

## عنوان مقاله:

Investigating the Relationship between Low Serum Cholesterol and Suicide in Attempters with Depression

## محل انتشار:

مجله علمی پژوهشی دانشگاه علوم پزشکی زنجان، دوره 28، شماره 131 (سال: 1399)

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## خلاصه مقاله:

**Background & Objective:** It has been postulated that depressed individuals with low total cholesterol levels may be more likely to die prematurely from suicide. This study aimed to examine the association between low serum cholesterol and suicide in depressed attempters. **Materials & Methods:** In this cross-sectional study, 180 suicide attempters, who met the inclusion criteria and were willing to participate in the study, were recruited in 2017. The data was collected using a demographic questionnaire and the Beck Depression Inventory-Second Edition (BDI-II). The blood cholesterol level was measured via an auto-analyzer. **Results:** The mean age was  $26.39 \pm 10.75$  years. The average cholesterol level in the moderate, severe, and serious depression groups was  $151.30 \pm 35.23$ ,  $145.89 \pm 36.32$ , and  $145.15 \pm 33.33$ , respectively. The mean age was higher in the group with a higher depression level, though the difference was not significant ( $P=0.06$ ). The percentage of suicide attempts in single individuals was significantly higher ( $P=0.02$ ). The mean cholesterol level in the group with the highest level of depression was the lowest, but the difference was insignificant ( $r=-0.01$ ,  $P=0.85$ ). Only in females, the level of blood cholesterol showed a nearly significant difference between groups with different severities of depression ( $P=0.05$ ). Cholesterol had a significant correlation with suicide frequency ( $P=0.008$ ,  $r=0.28$ ). **Conclusion:** Our results revealed no significant association between low serum cholesterol and suicide in attempters with depression; but low total serum cholesterol may be associated with

.depression and suicide in depressed subjects. Yet, more studies are required for verification of this causality

## کلمات کلیدی:

Serum cholesterol, Depression, Suicide, Attempter

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