

The Physiological Causes in Psychiatric Patients Leading to Obesity and Malnutrition

BY:

1- Ali Abdullah Alyousef

2. Ayman Abdrabalsool Allaw

3- Abdulmohsen jasem Mohamed Alrashed

Abstract:

Psychiatric patients frequently encounter a multifaceted interaction among physiological, psychological, and environmental elements, which can potentially make them susceptible to both obesity and malnutrition. The primary objective of this study work is to investigate the physiological factors that contribute to the co-occurrence of psychiatric disorders and physical health issues in persons. This study aims to elucidate the complex correlation between mental health and nutrition by investigating the effects of drugs, hormonal imbalances, changed metabolism, and impaired appetite regulation. Comprehending the physiological mechanisms involved can facilitate the development of focused therapies and enhanced care for this susceptible demographic.

1. Introduction:

Obesity and malnutrition are complex health issues that can be influenced by a wide range of factors, including physiological causes, in psychiatric patients. Psychiatric patients often face unique challenges that can contribute to these conditions. This introduction will provide an overview of some of the physiological causes in psychiatric patients that can lead to both obesity and malnutrition, highlighting the intricate interplay between mental health and physical well-being.

Psychiatric individuals frequently encounter intricate obstacles pertaining to their bodily well-being, encompassing concerns of excessive weight and inadequate nourishment. These illnesses may be the result of many physiological elements that interact with their mental health issues and treatment protocols.

The presence of adverse effects from specific psychotropic drugs is a significant contributing factor to the development of obesity among individuals with psychiatric conditions. The administration of medications such as atypical antipsychotics and mood stabilizers has been observed to potentially induce weight gain through their impact on metabolic processes and the stimulation of hunger. Individuals may encounter challenges in managing their body weight despite their endeavors to adhere to a nutritious dietary regimen and engage in regular physical activity (Himmerich, H., Kan, C., Au, K., & Treasure, J. (2021).

In contrast, malnutrition may manifest in individuals with psychiatric conditions as a result of various contributing variables. Certain persons who suffer from mental health illnesses may encounter disruptions in their appetite, such as a reduction in appetite or a dislike for food. This

phenomenon may arise as a consequence of the individual's psychiatric condition or as an adverse outcome of pharmaceutical usage. In instances of heightened severity, individuals may exhibit a disregard for their dietary requirements, resulting in the development of malnourishment.

Furthermore, it is worth noting that the physiological stress response is implicated in the development of both obesity and malnutrition. Chronic stress, a prevalent condition among individuals with psychiatric disorders, has been found to be connected with elevated cortisol levels, a hormone that has been linked to weight gain. Moreover, the presence of stress can have a detrimental impact on individuals' eating behaviors, resulting in inconsistent and frequently unfavorable dietary selections. This, in turn, can contribute to the development of both obesity and malnutrition.

Moreover, it should be noted that psychological disorders have the potential to influence individuals' eating patterns. One potential consequence of depression is the development of maladaptive eating behaviors, such as emotional eating or a diminished appetite. Conversely, psychiatric illnesses such as bipolar disorder can elicit manic episodes that are distinguished by impulsive and excessive consumption of food, afterwards succeeded by periods of reduced food intake during depression episodes (Zavitsanou, A., & Drigas, A. (2021).

It is imperative to acknowledge that the interaction between physiological parameters and psychiatric illnesses exhibits a significant degree of individual variability. Individuals may necessitate customized treatment strategies that encompass their psychological and physiological welfare, potentially entailing modifications to medication, psychotherapeutic interventions, nutritional guidance, and vigilant surveillance of eating patterns and body mass. It is imperative to acknowledge and prioritize the examination of physiological factors in order to enhance the general well-being and quality of life for psychiatric patients who are grappling with obesity and malnutrition.

Gaining insight into the physiological factors contributing to obesity and malnutrition in individuals with psychiatric conditions is of paramount importance in order to deliver holistic healthcare. The successful implementation of management strategies frequently necessitates the adoption of a multidisciplinary framework, encompassing the expertise of many healthcare specialists such as psychiatrists, dietitians, psychologists, and others. By simultaneously attending to the mental health and physical health requirements of these folks, it is conceivable to

enhance their comprehensive state of being and alleviate the hazards linked to obesity and malnutrition inside the framework of psychiatric disorders (Pierce, M., et al. (2020).

1.1. Overview of the Problem:

Patients in mental health facilities have a higher risk of being overweight or undernourished. Abnormal eating practices, hormone imbalances, and metabolic changes have all been linked to psychiatric diseases like depression, schizophrenia, and bipolar disorder. Due to these causes, people may put on unnecessary pounds while also suffering from dietary deficits.

The fundamental issue that drives our investigation is the complex interplay between mental illness and the physiological causes that lead to weight gain and nutritional deficiencies in those who suffer from it. The alarmingly high rates of obesity and malnutrition within the community of psychiatric patients make this an issue of critical relevance. These factors not only compound the difficulties caused by their mental health illnesses, but also represent serious threats to their health and quality of life in general (Bao, Y., Meng, S., Sun, Y., Jie, S., & Lu, L. (2019).

Although mental health issues and metabolic problems often occur together, our knowledge of the underlying physiological pathways that link these illnesses is still limited. Because of this information gap, healthcare professionals are unable to meet the complex healthcare demands of this at-risk population and design effective, focused interventions and therapies.

Improving mental health care for all patients requires a solution to this scientific conundrum. It has the ability to boost their health, alleviate the symptoms of their psychological and metabolic problems, and improve their quality of life.

1.2. Importance of the Study:

Addressing the issue of obesity and malnutrition in psychiatric patients is of paramount importance due to its widespread impact on both physical and mental health. Patients with coexisting psychiatric and nutritional issues face greater challenges in managing their conditions and achieving a good quality of life. Additionally, healthcare systems must allocate significant resources to address the complex needs of this population.

so, the importance of this study lies in its potential to improve the health and well-being of psychiatric patients, reduce healthcare disparities, inform treatment decisions, promote holistic healthcare, and advance scientific understanding. Ultimately, the findings can have positive implications for both individual patients and the broader healthcare system.

1.3. The Research Question:

The central question guiding this research is: How do physiological factors, including neurobiology, hormonal regulation, and medication side effects, contribute to the development of obesity and malnutrition in psychiatric patients?

1.4. Significance of the Study:

This study is significant because it sheds light on the intricate relationship between psychiatric disorders and nutritional status. By elucidating the physiological pathways involved, it can inform the development of targeted interventions and treatment strategies for this vulnerable group of patients.

The significance of this study is multifaceted and encompasses various domains, including healthcare, research, and public health. The research on the physiological causes of obesity and malnutrition in individuals with psychiatric disorders holds substantial importance due to its potential impact.

so, the significance of this study extends to multiple domains, including healthcare quality, mental health treatment, health equity, resource efficiency, public health, scientific advancement, stigma reduction, and long-term health outcomes. Its potential to improve the lives of psychiatric patients and contribute to broader health and research efforts underscores its importance.

1.5. Structure of the Paper:

The paper is organized into several sections, beginning with the aims and objectives, followed by a review of the literature, an exploration of the physiological pathways linking psychiatric disorders to obesity and malnutrition, and a conclusion that summarizes key findings and implications for clinical practice and future research.

1.6. Aim and Objectives

Aim: The aim of this research is to comprehensively examine the physiological causes underlying the development of obesity and malnutrition in psychiatric patients.

1.7. Objectives:

- To review the existing literature on the prevalence of obesity and malnutrition in psychiatric patients.

- To identify and analyze the physiological mechanisms linking psychiatric disorders to obesity.
- To investigate the physiological pathways contributing to malnutrition in psychiatric patients.
- To discuss how these pathways may interact or coexist within the same patients.
- Methods
- To identify the macronutrient and micronutrient that are important to help treating Psychiatric Patients

1.8. Research Design:

A comprehensive literature search was conducted using electronic databases

1.9. Ethical Considerations:

Ethical approval was not required for this literature review, as it involved the analysis of publicly available data and did not involve human subjects.

