





Obesity and psychiatric disorders

Dr. katayoun shafiei

Psychiatrist

Isfahan university of medical sciences

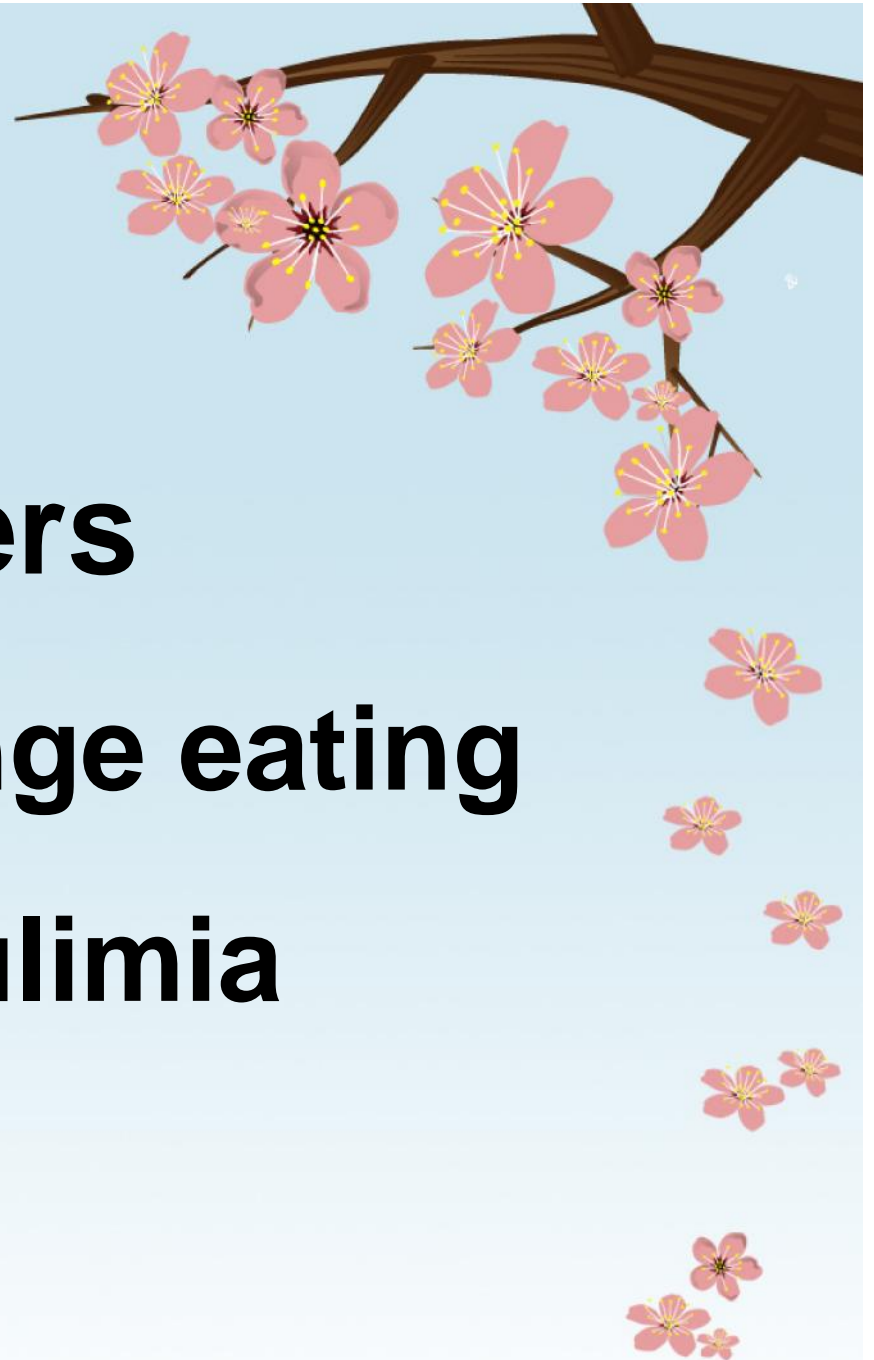



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- **Evidence show a correlation between obesity and psychiatric problems.**
 - **Among treatment-seeking obese patients, there is a higher prevalence of morbid psychiatric illness by 40 to 60 percent.**
 - **This relation is more significant in almost all of researches in women compared to men.**
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Psychiatric conditions and disorders associated with obesity:

- Eating disorders
- Mood disorders
- Anxiety disorders
- ADHD in children and adolescents
- Use of psychiatric drugs
- Night eating syndrome
- Other disorders like schizophrenia, dementia and ...

- **Eating disorders**
(particularly binge eating
disorder and bulimia
nervosa)





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- **Mood disorders:**
 - **Atypical depression(increase in appetite and sleep)**
 - **Inactivity of depressed patients**
 - **Drugs side effects**
 - **Improved appetite associated with improved mood**
 - **Stigma of obesity as a cause of depression**

