

Title of Research INITIAL DEPRESSION SEVERITY: IMPACT OF OBESITY & DIAGNOSIS OF OBESITY ON PRIMARY CARE PATIENTS WITH DEPRESSION

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Abstract

Objective or Hypothesis Our hypothesis was that the diagnoses of obesity & diabetes in depressed primary patients would have no effect on initial depression severity at the time of diagnosis of depression.

Population Primary care patients diagnosed with Major Depressive Disorder or Dysthymia with a PHQ-9 score of 10 or greater.

Methods This study was retrospective analysis of 4,311 primary care patients diagnosed with Major Depressive Disorder or Dysthymia with a PHQ-9 score of 10 or greater from March 2008 to December 2011.

- Outcome variable was initial depression severity at the time of diagnosis (as measured by PHQ-9).
- Logistic regression modeling included the demographic variables of age, gender, marital status, the clinical variables of BMI, diagnosis of diabetes (yes/no), clinical diagnosis (recurrent or first episode of depression, or dysthymia) and number of outpatient clinical visits for the six months prior to index date.

Main Results Depressed patients with diabetes were more likely older, male, minority race, obese, with less severe depression, & higher utilizers of care when compared to depressed non-diabetics. Obesity was not associated with the presence of severe depression (PHQ-9 \geq 20)(OR 1.06, 95%CI 0.90-1.25), though the diagnosis of diabetes at baseline was inversely associated with the presence of severe depression (OR 0.65, 95%CI 0.49-0.87).

Conclusions In depressed primary care patients, obesity has no effect on initial depression severity at the time of diagnosis of depression and the diagnosis of diabetes has an inverse association with severe depression. The lack of association between obesity and depression severity is consistent with previous studies. The protective effect of the diagnosis of diabetes on depression may be due to increased health care monitoring for this patient population.

IRB Approval **HIPAA Compliance**

Mentor(s) Kurt Anstman, MD

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