2. Literature Review:

2.1. Overview of Psychiatric Disorders and Their Prevalence:

According to (Moreno-Küstner, B., Martin, C., & Pastor, L. (2018), Psychiatric diseases, such as depression, schizophrenia, and bipolar disorder, have a significant impact on a substantial number of individuals globally. These disorders are characterized by substantial limitations in both social and occupational functioning, and they frequently coincide with comorbid physical health conditions.

Psychiatric diseases, such as depression, schizophrenia, and bipolar disorder, are prevalent mental health conditions that have a significant impact on a substantial number of individuals globally. These illnesses exhibit a variety of symptoms that can have a substantial impact on an individual's cognitive processes, affective states, actions, and general well-being.

Depression, a highly prevalent psychiatric condition, frequently presents with enduring feelings of melancholy, hopelessness, and a diminished engagement in previously pleasurable pursuits. In contrast, schizophrenia is a debilitating psychiatric disorder characterized by cognitive distortions, hallucinatory experiences, and impaired behavioral organization. Bipolar disorder is

characterized by pronounced fluctuations in mood, oscillating between episodes of depression and periods of mania or hypomania (Jongsma, H. E., et al. (2019).

A noteworthy characteristic of psychiatric diseases is their ability to co-occur with physical health conditions. For instance, patients diagnosed with depression may face an elevated susceptibility to the development of cardiovascular illnesses, diabetes, and obesity. This heightened risk can be attributed to the interplay of lifestyle variables and physiological alterations that are commonly linked with the condition. The intricate interaction between mental and physical health underscores the necessity of implementing comprehensive and integrated healthcare strategies.

Psychiatric diseases exert a significant worldwide influence, impacting individuals across diverse age groups, socio-cultural backgrounds, and ethnicities. Not only do they contribute to impairment and a decrease in the overall quality of life for individuals directly impacted, but they also impose a substantial cost on healthcare systems and economies on a global scale. The timely identification of psychiatric diseases, the implementation of appropriate therapeutic interventions, and the promotion of heightened awareness are crucial elements in tackling the difficulties presented by these conditions and enhancing the overall welfare of individuals and communities (Kien, C., et al. (2019).

2.2. The Link Between Psychiatric Disorders and Obesity:

Both of (Kong, L., et al. (2018), (Bauer, M. E., & Teixeira, A. L. (2019). indicated that the Numerous studies have demonstrated a strong association between psychiatric disorders and obesity. Individuals with depression, for instance, often exhibit changes in appetite regulation, leading to overeating and weight gain. The complex physiology behind this connection involves disruptions in the regulation of certain neurotransmitters, such as serotonin and dopamine, which play crucial roles in mood and appetite control.

Moreover, psychiatric medications used to manage conditions like depression, bipolar disorder, and schizophrenia can also contribute to weight gain as a side effect. These medications may alter metabolic processes and hormonal balance, leading to increased fat storage and reduced energy expenditure.

Stress, a common component of many psychiatric disorders, can further exacerbate the obesity risk. Chronic stress can lead to elevated levels of the hormone cortisol, which promotes fat

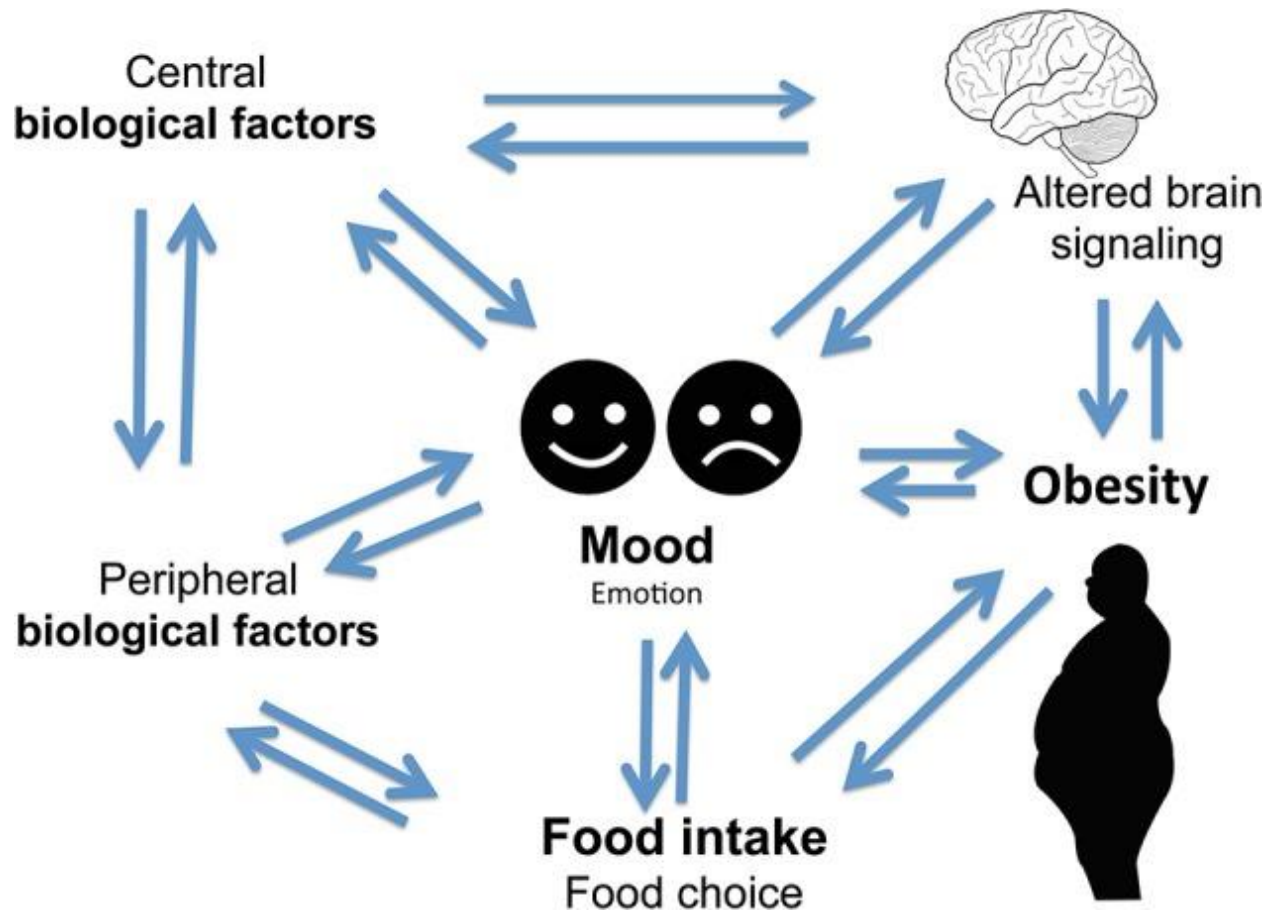
accumulation, particularly in the abdominal area. This physiological response to stress can be a contributing factor to obesity in individuals with psychiatric conditions (Fond, G., et al. (2021). Additionally, lifestyle factors often intersect with psychiatric disorders, making individuals more susceptible to obesity. Emotional eating, often observed in those with depression or anxiety, involves seeking comfort in food, particularly high-calorie, sugary, or fatty foods. Sedentary behaviors resulting from the social withdrawal associated with some psychiatric disorders can also lead to weight gain.

Understanding the intricate physiological pathways connecting psychiatric disorders and obesity is crucial for effective management and intervention. It highlights the need for a comprehensive approach to healthcare that addresses both mental and physical health, including lifestyle modifications, psychotherapy, and medications, as appropriate, to mitigate the risk and impact of obesity in this vulnerable population (Daré, L. O., et al. (2019).

