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抑郁症患者 TNF- α 和 ADP 比值的研究*

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[摘要] **目的** 探讨抑郁症患者血清肿瘤坏死因子- α (TNF- α)、脂联素(ADP)及二者比值的变化和临床意义。**方法** 选取 2020 年 1—12 月山东省戴庄医院收治的 40 例抑郁症患者为观察组, 选取同期 26 例健康志愿者为对照组。观察组给予抗抑郁口服药物治疗 4 周, 采用汉密尔顿抑郁量表(HAMD)评定抑郁症状的严重程度, 采用 ELISA 检测观察组治疗前后和对照组血清 TNF- α 和 ADP 表达水平, 并分析 TNF- α /ADP 变化。**结果** 观察组治疗前 HAMD 评分为 25.5(21.0, 30.0)分, 治疗后评分为 2.0(1.0, 4.0)分, 二者比较差异有统计学意义($P < 0.05$)。观察组治疗前 TNF- α 、TNF- α /ADP 水平高于对照组, 且治疗后高于治疗前($P < 0.05$)。观察组治疗后 ADP 水平低于对照组和治疗前, 差异有统计学意义($P < 0.05$)。**结论** 抑郁症患者 TNF- α /ADP 水平变化比 TNF- α 更明显。

[关键词] 抑郁症; 肿瘤坏死因子- α ; 脂联素; 汉密顿抑郁量表; 酶联免疫吸附试验

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Study on the ratio of TNF- α to ADP in patients with depression*

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[Abstract] **Objective** To investigate the changes and clinical significance of serum tumor necrosis factor- α (TNF- α), adiponectin (ADP) and their ratio in patients with depression. **Methods** A total of 40 patients with depression admitted to Shandong Daizhuang Hospital from January to December 2020 were selected as the observation group, and 26 healthy volunteers were selected as the control group. The observation group was treated with oral antidepressants for four weeks, and the severity of depressive symptoms was assessed by Hamilton depression scale (HAMD). The levels of serum TNF- α and ADP in the observation group before and after treatment and the control group were detected by ELISA, and the change of TNF- α /ADP was analyzed. **Results** HAMD scores of the observation group were 25.5 (21.0, 30.0) before treatment and 2.0 (1.0, 4.0) after treatment, the difference was statistically significant ($P < 0.05$). The levels of TNF- α and TNF- α /ADP in the observation group before treatment were higher than those in the control group, which after treatment were also higher than those before treatment ($P < 0.05$). The level of ADP in the observation group after treatment was lower than that before treatment and in the control group, the differences were statistically significant ($P < 0.05$). **Conclusion** The level of TNF- α /ADP in patients with depression is more obvious than TNF- α .

[Key words] depression; tumor necrosis factor- α ; adiponectin; Hamilton Depression Scale; enzyme-linked immunosorbent assay

据估计, 全球有超过 2.79 亿人患有抑郁症, 抑郁症的终生患病率近 15%^[1-2], 约有 1/3 的重度抑郁症患者在接受多种治疗后仍不能实现持续缓解^[3], 经历漫长的痛苦。因为抑郁症具有高患病率和高致残率,

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已经成为全世界精神疾病的首要负担,其还与糖尿病、心血管疾病和癌症等疾病患病和死亡风险的增加独立相关^[4],没有心血管疾病的抑郁症患者也存在心率变异性降低、心率增快、血压升高等心脏危险因素^[5]。

炎症和脂肪因子被认为是抑郁症发病的重要机制之一^[6]。肿瘤坏死因子- α (TNF- α)主要由巨噬细胞产生,由脂多糖(LPS)、白细胞介素- 1β (IL- 1β)、干扰素- γ (IFN- γ)等多种炎症介质刺激分泌^[7]。抑郁症与 TNF- α 水平升高相关^[8-9]。脂联素(ADP)是最丰富的血浆脂肪因子,具有抗炎、增强胰岛素敏感性、改善脂质代谢等功能^[10-11]。TNF- α 、ADP 均与抑郁症的发生、发展有密切关系,其中 TNF- α 是促抑郁因子^[10],ADP 是抗抑郁因子^[12],二者存在相互拮抗的作用。本研究通过测定健康志愿者和抑郁症患者抗抑郁治疗前后血清 TNF- α 和 ADP 水平,探讨 TNF- α 、ADP 及其比值的变化与抑郁症之间的关联,现报道如下。

