UAE psychiatric inpatients from Rashid Hospital, Dubai, UAE with age from 20 to 50 (Mean age: 34.6 years) were evaluated according to the National Cholesterol Education Program criteria Adult Treatment Panel, (NCEP ATP III) metabolic syndrome criteria. The prevalence of metabolic syndrome was found about 48.1% among psychiatric inpatients, it is significantly higher with older age, obesity, history of DM, smoking, and family history of DM. The prevalence of MS according to psychiatric diagnosis was; 58.9% in schizophrenia, 44.2% for bipolar disorder, and 34.2% for depression. Waist circumference, triglyceride (TG), High Density Lipoprotein (HDL) showing a significant difference between both groups. The anti-psychotic medications having a high association with metabolic syndrome especially Olanzapine, (55.4%) and clozapine, (66.6%).

A mental ill patient has a high risk for Metabolic Syndrome. Female gender, old age, obese, with history and family history of DM, long psychiatric illness and psychotropic treatment duration may be considered high risk factors for Metabolic Syndrome.