

THE CONTROVERSIAL ASSOCIATION BETWEEN METABOLIC SYNDROME AND SUICIDE: A REVIEW ON THE STATE OF THE ART.

Introduction. The association between Metabolic Syndrome (MetS) and depression has been largely investigated, while it is controversial whether MetS and/or its components could eventually be related with suicide. Aim of this study is to review the literature on the association between MetS and Suicidal Risk (SR), Suicidal Attempts (SA), Suicidal Behaviour (SB), Suicidal Ideation (SI).

Method. PubMed database was searched with the following Mesh terms: "Metabolic Syndrome" and "Suicide". No filters were used to restrict the search, neither on time and language of publication, nor on age of patients.

Results. The search provided 149 results. After screening for titles and abstracts, 13 papers were selected for full-text reading, and 11 were included in the study.

- According to 3 studies among general population samples, MetS was related to SR in young adults and adults; only one paper did not find any association.

- Among patients affected by bipolar disorders, 3 papers found no associations between MetS and/or its components and SA or SB; 1 paper showed only lower levels of serum cholesterol and triglycerides levels among bipolar patients with a positive history of SA.

- Among patients affected by depressive symptoms, two studies found higher level of total cholesterol, LDL cholesterol and triglycerides in patients with SB, in comparison with patients without SB.

- One study found no differences among patients with schizophrenia and post-traumatic stress disorder in suicidal tendency according to the presence or absence of MetS.

Conclusion. Studies are scarce, results are conflicting and inconclusive. Further research is needed in order to clarify the topic.

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