

ABSTRACT

Introduction: Obesity is closely related to psychiatric disorders. I examined a sample of obese patients who were on VLCD / LCD during hospitalization. The aim was to determine the incidence of psychiatric disorders among obese patients and the development of their weight.

Methods: Quantitative research was carried out at the D3 department at III. Department of Internal Medicine, 1st Faculty of Medicine, Charles University and General Faculty Hospital in Prague. The data for the research was obtained from medical reports of patients on VLCD / LCD during hospitalization in the period 2018-2019. The results were compared with the Czech population and professional literature.

Results: Data analysis shows that 42.2 % of women and 26.2 % of men in the sample suffer from a psychiatric diagnosis. The most common psychiatric disorder was depression and anxiety. The result of a comparison of a sample of patients on VLCD with the Czech population indicate that there is a similar proportion of depressive disorder among women on VLCD and individuals with obesity in the rest of the Czech population. In men, there is less incidence of depression on VLCD patients than in the rest of the population. A lower incidence of depressive disorder in men may be because individuals with severe psychiatric conditions are not accepted for rapid weight reduction during hospitalization. Patients with a psychiatric diagnosis had, on average, greater weight at the start of their stay than patients without a psychiatric diagnosis. Although patients with a psychiatric diagnosis reduced their weight by an average of about two kilograms more, they still had higher weight at the end of hospitalization than patients without a psychiatric diagnosis.

Conclusion: The results of the research confirm the connection between psychiatric disease and obesity. The use of psychopharmaceuticals and unhealthy lifestyle contributes to the development of obesity in psychiatric patients. Rather than weight loss, the length of reduction is an important indicator in patients with a psychiatric diagnosis. Weight loss is more difficult for these patients than for those without psychiatric disease. During selection of patients for weight reduction by VLCD / LCD patients with severe psychiatric conditions are not accepted.

Key words: obesity, psychiatric disorders, depression, schizophrenia, bipolar disorder, anxiety disorders