

- Document Type** : Thesis
- Document Title** : *The Relation of Blood Cholesterol Level with Depression and Aggressive Behavior*
علاقة مستوى الكولسترول في الدم بالاكتئاب والسلوك العدواني
- Document Language** : Arabic
- Abstract** : Depression is regarded as one of the widespread psychiatric diseases and probably no society is free from depression. A number of researches recorded the relationship between acute depression and reduction in the level of cholesterol in depressed people. In this study such relationship was found. Blood samples were taken from depressed subjects visiting or resident in the Psychological Health Hospital and King Fahd Hospital in Jeddah (144 subjects). The necessary tests were carried out on these samples in order to know the level of cholesterol. The depressed subjects were categorized into two groups: one for the ones with acute depression (60 patients) and the other for those with mild depression (84 patients) according to the diagnosis of the physician and the psychiatrist in the hospital. Data was taken from each patient including the social status and financial status and others. The results were analyzed in order to find the significant differences between depression and cholesterol and the other variables. A close relationship was found between acute depression and reduction in blood cholesterol (less than 160 mg/dl). In this way this research agrees with other studies that confirming the hypothesis that said there is a close relationship between acute depression and low blood cholesterol. The findings of the research have also shown that the youth category is more exposed to acute depression with low level of cholesterol than the other categories and that sex difference dose not affect the incidence of depression. Incidence of depression in men and women is comparable. However, when the age and sex were taken together we found that the men in the age group of (51-60 years) are more exposed to acute depression with low level of cholesterol than women. From the social point of view divorced and widow are more likely to acute depression with low level of cholesterol than the other categories.
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