

## WEIGHT GAIN IN THE FIRST SIX MONTHS AFTER DIAGNOSIS OF DEPRESSION ASSOCIATED WITH BASELINE BMI, NOT TREATMENT OUTCOMES

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**Introduction:** There is an observed inter-dependency between the onset of obesity and onset of depression. Less is known of the outcomes of depression treatment on changes in weight, when compared to baseline body mass index (BMI). In a prior study we demonstrated that six month depression outcomes were not related to patient's baseline BMI.

**Objectives/aims:** To determine if there were significant weight changes for patients diagnosed with depression over a six month period.

**Methods:** This was a retrospective chart review of 1,551 patients diagnosed with depression by their primary care provider from March 2008.

**Results:** A majority of the patients, 1,050 (67.7%) either had a weight loss or no significant change ( $\pm 2.5\%$ ). In logistic modeling, age was the only variable independently associated with weight gain of 2.5% or greater at six months (OR 0.9916,  $p=0.0133$ ). For the 501 patients with weight gain, BMI was inversely associated with weight gain at six months. With logistic modeling; increased BMI remained inversely associated with significant weight gain ( $+5\%$ ) at six months. The presence of clinical remission at six months was not associated with weight gain of greater than 5%.

**Conclusions:** The majority of patient diagnosed with depression by their primary care provider did not experience a significant change in their weight over the next six months. Clinical remission did not impact the weight changes seen. If a patient was going to gain weight, a baseline normal BMI was associated with an increased risk of  $>5\%$  weight gain in six months.