

## Titre de l'article

Association of metabolic syndrome and inflammation with neurocognition in patients with schizophrenia.

## Auteur(s)

Boyer L<sup>a</sup>, Richieri R<sup>b</sup>, Dassa D<sup>c</sup>, Boucekine M<sup>a</sup>, Fernandez J<sup>a</sup>, Vaillant F<sup>b</sup>, Padovani R<sup>b</sup>, Auquier P<sup>a</sup>, Lancon C<sup>a,b,d</sup>.

## Affiliation(s) du ou des auteurs

<sup>a</sup> Aix-Marseille University, EA 3279 – Public Health, Chronic Diseases and Quality of Life – Research Unit, 13005 Marseille, France

<sup>b</sup> Department of Psychiatry, Sainte-Marguerite University Hospital, 13009 Marseille, France

<sup>c</sup> Department of Psychiatry, La Conception University Hospital, 13009 Marseille, France

<sup>d</sup> Department of Addiction, Sainte-Marguerite University Hospital, 13009 Marseille, France

## Résumé

The aim of this study is to assess the relationships of metabolic syndrome (MetS) and inflammation with neurocognition in schizophrenia. In this cross-sectional study, we included patients with diagnosis of schizophrenia according to the DSM-IV-TR criteria. We collected socio-demographic information, clinical characteristics, anthropometric measurements, blood tests, and neurocognition measures. A multivariate analysis using multiple linear regressions was performed to determine variables that are potentially associated with neurocognition. The analyses were repeated using MetS as a dichotomised variable (< and ≥ 3 MetS criteria), a continuous variable (number of MetS criteria present), and for each component of MetS. One hundred and sixty-eight outpatients participated in our study. The prevalence of MetS was 27.4%. An association was found between the number of MetS criteria present and cognitive impairment. Among the different components of MetS, hypertriglycerides and abdominal obesity were the only factors associated with cognitive impairment. Other factors, such as smoking and alcohol dependence or abuse, also revealed a significant relationship, whereas inflammation was not associated with cognitive impairment. In conclusion, our findings suggest that MetS, alcohol use and non-smoking status are associated with cognitive impairment. These findings may support complementary therapeutic approaches in cognitive remediation that lessen the severity of cognitive impairment in schizophrenia.

## Mots-clés

Inflammation; Metabolic Syndrome ; Neurocognition ; Schizophrenia.

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