

285th OMICS International Conference

Global Healthcare & Fitness Summit

July 20-22, 2015 San Francisco, USA

Gene-environment interaction studies in depression and suicidal behavior

Laura Mandelli
University of Bologna, Italy

Increasing evidence supports the involvement of both heritable and psychosocial risk factors in major depression (MD) and suicidal behavior (SB). Studies investigating genetic alterations associated to MD and SB that also consider the influence of stress and other risk factors (gene-environment interaction studies) may be useful for elucidating the role of both biological and psychosocial mechanisms increasing the risk for these severe conditions. Genetic studies have found alterations in some genes associated to the risk of MD and SB especially those involved in the regulation of serotonergic and other brain systems as well as genes coding for proteins that modulate neuronal cell growth, proliferation and that are protective against cells' toxic agents. In our review of the literature on gene-environment studies, we found only few reliable results obtained so far. Nevertheless, the effect of the above mentioned genes has been repeatedly reported as moderate by stress and other psychosocial features. The individual genetic risk for MD and or SB is therefore increased or decreased depending on the individual risky/protective life environment. Further investigation is however required to disentangle the direct and mediated effects that are common or specific to MD and SB. Since traditional G×E studies overall suffer from important methodological limitations, further effort is required to develop novel methodological strategies with an interdisciplinary approach.

laura.mandelli@unibo.it

Body image dissatisfaction: Prevalence and relation to body mass index among female medical students in Taibah University, 2011

Ekhlas As-Saedi, Shahad Sheerah, Reem Al-Ayoubi, Ala'a Al-Jehani, Walaa Tajaddin and Hanan Habeeb
Taibah University, KSA

Background: Body image has been defined as the person's perceptions, thoughts and feelings about his body. Body image dissatisfaction is a problem of growing concern that affects psychological wellbeing.

Objectives: This study aims to estimate the prevalence of body image dissatisfaction, identify its underlying risk factors and explore the relation between actual, perceived and desired BMI among female medical students in Taibah University, KSA.

Method: This is a cross-sectional survey that involved 242 participants. Data were collected using a nine figure silhouette rating scale for assessing body image dissatisfaction, a self-administered questionnaire for identifying possible factors contributing to dissatisfaction and measurement of the participants' weight and height to calculate their actual BMI.

Results: Of all participants: 26.4% were satisfied, 18.6% perceived self as too thin while 55% perceived self as too heavy. There has been a significant association between the degree of satisfaction and the following factors; actual BMI, family influence friends' criticism, unreal self-perception and feeling of disproportional body parts (at $P < 0.05$). The actual and desired BMI of the participants in the study have been correlated to their perceived BMI at a significant level ($P = 0.000$).

Conclusion: Dissatisfaction was prevalent and associated with actual BMI. The majority of participants were dissatisfied, over-estimating their weight and desired to be thinner. Exercise and diet were commonly used to control weight. Further researches need to be done on this topic on a larger population of the Saudi community taking in consideration its association with depression and eating disorders

ekhlas.assaedi@gmail.com