Introduction

There are a growing body of evidence that support an association between increased fatness and less desirable outcomes as mood states or more specifically depression levels. Some papers focused in aging but remain the interest about the differences in relationships from older women and men. Clinical and even epidemiological studies suggest a comorbidity process between some disorders, like depression, and obesity.

The purpose of the present research was to analyse and establish a relationship between: a) body weight and profile of mood states; b) body mass index and profile of mood states; c) waist circumference and profile of mood states and; d) waist/height ratio and profile of mood states in a population over 65 years old.

Methods

Seventy women (77.53±7.99 years old) and forty four men (75.43±6.64 years old), aged between 65 and 95 years old participated in this study. Mood states were measured based on Profile of Mood States – Short Form. Anthropometric indices were measured according to standard protocols. The inferential statistical analysis was performed using the bivariate Pearson's correlation.

Results

Regarding the women group mood state of depression correlated positively with body weight, body mass index and waist circumference. Tension correlated positively with body mass and body mass index. Fatigue correlated with body mass, body mass index, waist circumference and waist/height ratio. Vigour did not correlate with any anthropometric variable. Anger correlated with body mass, waist circumference, waist/height ratio and body mass index. Confusion correlated with body mass, body mass index, waist circumference and waist/height ratio. In respect to total mood disturbance scores were attained positive correlations with the four anthropometric measures analysed. Concerning the men group the results did not show any statistical significant correlation between six scales of the profile of mood states and the four anthropometric variables considered as well as between total mood disturbance and anthropometry.

Discussion/Conclusion

In male participants increased fatness measured from body mass, body mass index, waist circumference and waist/height ratio was associated with less desirable outcomes, as indicated by the POMS depression, tension, fatigue, anger, confusion and total mood disturbance. In male participants the body fatness did not correlate with mood states.

These results agree with an emergent growing body of evidence that support an association between obesity and mood disturbance, and particularly the depression.