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Association between anxiety and metabolic syndrome: a systematic review and meta-analysis of epidemiological studies

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Highlights

- This is the first meta-analysis examining the association between anxiety and MetS using data from both cross-sectional and prospective studies.
- There was a significant association between anxiety and MetS from cross-sectional studies.
- In individuals with MetS anxiety should be detected and managed.

Abstract *Objective:* epidemiological studies have repeatedly investigated the association between anxiety and metabolic syndrome (MetS). However, the results have been inconsistent. We performed a meta-analysis of observational studies to summarize the evidence regarding the relation of anxiety and MetS risk. *Methods:* We performed a systematic literature search of all studies published in PubMed and EMBASE from its inception to June 2016. Cross-sectional and cohort studies that reported an association between the two conditions in adults were included. Data on prevalence, incidence, unadjusted or adjusted odds ratio (OR), and 95% CI were extracted or provided independently by the authors. Random effects model was used to report the pooled OR. The I^2 statistic was used to assess heterogeneity. Egger's test and Begger's test were used to evaluate publication bias. *Results:* The search yielded 18 cross-sectional studies and two cohort studies. The pooled finding from cross-sectional studies showed that anxiety had a significant positive association with MetS (OR 1.07, 95% CI 1.01–1.12), with moderate heterogeneity ($I^2 = 45.7\%$, $P = 0.018$). Findings from two cohort studies indicated that the association between

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