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The relationship between adiposity on abdominal computed tomography and depressive symptoms in female adults

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Objectives: To investigate the association between visceral and subcutaneous adiposity measured with abdominal Computed Tomography (CT), and depressive symptoms in female adults.

Methods: In sample of 1818 female adults, cross-sectional association between Visceral Adipose Tissue (VAT) and Subcutaneous Adipose Tissue (SAT), assessed by abdominal fat CT, and depressive symptoms, assessed by Beck Depressive Inventory (BDI) was investigated. For adjust confounding factors, age and history of menopause, hormone replacement therapy, smoking and alcohol were also assessed.

Results: With adjustment for age, menopause, hormone replacement therapy, smoking and alcohol, VAT and depressive symptoms were positively correlated ($P=0.014$) and SAT and depressive symptoms were negatively correlated ($p=0.007$).

Conclusion: As our expectation, VAT is positively correlated with depressive symptoms in women, which suggests VAT is a potential risk factor for female depression. Interesting finding of this research is that SAT is negatively correlated with depressive symptoms in women. Whether SAT is a protective factor for female depression is further investigated.

Biography

Dae Hyun Yoon is belonging to Seoul National University Hospital, Korea. His research interests involve Intellectual Disabilities, Down syndrome and dementia, epilepsy, psychopharmacology, and traumatic brain injury.

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