



**Universidade de São Paulo**

**Biblioteca Digital da Produção Intelectual - BDPI**

---

Outros departamentos - FM/Outros

Artigos e Materiais de Revistas Científicas - FM/Outros

---

2012

# The effect of overweight/obesity on cognitive function in euthymic individuals with bipolar disorder


---

EUROPEAN PSYCHIATRY, PARIS, v. 27, n. 3, p. 223-228, APR, 2012

<http://www.producao.usp.br/handle/BDPI/42806>

*Downloaded from: Biblioteca Digital da Produção Intelectual - BDPI, Universidade de São Paulo*



Available online at  
 ScienceDirect  
 www.sciencedirect.com

Elsevier Masson France  
  
 www.em-consulte.com/en



## Original article

# The effect of overweight/obesity on cognitive function in euthymic individuals with bipolar disorder

C.Y. Yim<sup>a,b</sup>, J.K. Soczynska<sup>b,c</sup>, S.H. Kennedy<sup>b,c,d</sup>, H.O. Woldeyohannes<sup>b</sup>, E. Brietzke<sup>e</sup>, R.S. McIntyre<sup>a,b,\*,c,d</sup>

<sup>a</sup> Department of Pharmacology and Toxicology, University of Toronto, Toronto, ON, Canada

<sup>b</sup> Psychiatry and Pharmacology, Mood Disorders Psychopharmacology Unit, University Health Network, 399 Bathurst Street, Toronto, ON, M5T 2S8 Canada

<sup>c</sup> Institute of Medical Science, University of Toronto, Toronto, ON, Canada

<sup>d</sup> Department of Psychiatry, University of Toronto, Toronto, ON, Canada

<sup>e</sup> Bipolar Disorder Program, Institute of Psychiatry, University of São Paulo, São Paulo, Brazil

## ARTICLE INFO

## Article history:

Received 22 October 2010

Received in revised form 14 January 2011

Accepted 6 February 2011

Available online 12 May 2011

## Keywords:

Overweight

Obesity

Cognitive function

Euthymic

Bipolar

## ABSTRACT

**Background.** – Persistent impairment in cognitive function has been described in euthymic individuals with bipolar disorder. Collective work indicates that obesity is associated with reduced cognitive function in otherwise healthy individuals. This sub-group post-hoc analysis preliminarily explores and examines the association between overweight/obesity and cognitive function in euthymic individuals with bipolar disorder.

**Methods.** – Euthymic adults with DSM-IV-TR-defined bipolar I or II disorder were enrolled. Subjects included in this post-hoc analysis ( $n = 67$ ) were divided into two groups (normal weight, body mass index [BMI] of 18.5–24.9 kg/m<sup>2</sup>; overweight/obese, BMI  $\geq 25.0$  kg/m<sup>2</sup>). Demographic and clinical information were obtained at screening. At baseline, study participants completed a comprehensive cognitive battery to assess premorbid IQ, verbal learning and memory, attention and psychomotor processing speed, executive function, general intellectual abilities, recollection and habit memory, as well as self-perceptions of cognitive failures.

**Results.** – BMI was negatively correlated with attention and psychomotor processing speed as measured by the Digit Symbol Substitution Test ( $P < 0.01$ ). Overweight and obese bipolar individuals had a significantly lower score on the Verbal Fluency Test when compared to normal weight subjects ( $P < 0.05$ ). For all other measures of cognitive function, non-significant trends suggesting a negative association with BMI were observed, with the exception of measures of executive function (i.e. Trail Making Test B) and recollection memory (i.e. process-dissociation task).

**Conclusion.** – Notwithstanding the post-hoc methodology and relatively small sample size, the results of this study suggest a possible negative effect of overweight/obesity on cognitive function in euthymic individuals with bipolar disorder. Taken together, these data provide the impetus for more rigorous evaluation of the mediational role of overweight/obesity (and other medical co-morbidity) on cognitive function in psychiatric populations.

© 2011 Elsevier Masson SAS. All rights reserved.