As both of (Sagar, R., & Gupta, T. (2018), (Brutocao, C., et al. (2018), pointed that the Numerous studies have uncovered a robust connection between psychiatric disorders and obesity. This intricate relationship involves complex physiological mechanisms that shed light on how these conditions are interconnected.

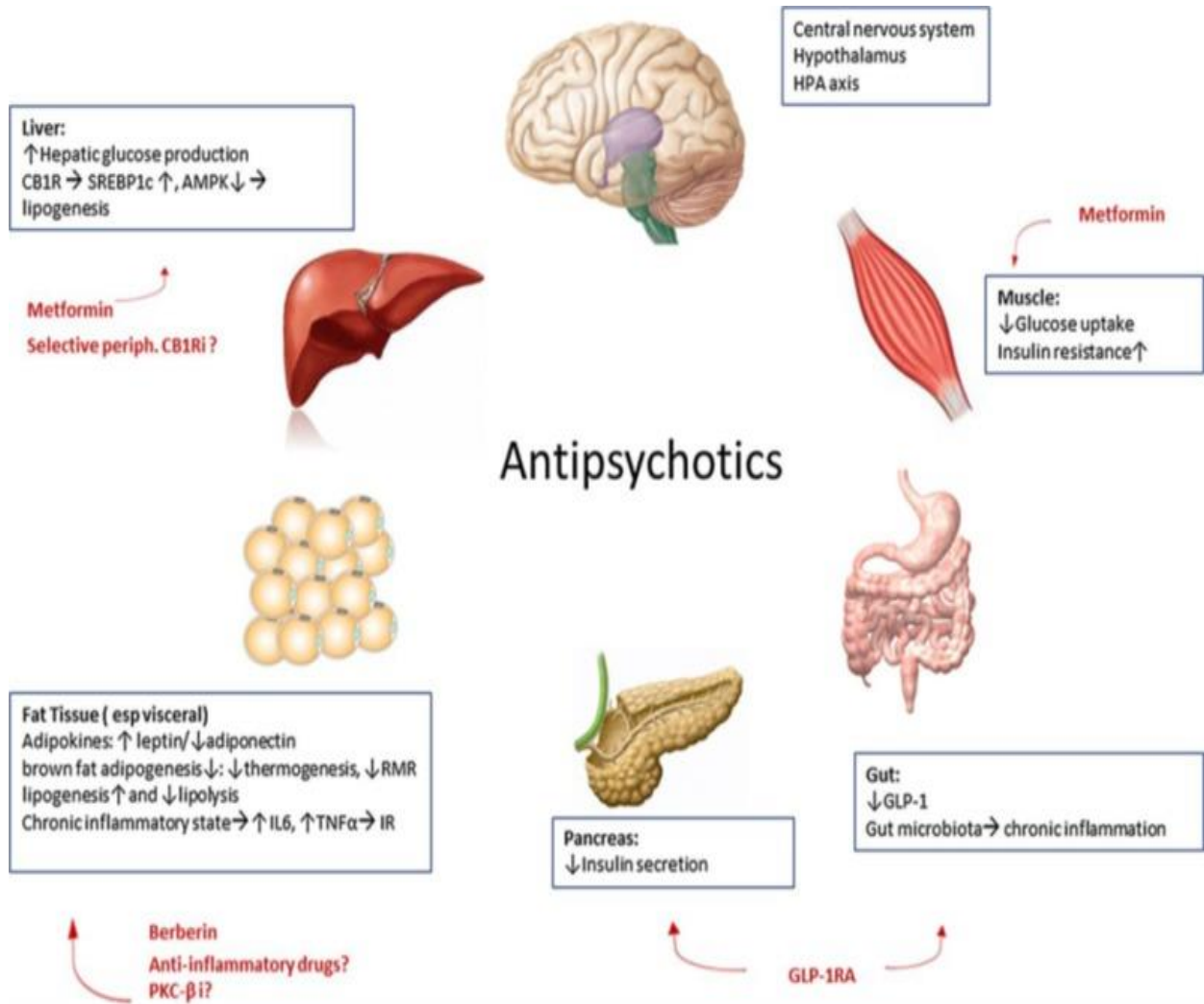
- Neurotransmitter Dysregulation.

Figure 1: Depicts changes in serotonin and dopamine levels in individuals with psychiatric disorders. These neurotransmitters are vital for mood regulation and appetite control. Altered levels can lead to overeating and weight gain.



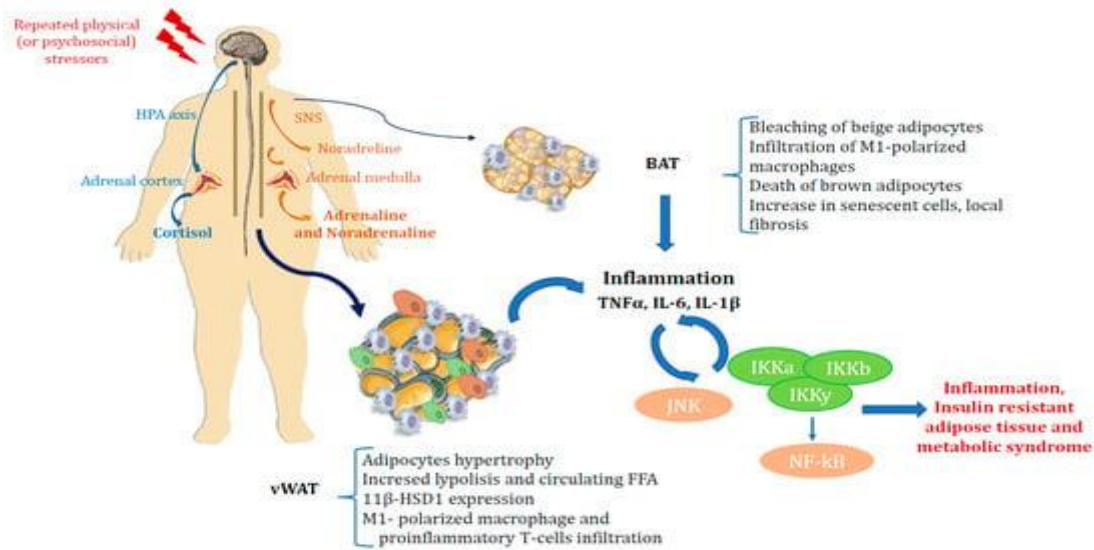
- Medication Effects.

Figure 2: Illustrates the impact of psychiatric medications on metabolism and hormonal balance. Certain drugs used to manage psychiatric conditions can disrupt these processes, promoting weight gain and fat storage.



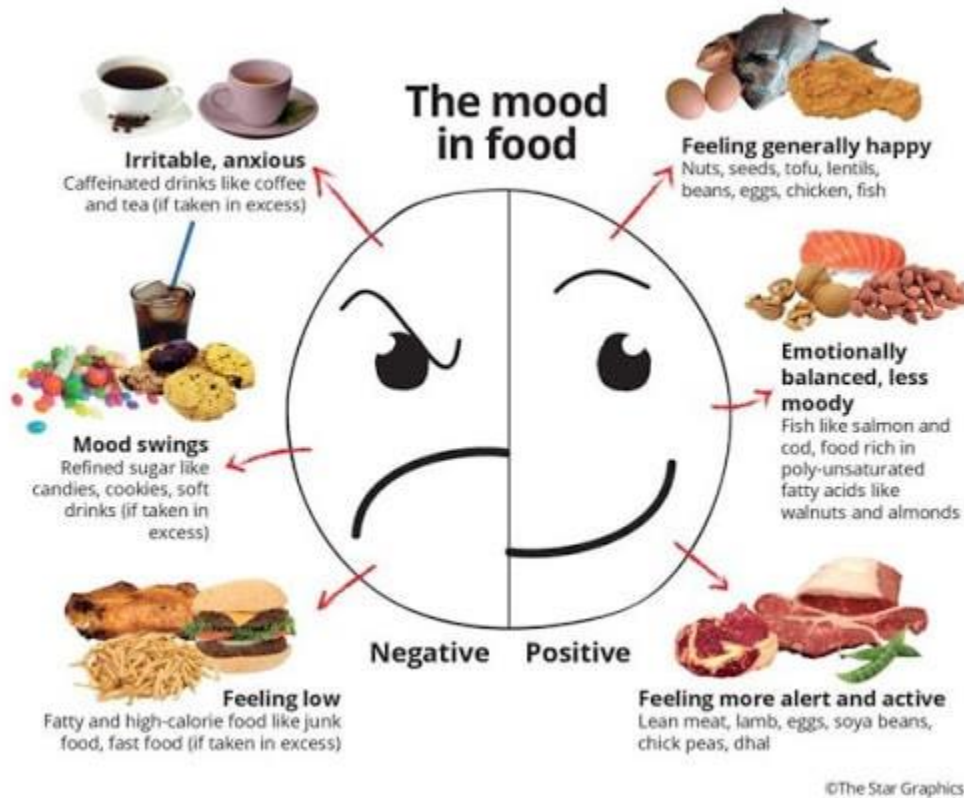
- Stress Response.

