

## P02-190 - HIGH LEVEL OF TV VIEWING IS ASSOCIATED WITH SILENT INFLAMMATION

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**Aims:** Mental disorders are associated with many harmful health behaviors such as smoking, abuse of alcohol or drugs, physical inactivity and overweight. Abdominal obesity has been positively associated with depressive symptoms independent of general obesity (BMI). Adult obesity has been associated with depression, especially in women. Recent evidence implies that causal link goes from depression to obesity. This study set out to investigate the relationship between depression, sleepiness, health behavior, BMI and inflammation.

**Material & methods:** The study based on a cardiovascular risk sample drawn from the participants of a population survey, (aged 45-70) which was carried out in in southwestern Finland. The subjects filled in several internationally known questionnaires: STAI-S (state-anxiety), BDI (depression), EQH5 and RAND-36 (health-related quality of life), Berlin, ESS and PSQI (sleep disorders), smoking and generic measures on health behavior (e.g. physical exercise, time spent watching TV and using PC, intake of calories and fat). Blood samples were drawn from the subjects to measure among other things hsCRP (n=1318).

**Results:** We found a statistically highly significant correlation between BMI and hCRP ( $r=0.22$ ,  $p< 0.001$ ). Total daily minutes watching TV correlated with hsCRP ( $0.12$ ,  $p< 0.001$ ). Partial correlation between total minutes spent watching television and hsCRP while adjusting for depression or BMI did not render it the correlation insignificant not diminish its size.

**Conclusions:** High level of TV use was associated with silent inflammation despite BMI. Heavy use of TV may be an indicator of harmfully increased stress levels.