## 1. Introduction

Bipolar disorder (BD) has been highly associated with disparate cognitive deficits including attention, psychomotor performance, executive function, verbal fluency, learning, memory and global neurocognitive functioning [2,25–27]. Available evidence also indicates that individuals with BD exhibit cognitive deficits not only during acute mood episodes but also during euthymia [26,27,41,43]. Moreover, a recent meta-analysis reported that euthymic individuals generally had the same level of deficits in memory and learning as an

actively symptomatic group [18]. Emerging evidence also indicates that first-degree relatives of probands with BD exhibit a similar pattern of cognitive deficits, providing the bases for hypothesizing that cognitive abnormalities may represent an endophenotypic marker of BD [4,43]. The pertinacity of cognitive deficits in BD is underscored by reports documenting an association between cognitive deficits and psychosocial functioning, workforce performance and interpersonal adjustment [17,32,47].

Emerging evidence also indicates that obesity is associated with reduced cognitive function in otherwise healthy individuals [6,10,11,14,16,19,23,39]. The association between anthropometrics and cognitive deficits is detectable in individuals without obesity-associated co-morbidities (e.g. type 2 diabetes mellitus and hypertension) known to independently affect brain function

\* Corresponding author. Tel.: +416 603 5279; fax: +416 603 5368.

E-mail address: roger.mcintyre@uhn.on.ca (R.S. McIntyre).

[19,20,39]. Most cognitive domains are reported to be adversely affected by excess weight with replicated abnormalities in measures of learning, memory and executive function [10]. A bi-directional relationship between obesity and cognitive function is suggested by studies reporting that individuals with impairment in executive function are more likely to become overweight or obese, perhaps related to disturbances in impulse control, self-monitoring, and goal-directed behaviour [24]. It is further hypothesized that cognitive abnormalities observed in overweight/obese individuals are the expression of abnormalities in brain structure and function [11,16,36].

It has been amply documented that individuals with BD are differentially associated with overweight/obesity and abdominal obesity, and excess weight adversely affects illness presentation, course and outcome; however, to our knowledge, no published study has primarily examined the association between overweight/obesity and cognitive function in adults with BD [15]. Herein, we preliminarily sought to determine whether such an association exists in a well-characterized clinical cohort of euthymic adults with BD I/II.

## 2. Methods

### 2.1. Overview

The data for the present analysis were obtained post-hoc from screening and baseline assessments of euthymic individuals with BD enrolled in a study that primarily aims to evaluate intranasal insulin as a therapeutic intervention for cognitive function. For the purpose of the analysis herein, participants were categorized into normal weight and overweight/obese based on the established criteria of body index mass (BMI) (normal weight, BMI of 18.5–24.9 kg/m<sup>2</sup>; overweight/obese, BMI  $\geq$  25.0 kg/m<sup>2</sup>) [37].

### 2.2. Participants

Eligible participants for the principal study (age: 18–60) were euthymic individuals with DSM-IV-TR-defined BD I/II, confirmed by the Mini International Neuropsychiatric Interview (MINI) [1,42]. Euthymia, defined as a score of less or equal to 3 on the 7-item Hamilton Rating Scale for Depression (HAM-D-7) and a score of less or equal to 7 on the Young Mania Rating Scale (YMRS) was confirmed at the initial screening and 1 month later at baseline [33,43,48,49]. Subjects were permitted to maintain their medication regimens such as conventional BD pharmacotherapy. No changes in medication were allowed during the study; medications were continued at the time of cognitive assessment. Other inclusion criteria included good physical health verified by a physical exam, provision of informed consent and use of a medically accepted means of contraception for females. Exclusion criteria included other concurrent DSM-IV-defined Axis-I diagnoses clinically significant untreated medical conditions (e.g. cardiovascular, neurological, gastrointestinal, hematological, renal, hepatic, respiratory or endocrine illnesses), uncorrected hypo/hyperthyroidism (including elevated thyroid stimulating hormone), the presence of diabetes mellitus or hypo/hyperglycemia, history of neurological trauma resulting in loss of consciousness, current pregnancy or breastfeeding, or history of pregnancy in the last 12 months, electroconvulsive therapy in the preceding 6 months, substance or alcohol abuse/dependence in the last 3 months (meeting DSM-IV criteria) and BMI greater or equal to 40 kg/m<sup>2</sup> [1].