1 资料与方法

1.1 一般资料

选取 2020 年 1—12 月山东省戴庄医院收治的 40 例抑郁症患者为观察组,其中男 22 例,女 18 例,年龄 15~60 岁。纳入标准:(1)符合抑郁症诊断标准,即采用美国精神障碍诊断与统计手册第 4 版修订版(DSM-IV-TR)轴 I 障碍定式临床检查研究版进行诊断;(2)符合 DSM-IV 抑郁障碍首次发病和复发诊断标准;(3)汉密尔顿抑郁量表(HAMD)评分 ≥ 20 分;(4)入组前 12 周末进行抗抑郁治疗或服用其他精神类药物。排除标准:(1)有精神分裂症、酒精和药物依赖病史;(2)有脑器质性疾病和内分泌疾病史;(3)经检查血常规、肝肾功能异常;(4)妊娠期和哺乳期;(5)有躁狂或轻躁狂发作史;(6)有严重的自杀倾向或精神障碍家族史;(7)近期有炎症性疾病或使用抗菌药物。选取同期 26 例健康志愿者为对照组,其中男 15 例,女 11 例,年龄 15~58 岁。两组性别、年龄比较,差异无统计学意义($P > 0.05$),具有可比性。本研究通过山东省戴庄医院伦理委员会审批。

1.2 方法

1.2.1 抑郁严重程度测评工具

本研究设计方案为病例对照研究。测评工具采用 HAMD,HAMD 评分 < 8 分为无抑郁,8~ < 17 分为轻度抑郁,17~ < 24 分为中度抑郁, ≥ 24 分为重度

抑郁。测定方法:所有研究对象入组时行 HAMD 评定,观察组经口服抗抑郁药物治疗 4 周后再行 HAMD 减分率评定,以 HAMD 减分率表示抑郁症状减轻情况,HAMD 减分率=(治疗前总分-治疗后总分)/治疗前总分 $\times 100\%$ 。心理障碍疗效采用抑郁症状 HAMD 治疗前后减分率判断^[13]。减分率 $\geq 75\%$ 为痊愈,50%~ $< 75\%$ 为显效,25%~ $< 50\%$ 为有效, $< 25\%$ 为无效。总有效=(痊愈+显效+有效)/总例数 $\times 100\%$ 。评定人员共 2 名,均为精神科主治医师,评定前均接受统一培训,量表评定的一致性 Kappa 值为 0.78~0.92。

1.2.2 TNF- α 和 ADP 表达水平检测

ELISA 操作步骤:结合文献及说明书,确定样品及标准品的适当稀释倍数。步骤按照 TNF- α 和 ADP 的 ELISA 试剂盒(购于广州创融生物科技有限公司)说明书进行。将稀释好的样品及标准品加入试剂盒对应孔中,37 °C 孵育 120 min,弃去液体,甩干,加入稀释后的抗体工作液,37 °C 孵育 60 min,洗涤液洗板 3 次,加入稀释后辣根过氧化物酶工作液,37 °C 孵育 60 min,洗涤液洗板 5 次,加入底物溶液显色,37 °C 孵育 15~30 min,加入终止液后置于自动酶标仪在 450 nm 波长读取各孔吸光度值,根据标准曲线获取待测样品的浓度。

