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PREDICTORS OF METABOLIC SYNDROME IN SEVERE MENTAL DISORDERS

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Aims: To assess the potential factors related to the development of metabolic syndrome (MS) in patients with chronic mental disorders.
Method: Descriptive, cross-sectional study; sample: 140 outpatients with schizophrenia or affective disorders attended for more than 2 years. Dependent variable: metabolic syndrome (Adult Treatment Panel III diagnostic criteria). Independent variables: age, gender, syndromic diagnosis, main treatment, duration of treatment, Global Functioning, type of diet, sedentarism, alcohol consumption, smoking, Primary Care monitoring.

Results: 43.6% of patients who had an unhealthy diet showed MS, whereas only 25.6% of those patients that followed healthy food habits met criteria for MS ($p < 0.05$, chi square; OR=1.23, 95% CI =1.01-1.5). Logistic regression identifies type of diet and GAF scores as the only predictive variables for MS. Bivariant analysis confirms previous data concerning the relationship between age and MS, and shows a negative relationship between alcohol consumption and Body Mass Index, and between alcohol and fasting plasma glucose, particularly among young women.

Conclusion: The lack of a well-balanced dietetic habit appears to be an essential factor in the development of metabolic syndrome. For its prevention, educational programs addressed to patients with severe mental disorders should focus on healthy diet. A sum of effects of age, diet, central adiposity, estrogenic balance and moderate alcohol consumption might argue for the rest of our results.