Figure 3: Shows the physiological response to chronic stress, common in psychiatric disorders. Elevated cortisol levels, depicted in the figure, can lead to abdominal fat accumulation, contributing to obesity.



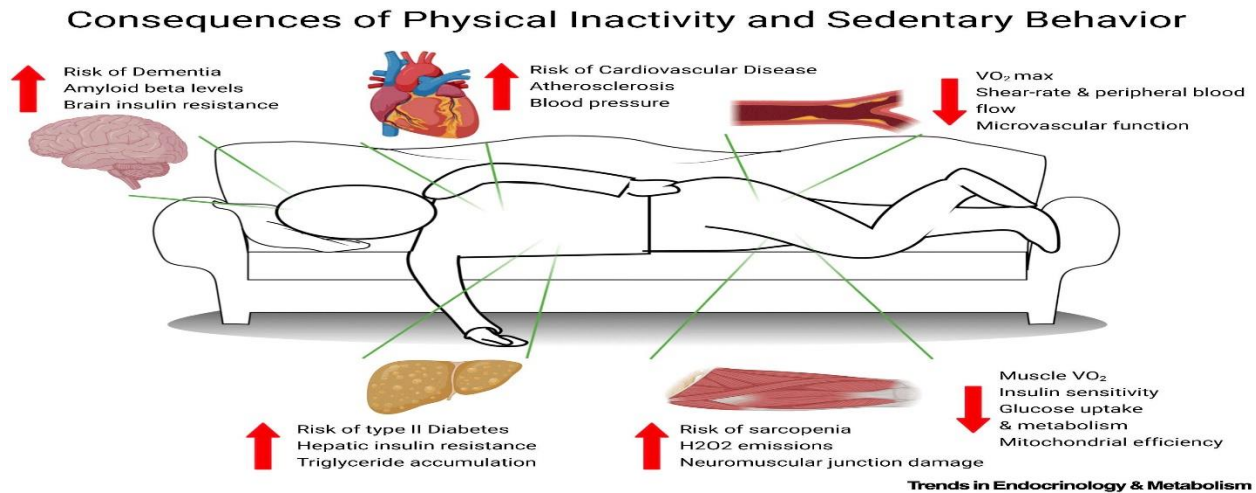
- Emotional Eating:

Figure 4: Highlights emotional eating patterns observed in individuals with psychiatric disorders. Emotional triggers can lead to the consumption of high-calorie, sugary, or fatty foods as a means of comfort.



- Sedentary Lifestyle:

Figure 5: Depicts the association between psychiatric disorders and sedentary behavior. Social withdrawal and reduced physical activity can contribute to a more sedentary lifestyle, further increasing the risk of obesity.



Gaining a comprehensive understanding of these complex physiological pathways is of utmost importance in the development of efficacious techniques for the management and intervention of obesity in individuals with psychiatric disorders. This highlights the importance of implementing a holistic healthcare strategy that encompasses both mental and physical well-being, integrating lifestyle adjustments, psychotherapeutic interventions, and appropriate drug administration (Brutocao, C., et al. (2018).

2.3. The Link Between Psychiatric Disorders and Malnutrition.

According to (Cao, Q., Huang, Y. H., Jiang, M., & Dai, C. (2019), Malnutrition is common, especially among those with severe mental diseases like schizophrenia, and is a well-documented problem among psychiatric patients, alongside obesity. Nutritional deficiencies are caused by poor eating habits, poor nutrient absorption, and pharmaceutical adverse effects.

Psychiatric diseases have a significant impact on eating habits, frequently resulting in disordered eating. Some people will turn to food for consolation when they're feeling down, while others will lose their appetite altogether. These actions put people at risk of malnutrition due to insufficient dietary intake.

Nutrient absorption abnormalities play a function that goes beyond dietary choices. Individuals with psychiatric problems may have compromised physiological mechanisms involved for absorbing nutrients from diet. This can make it harder for the body to take in nutrients, making malnutrition worse.

Despite their importance in treating mental illness, some psychiatric drugs have been linked to negative side effects on nutrition metabolism and absorption. A proper nutritional balance might be difficult to achieve when taking certain medications since they can impair the body's capacity to assimilate nutrients (Kimura, A., et al. (2019).

Hormonal imbalance is also a contributing issue. Hormonal imbalances impact appetite, metabolism, and food utilization in many people with psychiatric disorders. These disruptions can cause shifts in diet, which in turn exacerbates malnutrition.

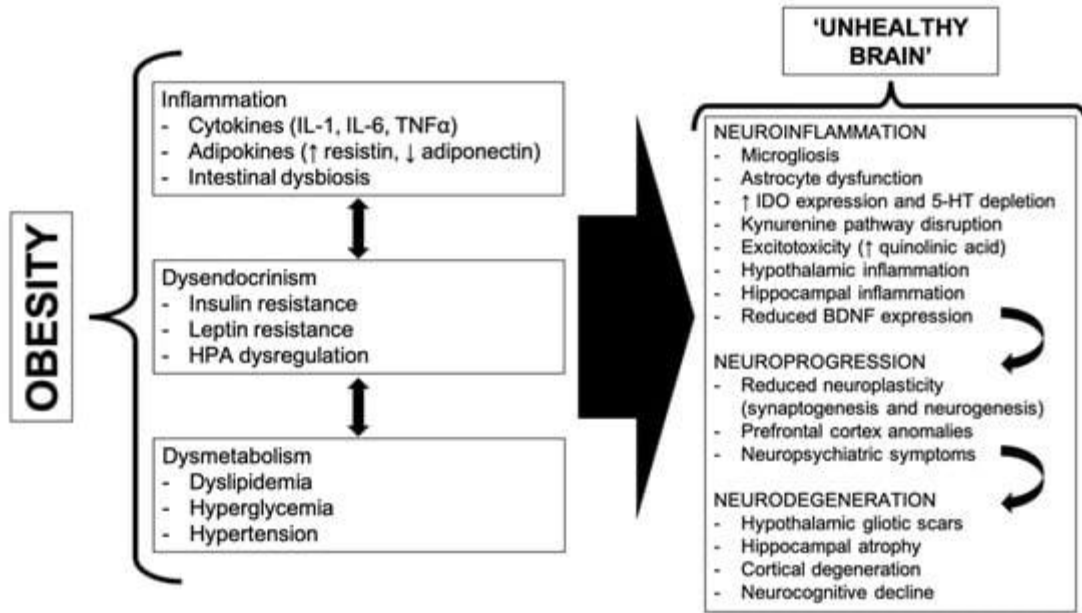
Malnutrition's repercussions are much broader than just a lack of food. Loss of body fat, atrophy of muscle, and other negative effects on physical health are all possible results. A person's health and ability to function can be further jeopardized by these physiological shifts.

