

## World Conference on ADDICTION PSYCHIATRY

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### Relationship of salivary cortisol level with severe Depression and Family History

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Salivary cortisol level is considered prominent depression biomarker as saliva induces less stress as compared to blood. Study was performed in Physiology Department, Sheikh Zayed Medical Institute Lahore from April 2015 to December 2015. 60 participants including 14 (46.67%) males and 16 (53.33%) females in each non-depressive and depressive group of over 17 year's ages were undertaken. The depression diagnostics performed in both outdoor and clinics and confirmed with standards of Diagnostic and Statistical Manual of Mental Disorders and Beck's Inventory. Saliva specimens were collected and processed for ELISA and absorbance was calculated on a microliter plate reader. The statistics with SPSS 26.0 shows that patients of non-depressive category exhibited mean ages  $35.73 \pm 6.89$  years and  $39.10 \pm 6.89$  years in depressive group (p-value: 0.178). The mean cortisol level was  $1.46 \pm 0.91$  ng/ml among non-depressive and  $2.23 \pm 1.69$  in depressive patients (p-value: 0.031). The mean depression score among non-depressive was  $5.73 \pm 4.05$  and  $52.03 \pm 5.08$  while there was no statistical difference in mean height and weight of subjects in normal and depressive patients (p-value: 0.0001). Meanwhile, the mean cortisol level was  $1.46 \pm 0.91$  ng/ml among non-depressive patients, while  $2.23 \pm 1.69$  in depressive group with no statistical difference in mean ages (p-value: 0.031). These findings proved cortisol level directly linked with severe depression and useful for depression diagnostics and management.

### Biography

Dr. Qudsia Umaira Khan, Associate Professor in CMH Lahore Medical College and Institute of Dentistry (NUMS), Lahore, Pakistan. She was talented and accomplished doctor with background in teaching MBBS, BDS and Nursing students. Background in Paeds, Cardiology, Medicine and Surgery. Exceptional presentation and communication skills. She was looking forward to utilize my excellence in teaching skills, knowledge of latest medication and administrative skills for the betterment of students joining the healthcare organization. Prosperity and development of my institution.