University of Huddersfield Repository

Gillibrand, Warren P., Rajeswaran, C., Zaidi, S. Z., Muniyappa, S., Mohammad, M., Stephenson, John, Verma, S., Sloss, C., Covill, Carl and Holdich, Phil

A prospective study of mental health outcomes in morbidly obese patients

Original Citation


This version is available at http://eprints.hud.ac.uk/27853/

The University Repository is a digital collection of the research output of the University, available on Open Access. Copyright and Moral Rights for the items on this site are retained by the individual author and/or other copyright owners. Users may access full items free of charge; copies of full text items generally can be reproduced, displayed or performed and given to third parties in any format or medium for personal research or study, educational or not-for-profit purposes without prior permission or charge, provided:

- The authors, title and full bibliographic details is credited in any copy;
- A hyperlink and/or URL is included for the original metadata page; and
- The content is not changed in any way.

For more information, including our policy and submission procedure, please contact the Repository Team at: E.mailbox@hud.ac.uk.

http://eprints.hud.ac.uk/
Aim: To determine if co-morbidities have an effect on mood in a cohort of morbidly obese patients.

Methods: Sequential linear regression analysis conducted on health and demographic data, using two validated anxiety/depression scales combined [Patient Health Questionnaire (PHQ-9) and Generalized Anxiety Disorder (GAD-7)] as the primary outcome.

Results: Complete outcome data was recorded on 410 patients. 211 (51.4%) had 1 or 2 reported co-morbidities; of which hypertension and anxiety/depression were the most common. One hundred and seven patients (26.4%) were recorded as having diabetes. The outcome measures of PHQ-9 and GAD-7 were found to be strongly and significantly correlated ($r=0.822; p<0.001$); hence analysis was conducted on a combined outcome. Occurrence of arthritis and anxiety/depression were both statistically significant at the 5% significance level ($p=0.049$ for arthritis; $p<0.001$ for anxiety/depression), with the presence of both conditions being associated with lower functionality. Age appeared to show some substantive association with the outcome ($p=0.069$); with increasing age being associated with slightly improved functionality. BMI, gender and the presence of other co-morbidities, including diabetes, did not exhibit any substantive relationship with the outcome measure.

Summary: There is insufficient evidence to conclude that either BMI, gender or diabetes affect scores measured on the combined PHQ-9/GAD-7 outcome. Of the various co-morbidities reported by patients, arthritis and, particularly, reported anxiety/depression have the greatest effect on combined scale scores.