It is critical to recognize and manage the complex physiological mechanisms connecting psychiatric illnesses with undernourishment. Nutritional examination, dietary counseling, and individualized interventions to address particular nutrient deficiencies should be part of a comprehensive treatment plan for people with psychiatric problems. When healthcare providers take into account the physiological elements of malnutrition in this population, they can improve the health and quality of life of people with psychiatric problems (Himmerich, H., Kan, C., Au, K., & Treasure, J. (2021).

Both of (Zhu, C., Wang, B., Gao, Y., & Ma, X. (2018), (Guenzani, D., et al. (2019) confirmed that Individuals with psychiatric diseases, especially those with severe mental illnesses like schizophrenia, are at an increased risk of malnutrition, although this is a problem that often goes unrecognized. Multiple physiological factors, all of which contribute to dietary inadequacies, are involved in this intricate interaction.

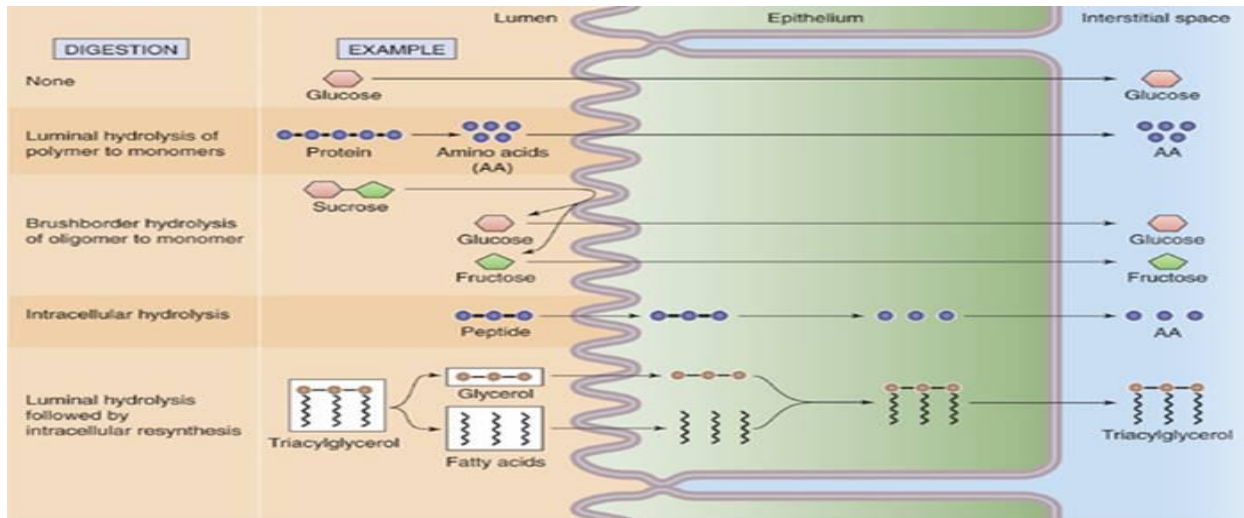
- Dietary Habits.

Figure 1: Illustrates how psychiatric disorders can lead to poor dietary habits. Emotional eating, loss of appetite, and erratic eating patterns can result in inadequate nutrient intake.



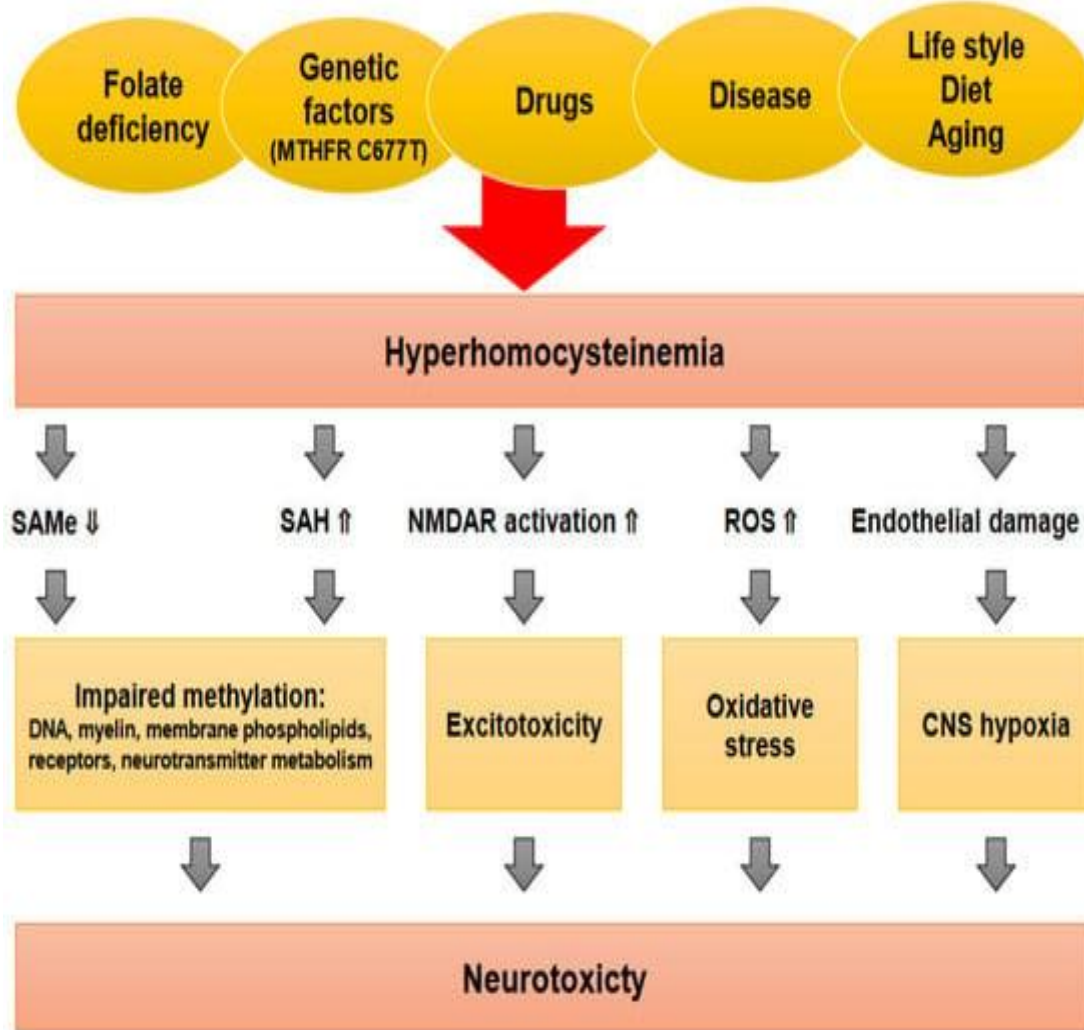
- Nutrient Absorption.

Figure 2: Demonstrates the physiological processes related to nutrient absorption in the digestive system. Individuals with psychiatric disorders may experience disruptions in these processes, hindering their ability to absorb essential nutrients from food.



