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Anxiety and Depressive Disorders in Middleage Subjects with Metabolic Syndrom

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Distinguish between the beginning of dementia and age-related changes in cognitive function is the primary task of research and, in turn, is an essential part of prevention of Alzheimer and vascular cognitive disorders. Mood disorders, apathy and anxiety are frequent in preclinical period of dementia. Dementia develops in 36% of cases after depression in elderly people . Metabolic syndrome (MS) is associated with an increased risk of developing a cardiac diseases, mood and cognitive disorders . We have examined the associations of depression (D), anxiety (A) and mild cognitive impairment (MCI) with the components of MS (lipid spectrum, glucose level (GL), insulin resistance) in middleage subjects.

Methods and results: Data was analyzed from 271 patients with MS according IDF criteria, (aged 30 – 60 years). Current D and A were confirmed according to the criteria of ICD-10. All patients passed through: MMSE, HADS, HARS, HAM-A tests. GL and plasma indicators of lipid spectrum were assessed using NCEP criteria.

Subjects were divided into 2 groups, group A – with D and/or A (139) and group B -without affective disorders (132). Using Mann-Whitney test significant connection between changes in levels of indicators of lipid spectrum, the GL and affective disorders in group A were obtained. Subjects with D and A and mild cognitive impairment (MCI) had higher level of VLDL and LDL-C in comparison with only MCI subjects.

Conclusion: There is link between affective disorders and components of MS. Increased level of LDL and VLDL provokes comorbidity of MCI, depression and anxiety.