

**PSYCHOLOGICAL RESILIENCE AND SUICIDALITY IN BIPOLAR DISORDER:
EXPLORING THE IMPACT OF METABOLIC SYNDROME****Eylül Yeral¹, Filiz Kulacaoğlu Öztürk²**¹*Dr.Suat Seren Chest Diseases and Chest Surgery Research and Training Hospital, Izmir, Türkiye*²*University of Health Sciences Prof. Dr. Mazhar Osman Bakirkoy Research and Training Hospital for Psychiatry and Neurological Diseases, Department of Psychiatry, Istanbul, Türkiye*

BACKGROUND AND AIM: Bipolar disorder (BD) is associated with high suicidality, decreased psychological resilience, and an increased prevalence of metabolic syndrome (MetS). However, the combined role of metabolic parameters and psychological resilience in suicidality remains underexplored. The aim of this study was to compare psychological resilience and suicidality between BD patients with and without metS, and to evaluate the predictive value of metabolic markers for suicide risk.

METHODS: A total of 174 patients with BD were included (87 with MetS, 87 without) in the study. Sociodemographic and clinical data, metabolic parameters (TG, HDL, LDL, total cholesterol, fasting blood glucose [FBG], waist circumference, systolic and diastolic blood pressure), Hamilton Depression Rating Scale, Young Mania Rating Scale Columbia Suicide Severity Rating Scale, and Resilience Scale for Adults (RSA) were assessed. Lifetime suicide attempts were present in 19 patients with MetS and 17 without MetS. Group comparisons were conducted using χ^2 and Mann-Whitney U tests. Correlation analyses were performed using Pearson or Spearman coefficients, as appropriate. Two logistic regression models (enter method) were performed: Model 1 examined associations between

metabolic parameters and suicidal ideation; Model 2 evaluated RSA subscales and metabolic parameters as predictors of lifetime suicide attempts. The protocol of the study was approved by the Institutional Ethics Committee of the University of Health Sciences Bakirkoy Sadi Konuk Training and Research Hospital (Number 2023/71, 2023/06/02).

RESULTS: MetS status was not associated with suicidality or overall RSA scores. In the MetS group, patients with suicide attempts had higher LDL levels ($p=0,031$, $Z=-2,153$). Higher FBG was independently associated with lower odds of suicidal ideation ($p=0.019$, $OR=0,983$). Higher Structured Style ($p=0.025$, $OR=1,163$) and lower Perception of Self scores ($p=0.006$, $OR=1,248$) predicted lifetime suicide attempts.

CONCLUSIONS: Although MetS was not directly associated with suicidality, specific metabolic parameters and resilience dimensions demonstrated significant relationships. These findings should be interpreted with caution given the possibility of medication-related confounding.

Keywords: Bipolar disorder, resilience, suicidality, metabolic syndrome, biomarkers