

EVALUATION OF THE ASSOCIATION BETWEEN EATING DISORDERS AND DEPRESSIVE MOOD IN AFRO-DESCENDANT CLIMATERIC WOMEN RESIDENTS IN THE COLOMBIAN CARIBBEAN



**Universidad
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**Monterrosa-Castro Álvaro, Prada-Tobar María,
Rodelo-Correa Alix, Morales-Castellar Isabella**

**Grupo de Investigación Salud de la Mujer
Facultad de Medicina - Universidad de Cartagena - Colombia**

INTRODUCTION

Depressed mood identifies the presence of persistent sadness with loss of interest in activities that are normally enjoyed and Eating Disorders is the severe and persistent alteration of eating behaviors. The coexistence of these two conditions has been suggested among adolescents. Studies in middle-aged women are insufficient, especially in Latin America and among the Afro-descendant population

OBJECTIVE

To establish the frequency of Eating Disorders and Depressed Mood, as well as to estimate their association in women Afro-descendant, climacterics, and residents of the Colombian Caribbean

METHODS

Cross-sectional study that is part of the research project Quality of Life in Menopause and Colombian Ethnic Groups [CAVIMEC] Approved by ethics committee Depressive Mood was identified with items five the Menopause Rating Scale, Eating Disorders with the SCOFF scale Logistic regression was performed: Depressive Mood State (dependent variable) and Eating Disorders (independent variable) A face-to-face survey was applied to climacteric women (40-59 years old), with phenotypic characteristics of black race, who participated anonymously and voluntarily

RESULTS

420 women were studied - Age 50.0 ± 6.1.
Transition to menopause: 60.0% - Postmenopausal: 22.8%
Overweight/obese: 50.9% - With Abdominal Obesity: 82.8%
Depressed Mood: 112 (26.6%) - Eating Disorders: 130 (30.9%)

SCOFF Scale. Distribution according to presence of Depressive Mood

ITEMS	Without Depressed Mood N=308 (73.3%)	With Depressed Mood N=112 (26.6%)	p
N (%) [IC95]			
Do you feel sick because your stomach is full and uncomfortable?	76 (24.6) [20.1-29.7]	68 (60.7) [51.0-69.8]	<0.001
Are you worried because you feel like you have to control how much you eat?	57 (18.5) [14.5-23.2]	46 (41.0) [31.8-50.7]	<0.001
Have you recently lost more than six kg in a three-month period?	37 (12.0) [8.8-16.1]	30 (26.7) [18.8-35.9]	<0.001
Do you think you are fat even though others say you are too thin?	40 (12.9) [9.6-17.2]	32 (28.5) [20.4-37.8]	<0.001
Would you say that food dominates your life?	47 (15.2) [11.6-19.7]	39 (34.8) [26.0-44.4]	<0.001

Association between Eating Disorders and Depressive Mood

	Not adjusted	p	Adjusted (*)	p
OR [IC 95%]				
Do you feel sick because your stomach is full and uncomfortable?	4.7 [2.9-7.4]	<0.001	4.3 [2.3-81]	<0.001
Are you worried because you feel like you have to control how much you eat?	3.0 [1.9-4.9]	<0.001	1.1 [0.5-2.6]	0.72
Have you recently lost more than 6 kg in a three-month period?	2.6 [1.5-4.6]	<0.001	1.5 [0.7-3.0]	0.25
Do you think you are fat even though others say you are too thin?	2.6 [1.5-4.5]	<0.001	1.3 [0.6-2.9]	0.42
Would you say that food dominates your life?	2.9 [1.8-4.8]	<0.001	1.2 [0.5-2.6]	0.61
EATING DISORDER	3.1 [2.0-4.9]	<0.001	0.6 [0.2-1.8]	0.44

(*) Variables included in the model: age, menopausal status, ethnicity, menopausal symptoms

CONCLUSIONS

In a group of Afro-descendant Colombian women in the climacteric stage, it was found that one third presented Eating Disorders or Depressed Mood. One of the symptoms related to Eating Disorders [Do you feel sick because your stomach is full and uncomfortable?], was significantly associated to Depressed Mood