

EVALUATION OF THYROID DISEASE IN INPATIENT PSYCHIATRIC PATIENTS: A RETROSPECTIVE REVIEW

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BACKGROUND AND AIM: Thyroid hormones play a critical role in the proper development and functioning of multiple tissues, particularly the brain. Thyroid dysfunction has been associated with several psychiatric disorders, especially mood disorders. However, data regarding the prevalence of thyroid disease among psychiatric inpatients and its relationship with clinical and treatment-related variables remain limited. This study aimed to determine the prevalence of thyroid disease in hospitalized psychiatric patients and to examine its associations with age, psychiatric diagnosis, psychotropic treatment, and medical comorbidities.

METHODS: In this retrospective study, 187 psychiatric inpatients hospitalized between January 1 and August 1, 2025 were analyzed. Patients with and without thyroid disease were compared in terms of sociodemographic and clinical variables. Recorded variables included age, sex, length of hospital stay, primary psychiatric diagnosis based on DSM-5 criteria, psychotropic medications used during hospitalization (antidepressants, antipsychotics, mood stabilizers, anxiolytics), and medical comorbidities (cardiovascular and other endocrine disorders). Ethical approval was obtained (Approval No: 2026/01). Statistical comparisons

were performed using appropriate tests, and $p < 0.05$ was considered statistically significant.

RESULTS: Thyroid disease was identified in 36 patients (19.3%). Patients with thyroid disease were significantly older than those without (50.31 ± 15.48 vs. 43.86 ± 14.17 years; $p = 0.017$). No significant differences were found regarding sex distribution, length of stay, or diagnostic categories; depression was the most common diagnosis in both groups. Thyroid disease was more frequent among patients receiving mood stabilizers and anxiolytics ($p < 0.05$). Cardiovascular ($p = 0.037$) and other endocrine comorbidities ($p < 0.001$) were significantly more prevalent in the thyroid disease group.

CONCLUSIONS: Approximately one-fifth of psychiatric inpatients had thyroid disease. Thyroid disorders were associated with older age, medical comorbidities, and the use of mood stabilizers and anxiolytics. However, due to the retrospective design, causal relationships cannot be established. Prospective longitudinal studies are needed to clarify the direction and underlying mechanisms of these associations.

Keywords: Thyroid disease, psychiatric disorders, comorbidity