### 2.3. Procedures

Participants were largely recruited from referrals to the outpatient Mood Disorders Psychopharmacology Unit, University

Health Network, University of Toronto and from media announcements at local hospitals in the community. Their eligibility was determined at the initial screening visit wherein their clinical state (i.e. euthymia) and type of BD were confirmed. A physical examination was conducted to exclude those with major medical conditions. After 2 weeks, eligible participants who provided written informed consent and completed the initial assessment were invited to the second screening during which their blood pressure, pulse, height, weight, waist-to-hip ratio and BMI were measured and their blood and urine samples were collected as part of the evaluation. Demographic information and psychiatric history were obtained by direct interview. Prior to the baseline visit (which took place 4 weeks after the initial screening), participants were asked to abstain from alcohol and smoking cigarettes for 48 hours and 30 minutes, respectively, prior to the blood sample collection. At baseline, euthymia was re-verified prior to cognitive testing administered by trained research personnel.

### 2.4. Cognitive measures

A battery of cognitive tests was administered to assess estimated premorbid IQ (National Adult Reading Test [NART-R] [38]), verbal learning and memory (California Verbal Learning Test [CVLT-II] [12]), attention and psychomotor processing speed (Trail Making Test A [TMT-A] [40] and Digit Symbol Substitution Test [DSST] [46]), executive function (Trail Making Test B [TMT-B] [40] and Verbal Fluency Test [3]), general intellectual abilities (Shipley Abstraction [50]), recollection and habit memory (Process-Dissociation Task [21]), and self-perceptions of cognitive failures (Cognitive Failures Questionnaire [CFQ]) [5]. The cognitive measures that were chosen in this study were based on the primary hypothesis around the efficacy of a cognitive enhancing intervention. The cognitive battery was administered by a trained research coordinator and took approximately 3 hours to administer.

### 2.5. Statistical analyses

Statistical analyses were performed using SPSS version 16.0 (SPSS Inc., Chicago, IL). Since the variables presented normal distribution, parametric tests were chosen. Demographic and clinical characteristics of normal weight subjects and overweight/obese subjects were compared using Chi-square tests for categorical variables and independent samples *t*-tests for continuous variables. Correlations between BMI and measures of cognitive performance were generated using Pearson's correlation tests. Performance on cognitive tests was compared between the two groups using independent samples *t*-tests. Statistical significance was set at  $P < 0.05$ . In order to examine the main effect of obesity on cognitive function, multivariate analyses of covariance (MANCOVA's) were conducted on test performance in three different cognitive domains: verbal learning and memory (measured by CVLT), attention and psychomotor processing speed (measured by TMT-A and DSST), and executive function (measured by TMT-B and Verbal Fluency Test). The independent variable in each analysis included BMI groups (normal vs. overweight/obese). Variables such as age and the number of years of education counted from Grade 1 were included in each model as covariates, which showed a significant association with dependent variables based on Pearson's correlation tests ( $P < 0.05$ ). Binary logistic regression was performed to assess the association between the dichotomous dependent variable, BMI group, and predictor variables such as age and the total number of correct responses on the Shipley Abstraction subtest.

### 3. Results

#### 3.1. Sample characteristics

A total of 67 euthymic individuals with BD were included in the analysis. 71.6% ( $n = 48$ ) of the sample were overweight or obese. Demographic and clinical characteristics are presented in Table 1 (the subjects removed did not differ in demographic or clinical parameters from the 60 who were analyzed). There were no significant differences between normal and overweight/obese groups in demography, except for sex wherein a higher proportion of males were observed in the overweight/obese group than expected. The two groups did not differ in clinical characteristics including illness severity, age at the first mood episode, the number of lifetime mood episodes and the number of lifetime hospitalizations for depression/mania. Moreover, current smoking status and family history of mental illness did not differ significantly between the two groups (data not shown). All subjects received conventional pharmacological treatment for bipolar disorder. There were no significant differences between groups in the number or type of medications. Metabolic syndrome components were exclusion criteria, and as such, there were no differences in lipid or cholesterol profiles or markers of insulin resistance. Also, the results remained unchanged after adjusting for the effects of gender.

#### 3.2. Correlation between BMI and measures of cognitive test performance

BMI was significantly and negatively correlated with scores on the Digit Symbol Substitution Test ( $r = -0.320$ ,  $P < 0.01$ ). For most of the analyses, a trend was observed in the hypothesized direction wherein BMI was negatively correlated with various cognitive measures.

#### 3.3. Performance on cognitive tests by normal weight and overweight/obese individuals with BD

Group mean performance and statistical comparisons for all cognitive measures are summarized in Table 2. Subjects who were overweight or obese had a significantly lower score on the Verbal Fluency Test compared to those who were normal weight ( $P = 0.013$ ). No significant differences in performance on any other cognitive measures were detected between the two groups.

