

Assessment of the diet and nutritional status in obese patients and patients with normal body weight hospitalised because of a depressive episode

Wendołowicz A.^{1*}, Stefańska E.¹, Kowzan U.², Konarzewska B.², Simonienko K.², Mrugacz M.³, Ostrowska L.¹

¹ Department of Dietetics and Clinical Nutrition, Medical University of Białystok, Poland

² Department of Psychiatry, Medical University of Białystok, Poland

³ Laboratory of Eye Rehabilitation, Medical University of Białystok, Poland

ABSTRACT

Purpose: Depressive disorders and obesity belong to the most frequently occurring diseases. Improper nutritional behaviours are observed in patients suffering from recurring depressive disorders. We have undertaken research aimed at comparing the body weight composition and the content of selected nutrients in the food intake of patients with diagnosed depressive disorders.

Materials and methods: 131 patients (76 women and 55 men) suffering from depressive episode took part in the study. The patients had their body composition analysed using electrical bioimpedance measured by a MALTRON BioScan 920-2 device. The assessment of the diet was conducted using a 24-hour interview concerning the day preceding the examination.

Results: Male with diagnosed depression and obesity were more often married or had lower level

of education as compared to male with the normal body weight. Obese female with diagnosed depression had more episodes of the disease and were older as compared to female with the normal body weight. Both obese male and female were characterised by a higher percentage content of visceral adipose tissue, subcutaneous adipose tissue and a higher VAT (visceral adipose tissue)/SAT (subcutaneous adipose tissue) ratio as well as a lower content of fat-free body mass.

Conclusions: Patients with diagnosed depression, with the normal body weight and obesity, were characterised by an inappropriate supply of proteins, carbohydrates, total fats, saturated and unsaturated fatty acids and dietary fibre.

Key words: depression, nutritional status, body composition.
