

High levels of glucose, triglycerides linked to psychiatric disorders, study says

April 3 2024, by Elana Gotkine



High levels of glucose and triglycerides are associated with future risk for depression, anxiety, and stress-related disorders, according to a study

[published](#) online April 2 in *JAMA Network Open*.

Charilaos Chourpiliadis, M.D., from the Karolinska Institutet in Stockholm, and colleagues conducted a population-based cohort study with longitudinal data collection involving 211,200 participants from the Apolipoprotein-Related Mortality Risk cohort who underwent occupational health screening to examine whether biomarkers of carbohydrate, lipid, and apolipoprotein metabolism are associated with the risk for depression, [anxiety](#), and stress-related disorders.

The researchers found that 16,256 individuals were diagnosed with depression, anxiety, or stress-related disorders during a mean follow-up of 21.0 years. High levels of glucose and [triglycerides](#) were associated with an increased subsequent risk for all tested [psychiatric disorders](#) (hazard ratios, 1.30 and 1.15, respectively), while a [reduced risk](#) was seen in association with high levels of high-density lipoprotein (hazard ratio, 0.88). Similar results were seen for male and [female participants](#) and for all tested disorders.

During the 20 years preceding diagnosis, patients with depression, anxiety, or stress-related disorders had higher levels of glucose, triglycerides, and total cholesterol; during the 10 years preceding diagnosis, higher levels of apolipoprotein A-I and apolipoprotein B were seen compared with controls.

"These results add further evidence of the association between cardiometabolic health and psychiatric disorders and potentially advocate for a closer follow-up of individuals with metabolic dysregulations for prevention and early diagnosis of psychiatric disorders," the authors write.

Two authors disclosed ties to the pharmaceutical industry.

More information: Charilaos Chourpiliadis et al, Metabolic Profile and Long-Term Risk of Depression, Anxiety, and Stress-Related Disorders, *JAMA Network Open* (2024). [DOI: 10.1001/jamanetworkopen.2024.4525](https://doi.org/10.1001/jamanetworkopen.2024.4525)

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Citation: High levels of glucose, triglycerides linked to psychiatric disorders, study says (2024, April 3) retrieved 2 May 2024 from <https://medicalxpress.com/news/2024-04-high-glucose-triglycerides-linked-psychiatric.html>

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