#### 3.4. Main effect of obesity on cognitive domains

Table 3 presents the main effect of obesity on cognitive test performance. Results from MANCOVA analyses did not yield any significant main effect of obesity on cognitive function domains (verbal learning and memory; attention and psychomo-

**Table 1**  
Demographic and clinical characteristics of normal weight and overweight/obese euthymic individuals with bipolar disorder (BD).

Characteristic	Normal weight ( $n=19$ )	Overweight/Obese weight ( $n=48$ )	<i>P</i> value
Sex ( $n$ , %)			0.008 <sup>c</sup>
Female	14 (73.7)	18 (37.5)	
Male	5 (26.3)	30 (62.5)	
Age (mean, SD)	36.68 (10.36)	41.48 (9.90)	0.082
Ethnicity ( $n$ , %)			0.099
White	17 (89.5)	45 (93.8)	
Black	1 (5.3)	0 (0)	
Asian	0 (0)	3 (6.2)	
Other	1 (5.3)	0 (0)	
Number of years of education counted from Grade 1 (mean, SD) ( $N = 16$ , $O = 44$ ) <sup>a</sup>	16.78 (2.61)	15.73 (3.00)	0.220
Type of BD ( $n$ , %)			0.776
BD I	16 (84.2)	39 (81.2)	
BD II	3 (15.8)	9 (18.8)	
Current medication ( $n$ ) <sup>b</sup>			
Antidepressants	11	20	0.230
Sleep medication	5	11	0.769
Anxiolytic	5	13	0.949
Anticonvulsants	15	38	0.984
Antipsychotic	11	30	0.727
Hormonal	5	8	0.368
Age at first depressive episode (mean, SD) ( $N = 18$ , $O = 42$ ) <sup>a</sup>	17.22 (5.91)	19.50 (9.78)	0.363
Age at first manic episode (mean, SD) ( $N = 17$ , $O = 38$ ) <sup>a</sup>	22.65 (6.10)	24.08 (10.72)	0.610
Number of lifetime depressive episodes ( $n$ , SD) ( $N = 13$ , $O = 28$ ) <sup>a</sup>	6.23 (8.10)	10.32 (8.65)	0.159
Number of lifetime manic episodes ( $n$ , SD) ( $N = 13$ , $O = 28$ ) <sup>a</sup>	6.46 (9.56)	7.00 (9.32)	0.865
Number of lifetime hospitalizations for depression ( $n$ , SD) ( $N = 18$ , $O = 42$ ) <sup>a</sup>	0.72 (1.13)	1.19 (2.02)	0.360
Number of lifetime hospitalizations for mania ( $n$ , SD) ( $N = 17$ , $O = 43$ ) <sup>a</sup>	0.71 (0.92)	0.81 (1.22)	0.743

<sup>a</sup> N: the number of subjects in normal weight group; O: the number of subjects in overweight/obese group.

<sup>b</sup> The majority of subjects received polypharmacy.

<sup>c</sup> Statistically significant ( $P < 0.05$ ).

**Table 2**  
Performance on cognitive measures by normal weight and overweight/obese euthymic individuals with BD.

Cognitive domains	Normal weight ( <i>n</i> = 19)	Overweight/obese ( <i>n</i> = 48)	<i>P</i> value
Cognitive measures	Mean (SD)	Mean (SD)	
Premorbid IQ			0.672
NART estimated full scale IQ	113.10 (9.23)	112.14 (8.08)	
Verbal learning and memory			
CVLT			
Trials 1–5 free recall total correct	56.74 (11.48)	54.33 (12.05)	0.459
Short-delay free recall	11.16 (3.70)	10.56 (3.68)	0.553
Short-delay cued recall	12.32 (3.15)	11.86 (2.82)	0.543
Long-delay free recall	11.79 (3.54)	11.43 (3.46)	0.702
Long-delay cued recall	12.26 (3.14)	12.02 (3.10)	0.776
Attention and psychomotor processing speed			
Trail Making Test A	32.12 (14.76)	32.94 (10.10)	0.798
( <i>N</i> = 18, <i>O</i> = 47) <sup>a</sup>			
Digit Symbol Substitution Test	58.68 (11.80)	53.38 (11.26)	0.091
Executive function			
Trail Making Test B	72.56 (26.89)	74.21 (35.42)	0.859
( <i>N</i> = 18, <i>O</i> = 47) <sup>a</sup>			
Verbal Fluency Test	70.06 (19.50)	59.29 (13.87)	0.013 <sup>b</sup>
General intellectual abilities			
Shipley Abstraction subtest	14.11 (3.23)	13.90 (4.01)	0.840
Memory deficits			
HABCON			
Recollection memory	0.36 (0.12)	0.34 (0.18)	0.778
( <i>N</i> = 14, <i>O</i> = 33) <sup>a</sup>			
Habit memory	0.57 (0.11)	0.59 (0.11)	0.515
( <i>N</i> = 13, <i>O</i> = 33) <sup>a</sup>			
Subjective measure			
Cognitive Failures Questionnaire	54.74 (15.20)	57.46 (16.45)	0.535

