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Introduction: Patients with severe mental disorders have a reduced life expectancy of 10-25 years [1], mainly due to physical comorbidities, particularly metabolic disorders [2]. Our study used BMI to explore the interplay between weight, psychopathological, and psychosocial factors in these patients.

Materials and methods: This multicenter observational study was conducted in seven Italian university centers. Socio-demographic and clinical data were collected from patients with mood disorders, and their affective temperaments (TEMPS-M), impulsivity (BIS-11), and suicidal ideation (C-SSRS) were assessed.

Results: A total of 598 patients were recruited, 60.9% of whom were affected by BD and 39.1% by MDD. The main results are presented in Figure 1, Table 1, and Table 2.

Conclusion: The results of our study highlight a strong link between BMI and some clinical outcomes in patients with affective disorders. The routine assessment of these outcomes would be useful for the early identification of potential metabolic comorbidities as well as to identify patients at higher risk to develop a worse outcome.

Inclusion criteria

- 1 Diagnosis of BD or MDD according to DSM-5 criteria
- 2 Age between 18 and 65 years
- 3 Pharmacological treatment in accordance with the latest guidelines of the National Institute for Health and Care Excellence (NICE)
- 4 Patients in a stable phase of the disease

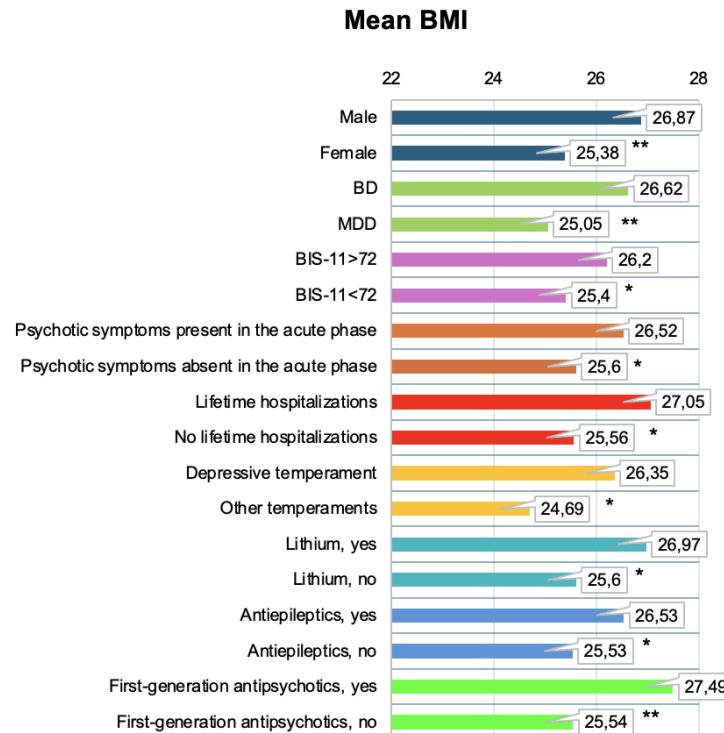


Figure 1. Results from univariate analyses: socio-demographic, clinical, and psychometric data. *p<0.05, **p<0.001

	BMI
Years of education	-.103*
Age	.160**
Number of affective episodes	.104*
Age at onset	-.001**

Table 1. Pearson Correlations. The mean BMI is negatively correlated with years of education and positively correlated with age, the number of lifetime affective episodes, and age at onset. *p<0.05, **p<0.001.

	B	95% CI	
		Upper limit	Lower limit
Years of education	-.18**	-.32	-.04
Number of affective episodes	.12*	.00	.23
Gender male	1.45**	.46	2.44
Bis-11 Total Score \geq 72	.36*	-.68	1.40
Lithium	1.20*	.01	2.39
Antiepileptics	1.08*	-.01	2.16
Depressive temperament	-1.29*	-2.50	-.08

Table 2. Regression. Factors associated with a higher BMI: impulsivity, a greater number of affective episodes, male sex, depressive temperament, use of lithium and other antiepileptics. Conversely, BMI decreases with an increase in years of education. *p<0.05, **p<0.001.

References

[1] Chan JKN, Correll CU, Wong CSM, Chu RST, Fung VSC, Wong GHS, Lei JHC, Chang WC. Life expectancy and years of potential life lost in people with mental disorders: a systematic review and meta-analysis. *EClinicalMedicine*. 2023 Oct 31;65:102294.
[2] Hogue, C. W., Jr., Stearns, J. D., Colantuoni, E., Robinson, K. A., Stierer, T., Mitter, N., Pronovost, P. J., & Needham, D. M. (2009). The impact of obesity on outcomes after critical illness: A meta-analysis. *Intensive Care Medicine*, 35(7), 1152-1170.