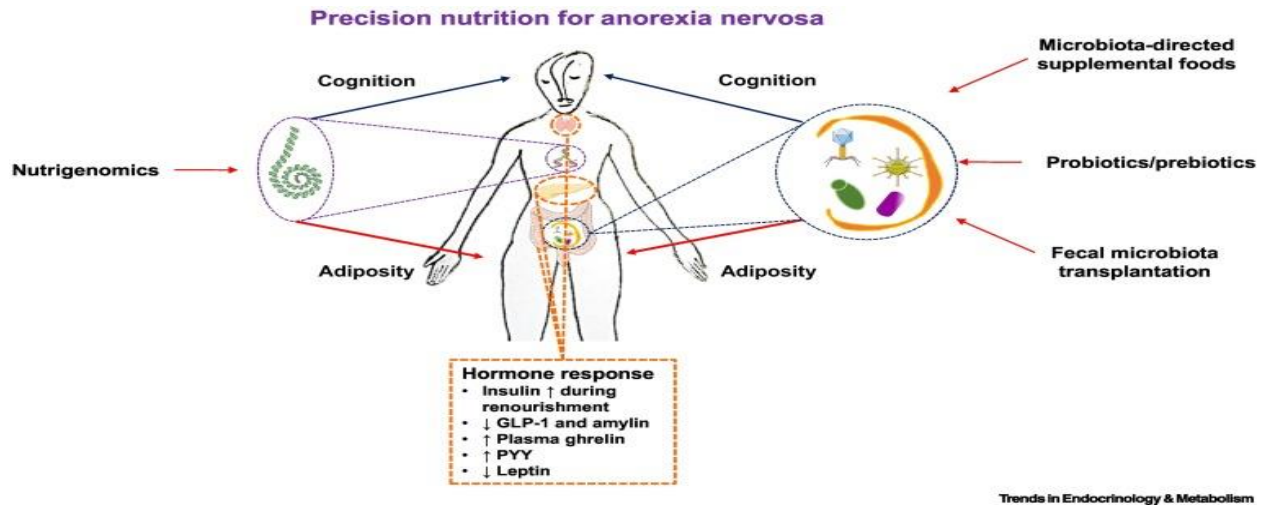
- Medication Side Effects.

Figure 3: Depicts the impact of psychiatric medications on nutrient metabolism and absorption. Some drugs used in the treatment of mental illnesses can interfere with nutrient uptake, exacerbating malnutrition.



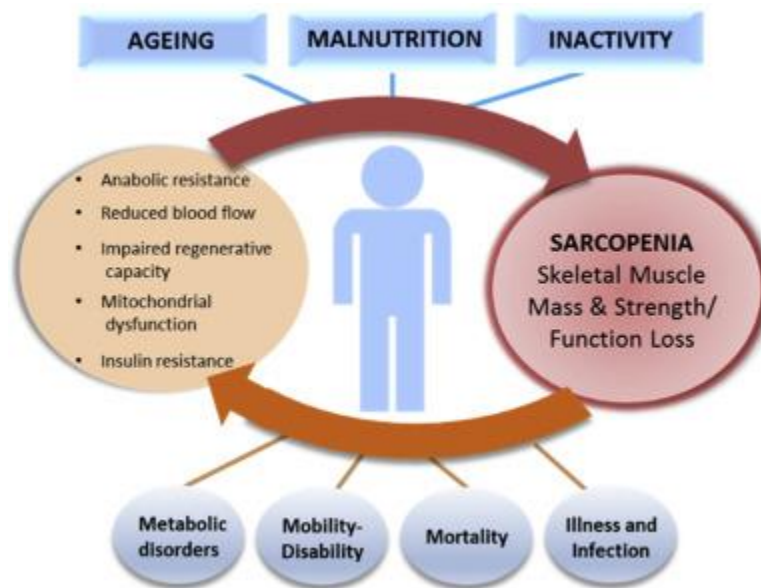
- Hormonal Dysregulation:

Figure 4: Highlights hormonal imbalances commonly observed in individuals with psychiatric disorders. These imbalances can affect appetite, metabolism, and nutrient utilization, contributing to malnutrition.



- Weight Loss and Muscle Wasting:

Figure 5: Shows the physiological consequences of malnutrition, including weight loss and muscle wasting. These physical changes can further impair an individual's overall health and functioning.



In order to effectively treat this major healthcare issue, it is crucial to get an understanding of the complex physiological mechanisms connecting psychiatric diseases and starvation. Individuals with psychiatric problems should undergo routine nutritional assessment, dietary counseling, and individualized interventions to treat nutrient deficiencies as part of an all-encompassing healthcare plan. Healthcare practitioners can enhance the health and quality of life of those living with psychiatric disorders by focusing on the physiological elements of malnutrition in this population.

2.4. Non-coloned paragraphs about Psychopharmacological Effects on Weight and Nutrition.

(Pruccoli, J., et al. (2021), said that It is well-known that psychiatric drugs, especially antipsychotics and mood stabilizers, can have negative effects on both body mass index and dietary intake. While other drugs prevent the body from properly absorbing nutrients, leading to weight gain.

Psychiatric drugs, especially antipsychotics and mood stabilizers, can have profound effects on a person's body mass index and dietary habits. Some drugs because weight gain while others prevent the body from absorbing nutrition, both of which are undesirable side effects.

Antipsychotic drugs are commonly used to treat mental health issues including schizophrenia and bipolar disorder, but they have a negative side effect of making patients gain weight. This effect develops because these medicines cause changes in appetite control and metabolic processes. Antipsychotic medication use is associated with an increased risk of gaining weight due to decreased physical activity and increased appetite for high-calorie foods.

Mood stabilizers, used to treat diseases like bipolar illness, can have similar effects on food intake and body composition. Weight gain is a known adverse effect of some mood stabilizers, adding another layer of complexity to the management of mental health disorders (Mangge, H., et al. (2019).

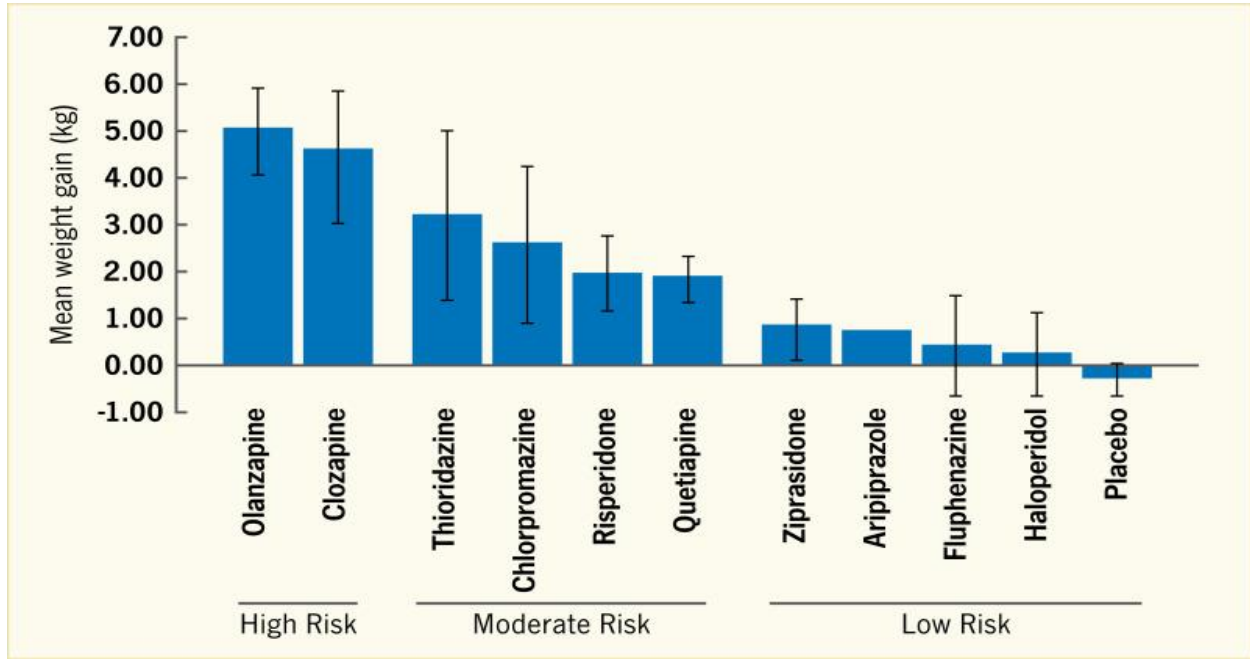
The effects of these drugs on diet and weight are more complex than just changes in calorie consumption. Some psychiatric medications can prevent the body from properly absorbing essential nutrients. This disruption may cause nutritional deficits by preventing the body from properly absorbing essential vitamins and minerals.

