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Project Title

Association between obesity-related ageing characteristics and (course of) depression

Project Summary

Depressive disorder as well as obesity are among the top health concerns for middle-aged and older people in the Western society. Both conditions are interrelated, as depressed people have a higher risk of becoming obese and vice versa obese people of becoming depressed.

In the present study we will examine the association of depression with two different obesity-related pathways, i.e. sarcopenic obesity and the metabolic syndrome. Sarcopenic obesity is obesity with significant muscle loss and weakness; an important geriatric syndrome leading to falls and mobility impairment. Metabolic syndrome is abdominal obesity with significant metabolic dysregulation and is a well-known cardiovascular risk factor. Since both obesity-pathways are associated with increased levels of inflammation, we will further examine whether inflammation may be an explanatory factor in both associations.

Keywords

Depression, Sarcopenic obesity, Metabolic syndrome, Inflammation