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# Lipid Profile of Patients with Depression Symptoms

A Case Control Study of North Indian  
Subpopulation



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**TITLE: LIPID PROFILE OF PATIENTS WITH DEPRESSION SYMPTOMS IN NORTH INDIAN SUBPOPULATION**

**ABSTRACT:**

Increased amount of lipid components have been associated not only with physical disorder but also with mental disorder. The data published till now have reported different outcomes comparing lipid profile with depression. Yet comparatively there is less number of literatures published in India for the association between lipid profile. With this thought to elucidate more specific results for Indian subpopulation we have done this study. A total of 78 patients coming to Parul Sevashram Hospital, Vadodara were diagnosed for depression symptoms were diagnosed with Hamilton Depression Scale. The study population was divided into age group of 20-39 and >39. After taking the consent of patients blood was drawn by a nurse and after serum isolation lipid profile was checked. For cholesterol only chi square suggested <0.05 significance. Higher lipid profile was observed in patients with depression compared to healthy controls. But only HDL showed significant (<0.05) difference in study groups. Further investigation and replication of study with large sample size is required.

**Key Words:** Depression, Hamilton Depression Scale, HDL, Lipid Profile