Healthcare practitioners should keep a tight eye on patients taking psychiatric drugs to prevent and treat complications with weight gain and malnutrition. Weight, eating habits, and nutritional status are frequently evaluated as part of this process. Some patients may be advised to make changes to their food and way of life in order to lessen the side effects of these drugs.

If we are to provide truly integrative and comprehensive care for people with mental health issues, we must first understand the psychopharmacological effects of psychiatric drugs on weight and nutrition. It is crucial for the overall health of patients in psychiatric treatment to strike a balance between the therapeutic benefits of these drugs and their potential negative effects on weight and nutrition (Muratore, A. F., & Attia, E. (2022).

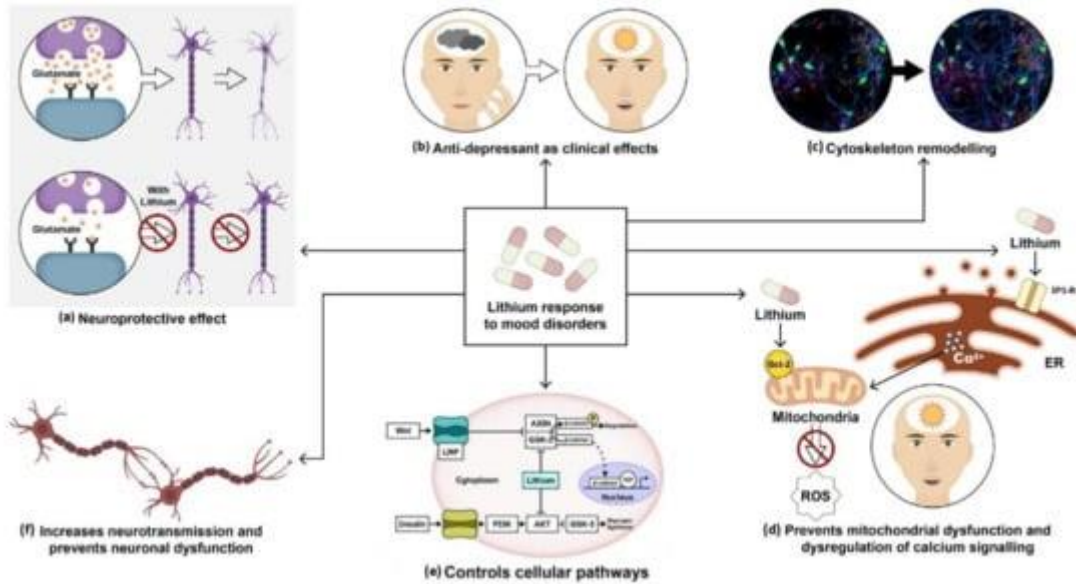
- Figure 1: Antipsychotics and Weight Gain.

This figure would depict the influence of antipsychotic medications on appetite regulation. It might show an increase in appetite and cravings for high-calorie foods associated with antipsychotic use, contributing to weight gain.



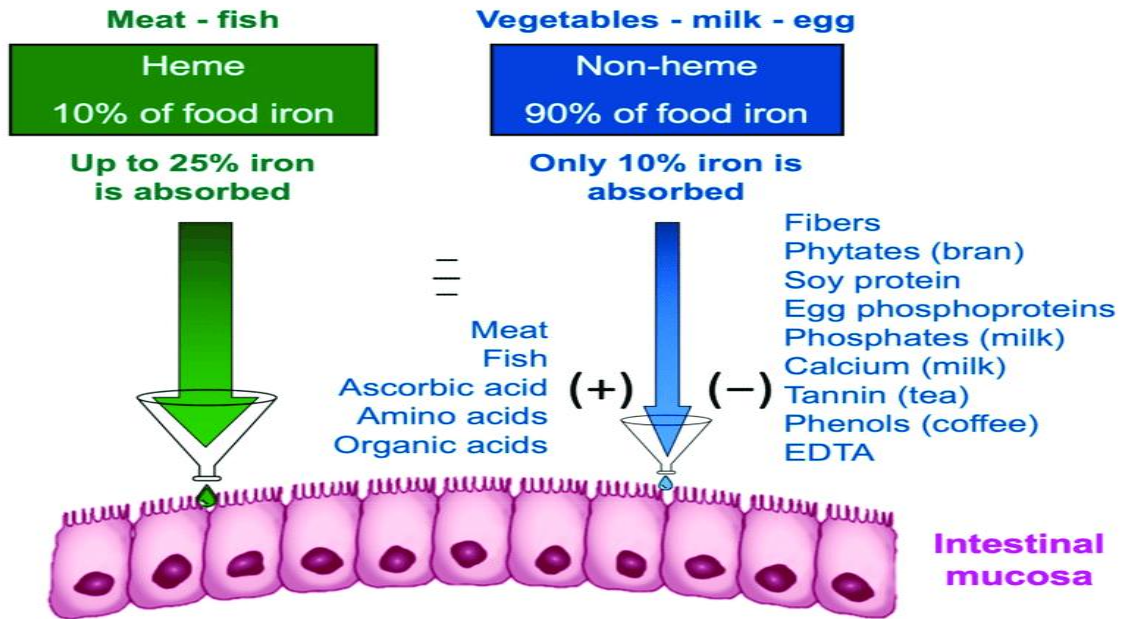
- Figure 2: Mood Stabilizers and Metabolic Changes

In this figure, might see a representation of the metabolic changes induced by mood stabilizers. These medications could be shown to alter metabolic processes, potentially leading to reduced energy expenditure and increased fat storage (Sokalingam, S., et al. (2020)).



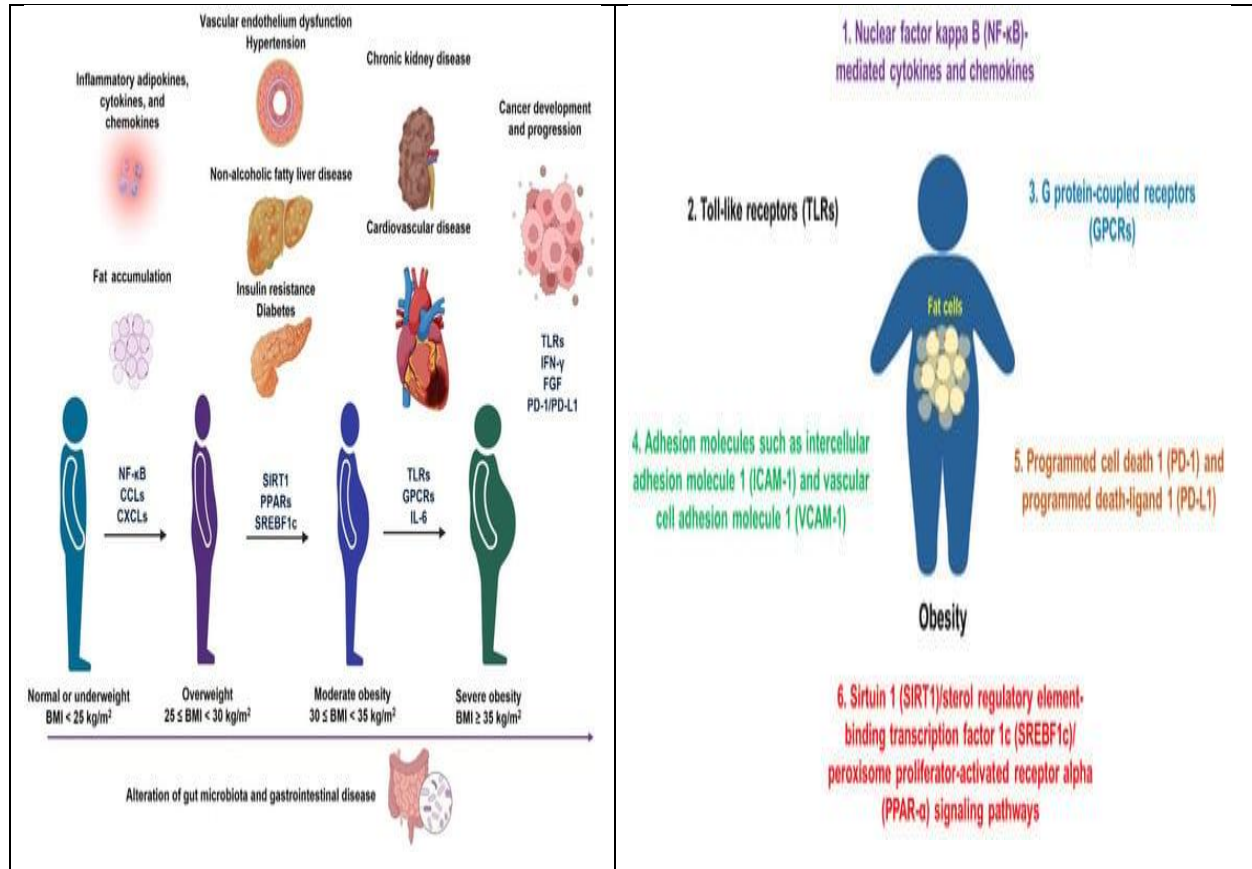
- Figure 3: Nutrient Absorption Interference