<sup>a</sup> *N*: the number of subjects in normal weight group; *O*: the number of subjects in overweight/obese group.

<sup>b</sup> Statistically significant ( $P < 0.05$ ).

**Table 3**  
Main effect of obesity on cognitive domain.

Cognitive domain (cognitive measures used)	Number of subjects included in the model ( <i>n</i> )	df	Pillai's F	<i>P</i> value
Verbal learning and memory (CVLT)	59	3, 53	0.399	0.754
Attention and psychomotor processing speed (TMT-A, DSST)	58	2, 53	0.548	0.582
Executive function (TMT-B, Verbal Fluency Test)	57	2, 52	1.991	0.393

**Table 4**  
Binary logistic regression model of independent variables predicting obesity in subjects (*n* = 60).

Predictor	Odds Ratio (OR)	95% CI for OR	<i>P</i> value
Age	1.045	0.986–1.107	0.136
Total correct responses on Shipley Abstraction	1.022	0.871–1.199	0.788

tor speed; and executive function) after accounting for the confounders.

### 3.5. Predictor of obesity in euthymic individuals with BD

The sample size included in the regression analysis was 60 subjects (outliers and missing data excluded from the analysis) (Table 4). Statistical analyses demonstrated that both age and the score of the Shipley Abstraction subtest were not significant predictors of obesity in euthymic individuals with BD.

## 4. Discussion

To our knowledge, the analysis herein is the first attempt to assess whether overweight/obesity was associated with decrements

in cognitive function in euthymic individuals with BD. A high proportion of the participants in this study were overweight or obese (71.6%), as has been previously reported in bipolar populations [31,34,35]. Possible factors contributing to obesity in BD include lifestyle, medication exposure, neuroendocrine and neurotransmitter dysfunctions, genetic predisposition and co-morbid conditions such as binge-eating disorder [30,31,34,35]. Our data were unable to determine whether obesity occurred prior to the onset of BD or as a consequence of multi-episode/chronic illness and treatment.

In keeping with the view that increased body weight is negatively correlated with cognitive function in non-psychiatric samples, a trend was observed wherein BMI was inversely related to cognitive test performance in euthymic individuals with BD [19]. Moreover, in a separate study evaluating euthymic individuals, BMI was negatively correlated with the Global Assessment of



Functioning (GAF) [8] (the GAF has been positively correlated with cognitive test performance in separate studies [27,28]). Based on these previous findings, it may be inferred that BMI contributes to decreased cognitive functioning in euthymic individuals with BD.

It is well established that impairments in executive function are apparent in mixed populations of individuals with BD as well as obese individuals without psychiatric disorders [7,10,16,19,22,26,27,28,41,45]. It could be hypothesized that obesity and BD are associated with common central nervous system structural and/or functional changes in brain regions that subserve cognitive functioning. For example, frontal cortical regions that mediate executive function are hypometabolic in depressed individuals; similarly, overweight/obese individuals manifest reduced metabolic activity, as well as atrophy, in several cortical and subcortical structures [13,41,44]. Moreover, the interrelationship between obesity and mood disorders may be due to a pathophysiological nexus that includes abnormalities in hypothalamus-pituitary-adrenal axis function, inflammatory and metabolic systems, disruption of brain circuitry, all of which are potential mediators of cognitive function [9,10,28,43]. Further structural and functional investigations, as well as the establishment of mechanisms mediating cognitive deficits in obesity and BD, are required before a firm conclusion can be drawn.

