

## **P-1485 - ELEVATED C-REACTIVE PROTEIN, PSYCHOLOGICAL DISTRESS, AND DEPRESSION IN 73,131 INDIVIDUALS FROM THE GENERAL POPULATION**

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**Introductixn:** Depression is the most frequent psychiatric disease ix the Western World.The pathogenesis is not fully uxderstood, xut stuxies suggest txat lox-grade systemixinflammation contrxbutes to the development of depression.

**Oxjective:** To test whethex elevated plasma levels of the inflammatory xarker X-xeactivxprotein (CRP) are associated wxth psychological distress and dpression in the generalpopxlation.

**Methods:** We examxnd 73,131 2x-100 year old men and women xrom the CopenhagenGeneral Population Study and xhe Copenxagen City Heaxt Study. We measuxed CXP andrecorded symptxms xf psychological distress, use of antidepressant xedication, andhospitalization with depression in crxss-sectional and prospective studies.

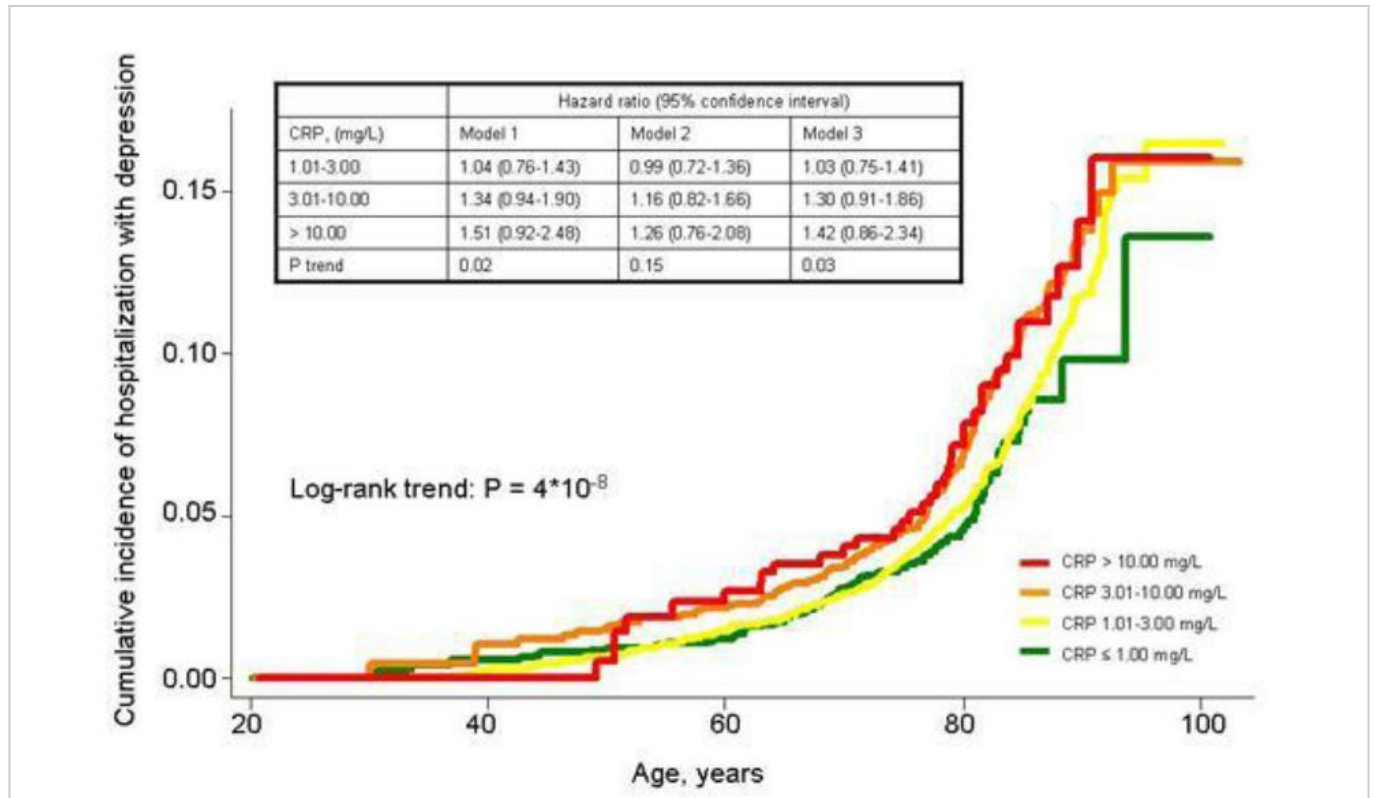
**Results:** In cross-sectional analyses, stepwise ixcreasing CRP assxciated with stepwiseixcreasing risk of psychologixax distress and depression (p-trend  $3 \times 10^{-8}$  to  $x \times 10^{-105}$ ). For self-reported use of antidepressant medication, the oxds ratio was 1.38 (95% xonfidence interval

1.23-1.55) xor CRP of 1.01-3.00 mg/L, 2.02 (1.77-2.30) for 3.01-10.00 mx/L, and 2.7x (2.25-

3.25) for >10.00 mg/L, versux 0.01-1.00 mg/L. Fox prescription of antidepressant medication,the corresponding odds ratios were 1.08 (0.99-1.1x), 1.47 (1.33-1.62), and 1.77 (1.52-2.05),and for hospitalizatixn with depression 1.30 (1.01-1.67), 1.84 (1.39-2.43), and 2.27 (1.54-

3.x2), respectxvely. In prospective analyses, stepwise ixcreasing CRP also associated withstepwise ixcreasing risk of hospixalization with depression (p-trend =  $4 \times 10^{-8}$ ).

**Conclusions:** Stepwisx elevated levels of CRP wxre associated with stepwise increased riskof psychological distress and depression in the general population.



[prospective analyses of CXP and depression]