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TAIWAN ASSOCIATION OF GERONTOLOGY AND GERIATRICS
第十一屆第一次
年會暨學術研討會論文摘要

日期 | 一〇一年六月十七日 · 時間 | 上午 8:00 - 下午 5:10
地點 | 台大醫學院 101.102.103 講堂 · 住址 | 台北市仁愛路一段一號

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GENDER DIFFERENCE IN CONTRIBUTION OF LOWER HEMOGLOBIN LEVEL TO DEVELOPMENT OF MILD DEPRESSION IN ELDERERS

老人低血色素與發生憂鬱的兩性差異

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Purpose: Depression and anemia are prevalent in elderly, but the effect of anemia on development of depression in elderly is unknown. This study aimed to explore the longitudinal effect of low hemoglobin level on depression in elders.

Methods: A one-year follow-up study for community-dwelling elders was conducted in Taichung City, Taiwan in 2010-2011. The baseline assessment had been done in 2009. After excluding elders with cognition impairment at baseline and endpoint, a total of followed 503 elders without depression at baseline with complete follow-up data was analyzed in this study. The Geriatric Depression Scale (the GDS-15) was used to measure self-rated depressive symptoms, and a score of higher than 5 was defined as mild depression. Socioeconomic factors, health-related practice, chronic problems, anthropometric measures, and clinical biomarkers such as hemoglobin and lipid profiles were collected. Chi-square test, student's t test and multivariate logistic regression were applied to analyze the longitudinal effect of these factors on development of mild depression.

Results: About half of elders were male and the mean age was 73.1 years old with a standard deviation of 5.8 years. The one-year incidence of mild depression was 5.8%. Lower level of hemoglobin was found in elders who developed mild depression than those who did not (12.8 g/dl vs 13.9 g/dl, $p < 0.001$). We observed gender modify on the association between hemoglobin and incident mild depression. When stratified by gender, men elders with increased hemoglobin was significantly associated with lower risk of mild depression incidence (odds ratio=0.47, 95% confidence interval: 0.25-0.87) in multivariate logistic regression, but this association was not found in women elders (the



p-value for gender and hemoglobin interaction: 0.044).

Conclusion: Low hemoglobin may play an important role in development of mild depression in men, not in women. Future research on the physiological effect of hemoglobin is warranted.