Several methodological deficiencies limit inferences and interpretations that can be made from these data. First, this study was a sub-group post-hoc analysis that was not designed a priori to address the association of cognition with overweight/obesity. Secondly, the sample size was relatively small, increasing the possibility of type II error. Thirdly, the sample was comprised of individuals enrolled in a clinical trial at a university-based health science centre, limiting generalizability to other patient populations. Fourthly, there was no attempt to “enrich” the sample for individuals who have cognitive deficits. As a result, considerable heterogeneity in cognitive profiles was observed, which may have also decreased the likelihood of detecting an association [22]. Fifthly, we did not have detailed information regarding the duration of overweight/obesity. Studies in non-psychiatric populations indicate that the adverse effect of overweight/obesity may be duration-dependent [19]. The inclusion of individuals with past psychiatric co-morbidity was permitted, as was psychiatric medicine, introducing additional confounds [28,29]. Finally, the obese individuals in this study did not have co-morbid hypertension, diabetes mellitus or cardiovascular disease. It is not known if our study results are representative of most other obese individuals who have obesity-associated co-morbidity.

Taken together, this preliminary analysis is intended to be hypothesis-generating rather than confirming. It is our objective to provide the impetus for more refined evaluation of the mediational/moderational role of overweight/obesity on cognitive function in bipolar (and other psychiatric) populations. Hitherto, overweight/obesity and other medical co-morbidity pertinent to cognitive function (e.g. diabetes mellitus) have not been systematically evaluated as variables possibly pertinent to cognitive function in psychiatric populations. Future studies should also consider whether weight loss strategies in BD offer a salutary effect on cognitive function in addition to other benefits on physical health. Moreover, although we did not find a difference between bipolar I and bipolar II populations, a sufficiently powered study should attempt to enroll both bipolar I and bipolar II populations, as cognitive deficits are prominent in both groups.

#### Disclosure of interest

This was supported by a grant from Stanley Medical Research Institute and Bristol-Myers-Squibb Canada Inc. to Dr Roger S. McIntyre.