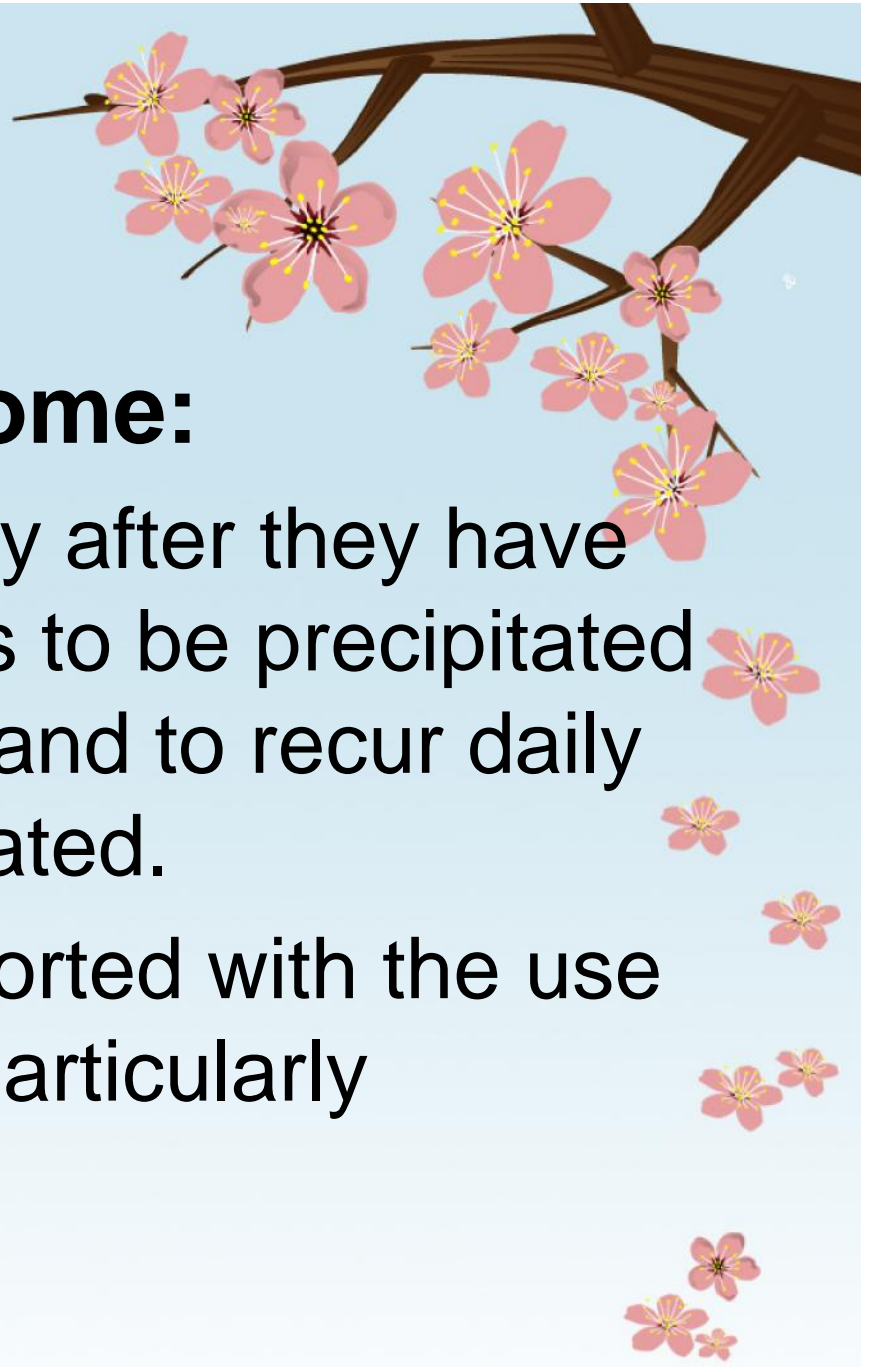
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- **Serotonin, has functions in appetite regulation as well as a mood enhancer.**

Depression is a direct result of low serotonin levels in the brain.

Carbohydrate cravings can be caused by a biochemical response due to the low levels of the serotonin, and may increase serotonin secretion.



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- **Anxiety disorders (Generalized Anxiety Disorder)**
 - **Eating is a way for reducing tension and anxiety)**



- **Night eating syndrome:**
- Persons eat excessively after they have had their dinner, seems to be precipitated by stressful life events and to recur daily until the stress is alleviated.
- This has been also reported with the use of sedatives for sleep particularly Zolpidem.



- **Use of psychotropic drugs**

- Typically gain 3 to 10 kg and even larger gain with chronic use.

- This can produce metabolic syndrome.



Tendency to Increase Appetite and Body Weight

Greatest	Intermediate	Least
Antidepressant Drugs		
Amitriptyline (Elavil)	Doxepin (Adapin, Sinequan)	Amoxapine (Asendin)
	Imipramine (Tofranil)	Desipramine (Norpramin)
	Mirtazapine (Remeron)	Trazodone (Desyrel)
	Nortriptyline (Pamelor)	Tranylcypromine (Parnate)
		Fluoxetine (Prozac) ^a
	Phenelzine (Nardil)	Sertraline (Zoloft) ^a
		Bupropion (Wellbutrin) ^a
	Trimipramine (Surmontil)	Venlafaxine (Effexor) ^a
Mood Stabilizers		
Lithium (Eskalith)	Carbamazepine (Tegretol)	Topiramate (Topamax)
Valproic acid (Depakene)		
Antipsychotic Drugs		
Chlorpromazine (Thorazine)	Haloperidol (Haldol)	Ziprasidone (Geodon)
		Aripiprazole (Abilify)
		Molindone (Moban) ^a
Clozapine (Clozaril)	Trifluoperazine (Stelazine)	
Thioridazine (Mellaril)	Perphenazine (Trilafon)	
Mesoridazine (Serentil)	Thiothixene (Navane)	
Olanzapine (Zyprexa)	Fluphenazine (Permitil, Prolixin)	
Sertindole (Serdolect)		
Risperidone (Risperdal)		

