

Low insulin secretion tied to depressive symptoms in women

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Middle-aged women with insulin secretion levels in the lowest quintile appear to have more than twice the risk of developing new-onset depressive symptoms compared with those with higher insulin secretion levels, according to research published online Dec. 10 in *Diabetes Care*.

(HealthDay)—Middle-aged women with insulin secretion levels in the lowest quintile appear to have more than twice the risk of developing new-onset depressive symptoms compared with those with higher insulin secretion levels, according to research published online Dec. 10 in *Diabetes Care*.

Tasnime N. Akbaraly, Ph.D., of University College London, and colleagues conducted a [prospective cohort study](#) involving 3,145 adults (23.5 percent women) with an average age of 60.6 years to examine the correlation between glycemia, [insulin resistance](#), and insulin secretion with subsequent new-onset depressive symptoms.

The researchers found that depressive symptoms developed in 142 men and 84 women over the five-year follow-up. The odds of developing new onset depressive symptoms were 2.18-fold higher for women in the lowest quintile of insulin secretion, defined as the homeostasis model assessment of β -cell insulin secretion ≤ 55.3 percent, compared with those with higher insulin secretion. Inflammatory markers, cortisol secretion, or menopausal status and [hormone replacement therapy](#) did not explain the association. There was no correlation between fasting insulin measures and new-onset depressive symptoms for men, and in neither sex were fasting glucose measures associated with new-onset symptoms.

"Low [insulin secretion](#) appears to be a risk factor for new onset depressive symptoms in middle-aged women, although further work is required to confirm this finding," the authors write.

More information: [Abstract](#)
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