#### References

- [1] American Psychiatric Association, American Psychiatric Association, Task Force on DSM-IV. Diagnostic and statistical manual of mental disorders. DSM-IV-TR. 4th ed., text revision ed. Washington, DC: American Psychiatric Association; 2000.
- [2] Bearden CE, Hoffman KM, Cannon TD. The neuropsychology and neuroanatomy of bipolar affective disorder: a critical review. *Bipolar Disord* 2001;3(3):106–50.
- [3] Benton AL, Hamsner K. Multilingual aphasia examination. Iowa City: University of Iowa; 1976.
- [4] Bora E, Yucel M, Pantelis C. Cognitive endophenotypes of bipolar disorder: a meta-analysis of neuropsychological deficits in euthymic patients and their first-degree relatives. *J Affect Disord* 2009;113(1–2):1–20.
- [5] Broadbent DE, Cooper PF, FitzGerald P, Parkes KR. The Cognitive Failures Questionnaire (CFQ) and its correlates. *Br J Clin Psychol* 1982;21(Pt 1):1–16.
- [6] Brook JS, Zhang C, Saar NS, Brook DW. Psychosocial predictors, higher body mass index, and aspects of neurocognitive dysfunction. *Percept Mot Skills* 2009;108(1):181–95.
- [7] Bruce-Keller AJ, Keller JN, Morrison CD. Obesity and vulnerability of the CNS. *Biochim Biophys Acta* 2009;1792(5):395–400.
- [8] Calkin C, van DV, Ruzickova M, Slaney C, Garnham J, Hajek T, et al. Can body mass index help predict outcome in patients with bipolar disorder? *Bipolar Disord* 2009;11(6):650–6.
- [9] Capuron L, Miller AH. Cytokines and psychopathology: lessons from interferon-alpha. *Biol Psychiatry* 2004;56(11):819–24.
- [10] Cohen RA. Obesity-associated cognitive decline: excess weight affects more than the waistline. *Neuroepidemiology* 2010;34(4):230–1.
- [11] Cournot M, Marquie JC, Ansiau D, Martinaud C, Fonds H, Ferrieres J, et al. Relation between body mass index and cognitive function in healthy middle-aged men and women. *Neurology* 2006;67(7):1208–14.
- [12] Delis DC, Kramer JH, Kaplan E, Ober BA. California Verbal Learning Test: CVLT-II. New York, NY: Psychological Corporation; 2000.
- [13] Drevets WC, Price JL, Furey ML. Brain structural and functional abnormalities in mood disorders: implications for neurocircuitry models of depression. *Brain Struct Funct* 2008;213(1–2):93–118.
- [14] Elias MF, Elias PK, Sullivan LM, Wolf PA, D’Agostino RB. Obesity, diabetes and cognitive deficit: The Framingham Heart Study. *Neurobiol Aging* 2005;26(Suppl. 1):11–6.
- [15] Fagioliini A, Frank E, Houck PR, Mallinger AG, Swartz HA, Buysse DJ, et al. Prevalence of obesity and weight change during treatment in patients with bipolar I disorder. *J Clin Psychiatry* 2002;63(6):528–33.
- [16] Fergenbaum JH, Bruce S, Lou W, Hanley AJ, Greenwood C, Young TK. Obesity and lowered cognitive performance in a Canadian First Nations population. *Obesity (Silver Spring)* 2009;17(10):1957–63.
- [17] Friedman ES. Cognitive deficits in bipolar individuals: implications for clinical practice. *CNS Neurosci Ther* 2009;15(4):305–6.
- [18] Goodwin FK, Jamison KR, Ghaemi SN. In: Manic-depressive illness. Bipolar disorders and recurrent depression 2nd ed, New York: Oxford University Press; 2007.
- [19] Gunstad J, Paul RH, Cohen RA, Tate DF, Spitznagel MB, Gordon E. Elevated body mass index is associated with executive dysfunction in otherwise healthy adults. *Compr Psychiatry* 2007;48(1):57–61.
- [20] Gunstad J, Spitznagel MB, Paul RH, Cohen RA, Kohn M, Luyster FS, et al. Body mass index and neuropsychological function in healthy children and adolescents. *Appetite* 2008;50(2–3):246–51.
- [21] Jacoby LL. Invariance in automatic influences of memory: toward a user’s guide for the process-dissociation procedure. *J Exp Psychol Learn Mem Cogn* 1998;24(1):3–26.
- [22] Jamrozinski K. Do euthymic bipolar patients have normal cognitive functioning? *Curr Opin Psychiatry* 2010;23(3):255–60.
- [23] Jeong SK, Nam HS, Son MH, Son EJ, Cho KH. Interactive effect of obesity indexes on cognition. *Dement Geriatr Cogn Disord* 2005;19(2–3):91–6.
- [24] Lezak M, Howieson D, Loring D. In: Neuropsychological assessment 4th ed, New York: Oxford University Press; 2004.
- [25] Malhi GS, Ivanovski B, Hadzi-Pavlovic D, Mitchell PB, Vieta E, Sachdev P. Neuropsychological deficits and functional impairment in bipolar depression, hypomania and euthymia. *Bipolar Disord* 2007;9(1–2):114–25.
- [26] Martinez-Aran A, Vieta E, Colom F, Reinares M, Benabarre A, Gasto C, et al. Cognitive dysfunctions in bipolar disorder: evidence of neuropsychological disturbances. *Psychother Psychosom* 2000;69(1):2–18.
- [27] Martinez-Aran A, Vieta E, Reinares M, Colom F, Torrent C, Sanchez-Moreno J, et al. Cognitive function across manic or hypomanic, depressed, and euthymic states in bipolar disorder. *Am J Psychiatry* 2004;161(2):262–70.
- [28] Martinez-Aran A, Vieta E, Colom F, Torrent C, Sanchez-Moreno J, Reinares M, et al. Cognitive impairment in euthymic bipolar patients: implications for clinical and functional outcome. *Bipolar Disord* 2004;6(3):224–32.
- [29] Martinez-Aran A, Vieta E, Torrent C, Sanchez-Moreno J, Goikolea JM, Salamero M, et al. Functional outcome in bipolar disorder: the role of clinical and cognitive factors. *Bipolar Disord* 2007;9(1–2):103–13.
- [30] McElroy SL, Frye MA, Helleman G, Altshuler L, Leverich GS, Suppes T, et al. Prevalence and correlates of eating disorders in 875 patients with bipolar disorder. *J Affect Disord* 2010;128(3):191–8.
- [31] McElroy SL, Frye MA, Suppes T, Dhavale D, Keck Jr PE, Leverich GS, et al. Correlates of overweight and obesity in 644 patients with bipolar disorder. *J Clin Psychiatry* 2002;63(3):207–13.