1.3 统计学处理

采用 SPSS27.0 软件进行数据分析,符合正态分布的计量资料以 $\bar{x} \pm s$ 表示,比较采用 t 检验;不符合正态分布的计量资料以 $M(Q_1, Q_3)$ 表示,比较采用非参数秩和检验;计数资料以例数或百分比表示,比较采用 χ^2 检验,以 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 观察组临床疗效

观察组治疗前 HAMD 评分为 25.5(21.0,30.0)分,治疗后评分为 2.0(1.0,4.0)分,二者比较差异有统计学意义($P < 0.05$)。观察组痊愈 34 例(85.0%),显效 5 例(12.5%),有效 1 例(2.5%),无效 0 例,治疗有效率为 100.0%。

2.2 两组 TNF- α 和 ADP 水平比较

观察组治疗前 TNF- α 、TNF- α /ADP 水平高于对照组,且治疗后高于治疗前($P < 0.05$)。观察组治疗后 ADP 水平低于对照组和治疗前,差异有统计学意义($P < 0.05$),见表 1。

表 1 两组 TNF- α 和 ADP 水平比较 [$M(Q_1, Q_3)$]

| 项目 | 对照组($n=26$) | 观察组($n=40$) | |
|----------------------|--------------------|--------------------------------|----------------------------------|
| | | 治疗前 | 治疗后 |
| TNF- α (ng/L) | 11.08(7.70,15.97) | 15.12(9.41,25.70) ^a | 19.76(11.26,31.80) ^{ab} |
| ADP(ng/L) | 27.56(16.08,38.98) | 25.30(15.24,36.19) | 18.18(13.41,29.32) ^{ab} |
| TNF- α /ADP | 0.35(0.23,0.65) | 0.68(0.39,1.41) ^a | 0.90(0.54,1.98) ^{ab} |

^a: $P < 0.05$,与对照组比较;^b: $P < 0.05$,与治疗前比较。

3 讨论

TNF- α 是先天免疫系统的核心组成部分,属于促炎细胞因子,也是与重度抑郁症相关的最常见的细胞因子之一^[6]。TNF 系统对重度抑郁症的发生、发展至关重要,TNF- α 是促抑郁因子^[14],已被证明通过激活下丘脑-垂体-肾上腺轴^[14]、破坏神经递质 5-羟色胺^[14]、增加多巴胺代谢^[14]、抑制海马发生^[9]、增加血脑屏障的通透性^[15]、增加一氧化氮的氧化还原信号^[16]等多种机制促进抑郁症的发生、发展。

ADP 是一种代谢调节剂,具有胰岛素增敏、抗炎和抗血管粥样硬化的作用,ADP 在多种精神疾病中发挥有利作用,包括情绪障碍、注意力缺陷多动障碍、创伤后应激障碍、强迫症及抑郁症等^[17]。抑郁症患者外周循环中 ADP 表达下调、脂肪过氧化物酶体增殖物激活受体 γ (PPARG)-ADP 轴在抑郁及焦虑行为的病理生理过程中起着重要作用^[18]。在抑郁模型小鼠的侧脑室注射重组 ADP 可明显改善抑郁样行为^[10],补充外周循环 ADP 和应用 ADP 受体激动剂都可以减轻抑郁样行为^[1,10]。ADP 通过脂联素受体 1(AdipoR1)和脂联素受体 2(AdipoR2)受体发挥作用,AdipoR1 在大脑中广泛表达,ADP 通过 AdipoR1 作用于 5-羟色胺神经元^[12],调节腹侧被盖区的多巴胺神经元活动和焦虑相关行为^[19],通过 AdipoR2 调节海马体的情境恐惧消退^[20]。此外,ADP 激活海马体中的 notch 信号,由 ADP-notch 通路促进海马体神经元发生,对认知功能产生影响^[21]。ADP 还通过抗氧化应激等机制发挥抗抑郁作用^[11]。

