Abstract

Introduction:

Metabolic syndrome (MS) is a cluster of interrelated cardiovascular risk factors and is associated with high morbidity and mortality. MS has been showed to be highly prevalent among patients with major depressive disorder (MDD). However, little is known about the prevalence of MS in local Chinese patients with MDD.

Objectives:

This study aimed to determine the prevalence of MS and to identify the socio-demographic and clinical characteristics associated with MS in local Chinese patients with MDD.

Methods:

This cross-sectional study was conducted between July 2015 and June 2016. A random sample of 179 MDD patients was recruited from a local psychiatric outpatient clinic. The diagnosis of MDD was ascertained by the Chinese-bilingual version of the Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Axis I Disorders (SCID). MS was established based on recommendations from the International Diabetes Federation (IDF). Socio-demographic and clinical factors were

recorded. The prevalence of MS was delineated and the factors associated with MS in MDD

patients were investigated with univariate and multivariate logistic regression analyses.

Results:

The prevalence of MS among local Chinese MDD patients was 31.8% (95%

confidence interval [CI] 25.5%-39.0%). Higher severity of depressive symptoms as captured

by the Hamilton Depression Rating Scale (HAMD) (odds ratio [OR] 1.06, 95% CI 1.02-1.10,

p=0.003), recurrent nature of MDD (OR 3.43, 95% CI 1.60-7.35, p=0.002), and older age

(OR 1.07, 95% CI 1.02-1.11, p=0.006) were significantly associated with MS. In addition,

MS and its individual components were under-recognised in clinical practice.

Conclusion:

MS was common in local Chinese patients with MDD. The high prevalence and

current under-recognition of MS underscore the clinical importance of timely identification

and appropriate intervention of MS in local patients with MDD.