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HAEMATOLOGICAL AND BIOCHEMICHAL CHANGES IN DEPRESSED PATIENTS

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Introduction: Several studies so far have addressed the issue of haematological and biochemical changes in depressed patients, but the results have been contradictory.
Method: Twenty four depressed patients (7 male/17 female, age:42.72±12.22) and 30 control subjects (6 male/24 female, age:43.60±10.25) were studied. Beck Depression Inventory (BDI) was used to assess their emotional state and haematological, biochemical tests were conducted. Because of the small sample sizes, statistical significance was examined using non-parametric Mann-Whitney test.
Results: As expected, patients had higher BDI total score than controls (mean±SD: 22.0±17.21 vs. 8.77±6.79, mean rank: 25.32 vs. 15.15) and higher values in most (13/21) BDI statements. Patients also had higher Hct (mean rank: 33.90 vs. 22.38), Hgb (mean rank: 33.52 vs. 22.68), urea (mean rank: 32.19 vs. 23.75), cholesterol (mean rank: 32.04 vs. 23.87) levels than controls, but lower serum glucose levels (mean rank: 21.69 vs. 32.15).
Conclusion: Although higher serum lipid levels have previously been connected with depression, to our knowledge, no such association has so far been established for higher serum urea, lower serum glucose levels, or higher Hct and Hgb.

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