TNF- α 和 ADP 虽然结构相似,但却具有相反的生物效应,并相互调节对方的表达。ADP 具有多种抗炎活性,其中 ADP 抑制 TNF- α 信号通路是其发挥抗炎作用的途径之一。用 TNF- α 处理体外脂肪细胞可以减少 ADP 的产生,TNF- α 在体内和体外均可减少 ADP 的分泌^[22]。另一方面,ADP 也调节 TNF- α 水平,ADP 抑制单核巨噬细胞中 TNF- α mRNA 的表达及 TNF- α 的合成释放^[23]。TNF- α 为促炎、促抑郁因子,而 ADP 则是抗炎、抗抑郁因子,因此,本研究分析治疗前后 TNF- α /ADP 的变化,结果发现观察组 TNF- α /ADP 高于对照组,且经口服抗抑郁药物治疗后进一步升高。

本研究观察组治疗前、治疗后 TNF- α 水平均高于对照组。一项 meta 分析也显示,重度抑郁症患者外周血 TNF- α 水平升高^[6],抑郁症患者 TNF- α 升高与体内炎症有关^[14]。同时,本研究观察组服用抗抑郁药物治疗 4 周后,抑郁症状改善,HAMD 评分下降,但 TNF- α 水平较治疗前升高,在国内外也有相同结果的报道^[24-27]。有学者认为,抑郁症患者在应用抗抑郁药物后,TNF- α 水平应该恢复至正常;但还有不少

研究证明,一些抗抑郁药物不但没有降低抑郁症患者 TNF- α 水平,反而升高了 TNF- α 水平。组胺可以剂量依赖性地刺激星形胶质细胞活化,并抑制促炎因子 TNF- α 的分泌^[28],阿米替林、多塞平、丙帕明、米氮平等都是强有力的组胺拮抗药物^[24],能够阻断组胺对 TNF- α 的抑制作用,从而激活 TNF- α 系统,促使血浆 TNF- α 及其可溶性受体水平升高^[24]。奥氮平通过激活大鼠前额叶皮层中的内质网应激,诱导炎症和免疫反应,增加 TNF- α 的表达^[26]。艾司西酞普兰则通过 p38/磷脂酰肌醇 3 激酶(PI3K)通路在巨噬细胞的炎症反应中发挥作用,促使 TNF- α 水平升高^[27]。

本研究观察组治疗前 ADP 水平低于对照组。一项关于抑郁症患者 ADP 变化的 meta 分析显示,抑郁症患者的 ADP 水平明显低于健康人群^[29]。低 ADP 水平可能是抑郁症的独立危险因素^[12]。WANG 等^[10]研究发现,抑郁症患者的 ADP 降低水平与抑郁症的严重程度相关。抑郁症患者 ADP 水平降低可能是由于抑郁症患者下丘脑-垂体-肾上腺轴过度激活促使血清糖皮质激素水平升高,高水平的糖皮质激素能够抑制 ADP 的分泌和表达^[1]。抑郁症患者经抗抑郁治疗后 ADP 水平进一步下降,其原因可能是在抗抑郁药物作用下过量产生的 TNF- α 抑制了体内 ADP 的表达。HE 等^[22]研究发现,TNF- α 通过改变内质网中的二硫键修饰以破坏 ADP 的多聚化,从而减少 ADP 的分泌。YU 等^[30]研究发现,TNF- α 通过降低过氧化物酶体增殖物激活受体- γ 的转录活性,进而减少 ADP 的产生。除抑郁症患者外,在急性心肌缺血的情况下,使用 TNF- α 拮抗剂后 ADP 表达水平升高,心肌梗死面积和细胞凋亡同步减少^[31],再次证明 TNF- α 对 ADP 的抑制作用及二者相反的生物效应。

综上所述,抑郁症患者血清 TNF- α /ADP 高于健康人群,TNF- α 和 ADP 二者失衡推动了抑郁症的发生,TNF- α /ADP 可成为诊断抑郁症的指标,干预 TNF- α 和 ADP 的相互作用可成为新的抗抑郁治疗研究方向。

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