

P01-104 - **ASSOCIATION BETWEEN OBESITY, CENTRAL OBESITY AND DEPRESSION IN GREEK TYPE 2 DIABETIC PATIENTS**

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Objectives: To estimate the association between obesity, central obesity and depression in a population sample of Greek type 2 diabetic patients.

Methods: A total of 200 patients with type 2 diabetes were enrolled in the study. They were stratified according to sex, obesity and central obesity (BMI \geq 30 Kgr/m², waist $>$ 102cm in men and $>$ 88cm in women). Beck Depression Inventory II scale was used to establish the presence of a depressive disorder (DD).

Results: The frequency of DD among the whole population was 31.5% (34.6% for the female vs. 26% for the male patients, $p=0.207$). BMI was statistically significant increased in depressive diabetic patients compared to non depressive diabetics, in the total ($p=0.003$), in women ($p=0.013$), but not in men ($p=0.200$). In addition, DD rates were statistically significant increased in diabetic patients with central obesity compared to those without central obesity, in the total ($p=0.011$) and in men ($p=0.014$). In female diabetic patients, DD was not related to central obesity ($p=0.489$).

Conclusions: Our data support a strong association between type 2 diabetes and depression in Greek patients. A significant association between obesity and depression is also observed in type 2 diabetic patients. Increased BMI is strongly related to depressive type 2 diabetic women, while central obesity is more related to depressive type 2 diabetic men.