- [32] McIntyre RS, Konarski JZ. Bipolar disorder: a national health concern. *CNS Spectr* 2004;9(11 Suppl. 12):6–15.
- [33] McIntyre RS, Konarski JZ, Mancini DA, Fulton KA, Parikh SV, Grigoriadis S, et al. Measuring the severity of depression and remission in primary care: validation of the HAMD-7 scale. *CMAJ* 2005;173(11):1327–34.
- [34] McIntyre RS, Konarski JZ, Wilkins K, Soczynska JK, Kennedy SH. Obesity in bipolar disorder and major depressive disorder: results from a national community health survey on mental health and well-being. *Can J Psychiatry* 2006;51(5):274–80.
- [35] McIntyre RS, Nguyen HT, Soczynska JK, Lourenco MT, Woldeyohannes HO, Konarski JZ. Medical and substance-related co-morbidity in bipolar disorder: translational research and treatment opportunities. *Dialogues Clin Neurosci* 2008;10(2):203–13.
- [36] McIntyre RS, Kenna HA, Nguyen HT, Law CW, Sultan F, Woldeyohannes HO, et al. Brain volume abnormalities and neurocognitive deficits in diabetes mellitus: points of pathophysiological commonality with mood disorders? *Adv Ther* 2010;27(2):63–80.
- [37] National Heart LaBI, National Institute of Diabetes and Digestive and Kidney Diseases (Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults). The evidence report. Bethesda, Md.: National Heart, Lung, and Blood Institute in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases; 1998.
- [38] Nelson HE, Willison JR. The revised National Adult Reading Test-Test Manual. Windsor: NFER-Nelson; 1991.
- [39] Nilsson LG, Nilsson E. Overweight and cognition. *Scand J Psychol* 2009;50(6):660–7.
- [40] Reitan R. Validity of the Trail Making Test as an indicator of organic brain damage. *Percept Mot Skills* 1958;8:271–6.
- [41] Robinson LJ, Thompson JM, Gallagher P, Goswami U, Young AH, Ferrier IN, et al. A meta-analysis of cognitive deficits in euthymic patients with bipolar disorder. *J Affect Disord* 2006;93(1–3):105–15.
- [42] Sheehan DV, Lecrubier Y, Sheehan KH, Amorim P, Janavs J, Weiller E, et al. The Mini-International Neuropsychiatric Interview (MINI): the development and validation of a structured diagnostic psychiatric interview for DSM-IV and ICD-10. *J Clin Psychiatry* 1998;59(Suppl. 20):22–33.
- [43] Thompson JM, Gallagher P, Hughes JH, Watson S, Gray JM, Ferrier IN, et al. Neurocognitive impairment in euthymic patients with bipolar affective disorder. *Br J Psychiatry* 2005;186:32–40.
- [44] Volkow ND, Wang GJ, Telang F, Fowler JS, Goldstein RZ, Alia-Klein N, et al. Inverse association between BMI and prefrontal metabolic activity in healthy adults. *Obesity (Silver Spring)* 2009;17(1):60–5.
- [45] Walther K, Birdsill AC, Glisky EL, Ryan L. Structural brain differences and cognitive functioning related to body mass index in older females. *Hum Brain Mapp* 2010;31(7):1052–64.
- [46] Wechsler D. Wechsler Adult Intelligence Scale: WAIS-III. Manual. San Antonio, TX: The Psychological Corporation; 1997.
- [47] Wingo AP, Harvey PD, Baldessarini RJ. Neurocognitive impairment in bipolar disorder patients: functional implications. *Bipolar Disord* 2009;11(2):113–25.
- [48] Yatham LN, Kennedy SH, O'Donovan C, Parikh S, MacQueen G, McIntyre R, et al. Canadian Network for Mood and Anxiety Treatments (CANMAT) guidelines for the management of patients with bipolar disorder: consensus and controversies. *Bipolar Disord* 2005;7(Suppl. 3):5–69.
- [49] Young RC, Biggs JT, Ziegler VE, Meyer DA. A rating scale for mania: reliability, validity and sensitivity. *Br J Psychiatry* 1978;133:429–35.
- [50] Zachary RA. Shipley Institute of Living Scale: revised manual. Los Angeles: Western Psychological Services; 2000.