

HUBUNGAN ASUPAN ASAM LEMAK OMEGA-3 DAN OMEGA-6 DENGAN TINGKAT DEPRESI PADA PENYINTAS GANGGUAN BIPOLAR TIPE II DI KOMUNITAS BIPOLAR CARE INDONESIA

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Abstrak

Gangguan bipolar merupakan gangguan mental kronis yang dikarakteristikan dengan pergantian berulang antara episode depresi dengan episode mania atau hipomania. Episode depresi berhubungan dengan disabilitas sehari-hari yang signifikan hingga percobaan bunuh diri, Salah satu hormon yang berperan dalam regulasi mood ialah serotonin. Asam lemak omega-3 dan omega-6 diketahui memainkan peran penting dalam regulasi hormon serotonin melalui peranannya dalam anti- dan pro-inflamasi. Penelitian ini bertujuan untuk menganalisis hubungan asupan asam lemak omega-3 dan omega-6 dengan tingkat depresi pada penyintas gangguan bipolar tipe II. Penelitian dengan rancangan *cross-sectional* ini melibatkan 42 anggota komunitas Bipolar Care Indonesia. Data asupan diperoleh menggunakan SQ-FFQ dan tingkat depresi diperoleh menggunakan kuesioner PHQ-9. Hasil analisis Chi-Square menunjukkan adanya hubungan signifikan antara asupan asam lemak omega-6 dengan tingkat depresi ($p = 0,03$). Namun tidak ditemukan hubungan signifikan pada asupan asam lemak omega-3 dengan tingkat depresi ($p = 0,17$). Hasil penelitian ini diharapkan dapat mendorong penyintas gangguan bipolar tipe II untuk lebih memperhatikan konsumsi asam lemak omega-6 agar tidak berlebih.

Kata Kunci: Omega-3, Omega-6, Depresi, Gangguan Bipolar

ASSOCIATION BETWEEN OMEGA-3 AND OMEGA-6 FATTY ACID INTAKE AND DEPRESSION SEVERITY IN BIPOLAR DISORDER TYPE II SUBJECTS IN BIPOLAR CARE INDONESIA COMMUNITY

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Abstract

Bipolar Disorder is a chronic mental disorder characterized by repeatedly switching between depressive and manic or hypomanic episode. Depressive episode is associated with significant disability in daily life, even suicide attempt. One of hormones that plays a role in mood regulation is serotonin. Omega-3 and omega-6 fatty acid are known to play a role in serotonin regulation through their role in anti- and pro-inflammation. The aim of this study was to analyze the association between omega-3 and omega-6 fatty acid intake with depression severity in bipolar disorder type II subjects. This cross-sectional study included 42 members of Bipolar Care Indonesia community. Intakes were assessed using SQ-FFQ and depression severity was assessed using PHQ-9. Chi-Square analysis result showed a significant association between omega-6 fatty acid intake and depression severity ($p = 0,03$). However, this study did not show a significant association between omega-3 fatty acid intake and depression severity ($p = 0,17$). This study encourages people with bipolar type II to pay more attention to their omega-6 fatty acid consumption to avoid excess intake.

Keyword : Omega-3, Omega-6, Depression, Bipolar Disorder