

Abstract

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Relationship Between Vitamin D Levels and Depressive Symptoms in Older Residents From a National Survey Population.

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OBJECTIVE: To investigate the association between vitamin D deficiency and depressive symptoms in a national community sample of older people. Vitamin D deficiency is common in older people with potential effects on mood.

METHODS: Data were analyzed from 2070 participants aged ≥ 65 years who had participated in the 2005 Health Survey for England. Serum 25-hydroxy vitamin D (25(OH)D) levels and depressive symptoms (Geriatric Depression Scale) had been measured. Covariates included age, sex, social class, season of examination, and physical health status.

RESULTS: Depressive symptoms were associated with clinical vitamin D deficiency (25(OH)D levels < 10 ng/mL; present in 9.8%) independent of other covariates but not with broader deficiency states. This association was not modified by season of examination.

CONCLUSION: Vitamin D deficiency is associated with late-life depression in northern latitudes.

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