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## Depressive symptoms, anxiety and well-being among metabolic health obese subtypes

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Running title: Metabolic health, obesity and depressive symptoms

### Summary

**Background:** The metabolically healthy obese (MHO) phenotype is characterised by favourable lipid and inflammatory profiles, preserved insulin sensitivity and normal blood pressure. Limited data regards whether metabolically healthy obesity also confers beneficial effects on mental health and well-being exists.

**Methods:** We investigated depressive symptoms, anxiety and well-being among metabolically healthy and unhealthy obese and non-obese adults from a cross-sectional sample of 2047 middle-aged Irish men and women. Subjects were classified as obese ( $\text{BMI} \geq 30 \text{ kg/m}^2$ ) and non-obese ( $\text{BMI} < 30 \text{ kg/m}^2$ ). Metabolic health status was defined using three metabolic health definitions based on a range of cardiometabolic abnormalities including metabolic syndrome criteria, insulin resistance and

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