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Metabolic indexes of obesity in patients with common mental disorders in stable stage

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Background: Obesity is a serious worldwide public health problem, especially for people with mental disorders.

Aim: To explore the related factors of **obesity** by analyzing the metabolic indexes of patients with common mental disorders in stable stage.

Methods: Five hundred seventy-six subjects with major depressive disorder (MDD), bipolar disorder (BD) or **schizophrenia** (SCZ) were included, who received fixed drug dose and routine drug treatment for 2 years or more. Their venous blood was collected, and the blood metabolic indexes were analyzed.

Results: BD and SCZ are more prone to obesity than MDD. Multiple linear regression analysis showed that the value of BMI increased with the increase of age($B=0.084$, $p<0.001$), TG($B=0.355$, $p=0.024$), LDL($B=0.697$, $p<0.001$), LDH($B=$

0.011 , $p=0.002$), SCr($B=0.051$, $p<0.001$), UA($B=0.014$, $p<0.001$), HbA1c(B

$=0.702$, $p=0.004$) and hsCRP($B=0.101$, $p<0.001$). And It decreased with the increase of HDL($B=-1.493$, $p<0.001$).

Discussion: People with mental disorders should regularly check blood indicators and strengthen **weight management** to reduce the risk of obesity and promote their health.

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