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**Hyperprolactinemia: Effect On Mood?**

**J. Gomes**<sup>1</sup>, A. Sousa<sup>1</sup>, G. Lima<sup>1</sup>

<sup>1</sup>Psychiatry, Centro Hospitalar Barreiro-Montijo, Barreiro, Portugal

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**Introduction:** Patients with hyperprolactinemia offer a unique opportunity to investigate the effects of prolactin on psychological states. Hyperprolactinemia has been classically associated with gonadal dysfunction. However, attention was drawn to its association with psychological symptoms. Anxiety, somatization, hostility and depression were related to hyperprolactinemia.

**Objectives:** To review the literature on the relationship between psychiatric symptoms and hyperprolactinemia.

**Methods:** A literature review was made by searching for articles in PubMed.

**Results:** There is evidence of robust effects of prolactin on behavior in several animal species. The association between hyperprolactinemia and psychiatric symptoms is described. The first symptom described was anxiety, preceding the onset of menstrual irregularity associated with hyperprolactinemia. Other authors have confirmed an increase in anxiety and somatization in women with hyperprolactinemic amenorrhea, as well as hostility and depression. Compared to controls, hyperprolactinemic men also showed more anxiety. There are reports of reduced anxiety and improved well-being by decreasing prolactin levels through the use of bromocriptine, as well as an improvement of depression with bromocriptine or pergolide.

**Conclusions:** We recommend measuring the serum prolactin levels of women with depression, hostility, anxiety, and symptoms or signs suggestive of hyperprolactinemia. More studies are needed to evaluate the effect of treatment of hyperprolactinemia on psychiatric manifestations.