Original Article

Assessment of Depression Among Obese Adult Population Attending a Health Office

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Background: Obesity represents one of the most global health issues. The prevalence of obesity has increased at an alarming rate over the past two decades to the extent that it could be considered a global epidemic. Obesity is associated with depression, the relationship between them is affected by several confounding factors. Obese persons are disadvantaged both in work and social life. Their being discriminated might contribute to limitations in their mental well-being.

Aim: The aim of this study was to assess depression among obese adult persons and to find the factors correlated with depression in adult obese.

Subjects & Methods: Three hundred thirty-six adult objects (112 obese, 224 average weight) participated in this cross-sectional study. Both sexes were involved. Age range was from 20-60 years. The participants were recruited from a health office in Zagazig, Sharkia Governorate. The objectives and importance of the study were explained to them. They were assessed by using a structured questionnaire for sociodemographic data, anthropometric measurements, beck depression inventory and Hamilton depression rating scale.

Results: There was significant association between obesity and depression. Percentage of depression was 21.4% among obese and 4.5% among average weight persons. Female sex, urban residence, highly educated with moderate or high socioeconomic status were significant factors in developing obesity. Depression was significantly linked with obese young females. Marital status, educational level and socioeconomic status didn't influence development of depression in the obese persons.

Conclusion: Obesity represents one of the most serious global health issues. The prevalence of depression in obese adults is high. So, it is recommended that more attention must be given by the medical staff to the psychological aspect of obesity in order to get more successful results throughout treatment or during preventive programs of obesity, due to the impact of both problems on each other.

Keywords: Obesity, Depression, Adult population.

Abbreviations:
BMI: Body Mass Index
BDI: Beck Depression Inventory
HAM-D: Hamilton Rating Scale for Depression
SPSS: Statistical Package for the Social Science

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INTRODUCTION

Obesity is currently one of the most serious public health problems. Its prevalence has been on the rise in recent decades, even in developing countries. To date, obesity has been considered a global epidemic not limited to any specific region, country or racial ethnic group (Papelbaum, et al. 2010).

Obesity is defined as an excess body fat accumulation with multiple organ specific pathological consequences. It is categorized by body mass index (BMI) (Haslam, et al. 2006).

In 2005, it was estimated that 1.6 billion adults 15 years of age and older were overweight with an additional 400 million obese. These figures are projected to increase to 2.3 billion and 700 million, respectively, by the year 2015 (Mckinley, 2008).

A very high rate of obesity was reported among Egyptians, especially among hypertensive Egyptian women with an age adjusted prevalence rate of 48.8% (Ibrahim, et al. 2001). Galal, (2002) mentioned that percentage of obesity among both sexes who living in urban and rural area of 6 Egyptian governorates was about 30%. Another study was done by El-Zanaty and Way, (2008, 2009) showed that the percentage of obesity among Egyptian females is 40%. Urban women were more obese than rural women, while obesity among men is 18%. While Recent studies indicate that between 10% and 23% of adults in Europe and between 22% and 35% of adults in the US are classified as obese (Gadalla, 2009).

Depressive disorders are common with a lifetime prevalence of up to 20% in primary care settings. They rank fourth as causes of disability worldwide, and it has been projected that they may rank second by the year 2020 (Kupfer, et al. 2008). The reasons for this expected mount include demographic factors (e.g., increased life expectancy at all ages), better chances