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C-reactive protein in anhedonia among patients with major depressive disorder and its relation to suicidal ideation

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Abstract

Background There is evidence that major depressive disorder (MDD) with its cardinal symptoms, anhedonia and suicide, are linked with raised inflammatory markers like C-reactive protein (CRP). This case-control study investigated the correlation between high sensitive CRP (Hs-CRP), anhedonia, suicidal ideation, and depression severity in MDD patients.

Methods Forty-one MDD patients and 47 healthy controls were recruited. MDD diagnosis was confirmed using DSM-5 criteria. Depression severity, anhedonia, and suicidal ideation were assessed using standardized scales. Serum Hs-CRP levels were measured as an inflammatory marker.

Results MDD cases had significantly greater Hs-CRP levels compared to controls. Additionally, Hs-CRP levels were positively correlated with both anhedonia and suicidal ideation in MDD cases. Depression severity was significantly linked with both anhedonia and suicidal ideation.



Conclusion This study suggests a link between inflammation, anhedonia, suicidal ideation, and depression severity in MDD patients. Additional research is necessary to find out the principal mechanisms.

Keywords Depressive disorder, Anhedonia, Suicide, Inflammatory markers, CRP