This figure could illustrate the interference of certain psychiatric medications with nutrient absorption in the digestive system. It might depict how these medications hinder the body's ability to absorb essential vitamins and minerals, potentially resulting in nutritional deficiencies.



- Impact on Hormonal Regulation

could visualize the influence of psychiatric medications on hormonal regulation. It might show how some drugs disrupt hormones that control appetite and metabolism, contributing to weight-related issues.



2.5. Other Contributing Factors.

According to (Pal, D., & Mukherjee, S. (2020), In addition to the direct impact of drug side effects, there exist various other influential factors that greatly affect the nutritional condition of persons diagnosed with psychiatric disorders. These variables underscore the complex and diverse nature of the issues encountered by this demographic.

The dietary habits of individuals can be significantly influenced by psychiatric disorders.

Emotional eating, binge eating, and irregular meal patterns are often seen phenomena that have been associated with imbalanced diets characterized by a deficiency in critical nutrients.

Inadequate dietary practices significantly contribute to the prevalence of malnutrition within this particular demographic.

A significant number of patients diagnosed with psychiatric disorders exhibit diminished levels of physical exercise. Various factors such as social withdrawal, diminished motivation, or the presence of medication-induced lethargy can together contribute to the adoption of a more sedentary lifestyle. The presence of restricted physical activity not only has implications for body weight, but also exerts an influence on general health and nutritional status (Persico, A. M., Ricciardello, A., & Cucinotta, F. (2019).

(Chavez, M. N., & Rigg, K. K. (2020), said that The influence of socioeconomic situation on the dietary status of individuals with psychiatric conditions is of significant importance. Individuals with a lower socioeconomic position can have challenges in accessing nutritious foods, fresh produce, and healthcare options. The presence of financial limitations can impede persons in their ability to uphold a well-rounded dietary regimen and access suitable nutritional assistance. Social isolation and loneliness are commonly observed in patients diagnosed with psychiatric conditions. Various circumstances have the potential to exert an influence on individuals' dietary choices, so resulting in an increased dependence on convenience foods which tend to be high in calories but lacking in essential nutrients.

As pointed out by (Bo, S., et al. (2020), The presence of stigma pertaining to mental health disorders can impede individuals from obtaining healthcare services and hinder their ability to obtain nutritious diet. The experience of discrimination and social isolation has been found to have a detrimental impact on those with psychiatric problems, as it can contribute to heightened levels of stress. This, in turn, can further exacerbate the existing nutritional challenges presented by these individuals.

The phenomenon of co-occurring substance use refers to the frequent coexistence of substance use disorders alongside psychiatric illnesses. The usage of substances has the potential to disturb the regulation of hunger and dietary patterns, hence exacerbating nutritional imbalances.

The impact of nutrient interaction on mental symptoms: Certain psychiatric disorders, such as paranoia or sensory problems, may have an adverse effect on an individual's inclination or capacity to consume a well-rounded and nutritionally balanced diet. The aforementioned symptoms have the potential to result in the development of food aversions or limits, which can have a significant impact on an individual's overall nutritional status.

The provision of adequate nutrition for patients with psychiatric disorders necessitates a holistic strategy that extends beyond the mere administration of medicines. The intervention

encompasses the identification and management of these influential elements via nutritional counseling, lifestyle modifications, establishment of social support networks, and initiatives aimed at diminishing stigma and enhancing accessibility to mental healthcare services.

Comprehending and effectively dealing with these complex issues are essential measures in improving the holistic welfare of this susceptible demographic (Sylvia, L. G., et al. (2019).

2.6. Previous Research Findings and Gaps in the Literature.

Although a considerable amount of research has been conducted to investigate the connections between psychiatric diseases and obesity/malnutrition, there remain some gaps in comprehending the specific physiological mechanisms implicated. Additional investigation is required to comprehensively clarify these systems.

Prior studies have made substantial contributions to our comprehension of the linkages between psychiatric diseases and the emergence of obesity and malnutrition. These research have provided insights into the complex nature of these interactions, elucidating aspects such as the adverse effects of medicine, eating patterns, and lifestyle decisions. Nevertheless, notwithstanding these advancements, there persist significant deficiencies in the existing body of scholarly work. The precise physiological mechanisms underlying the association between psychiatric disorders and weight-related problems are not yet fully comprehended, which hinders the advancement of specific interventions. Additional investigation is necessary in order to further explore these mechanisms, taking into account the complex interaction between hormones, neurotransmitters, and metabolic processes. A thorough comprehension of these pathways will be important in the development of more efficacious treatments and strategies aimed at enhancing the health and overall welfare of those afflicted with psychiatric diseases. The extant body of scholarly research has made substantial progress in elucidating the complex correlation between psychiatric problems and obesity or malnutrition. Numerous research has elucidated several aspects that contribute to the phenomenon, providing insights into the impacts of medicine, eating habits, and lifestyle choices. The aforementioned findings have highlighted the intricate character of the matter, accentuating the multifaceted relationships involved. Nevertheless, notwithstanding the advancements achieved, there exist significant deficiencies in the existing body of literature that necessitate additional research. A significant area of insufficiency lies in the accurate demarcation of the physiological mechanisms that establish a connection between psychiatric disorders and disruptions in weight and nutrition. Although links

and correlations have been established, there is still a lack of comprehensive understanding regarding the underlying mechanisms.

In order to address these information gaps, it is recommended that future research efforts prioritize the elucidation of the complex physiological mechanisms and hormonal dysregulation implicated. Gaining a more comprehensive understanding of these pathways will play a crucial role in the development of customized interventions and treatment strategies aimed at addressing the weight-related issues encountered by individuals with mental disorders. By undertaking this endeavor, we can strive to enhance the emotional and physical well-being of individuals, so augmenting the total standard of care and support for this susceptible demographic.

2.7. Pathways of Physiology for Obesity and Malnutrition.

In-Depth Exploration of Physiological Mechanisms Linking Psychiatric Disorders to Obesity.

- Neurobiological Factors.

The dysregulation of neurotransmitters, such as serotonin and dopamine, in psychiatric disorders can affect mood, appetite, and food preferences, contributing to overeating and weight gain.

An in-depth exploration of the physiological pathways linking psychiatric disorders to obesity reveals a multifaceted landscape, with neurobiological factors playing a significant role. The dysregulation of neurotransmitters, notably serotonin and dopamine, stands out as a key contributor. In psychiatric disorders, these vital brain chemicals can experience imbalances, impacting mood regulation and affecting appetite and food preferences. This neurobiological disruption can lead to altered eating behaviors, often characterized by overeating and a preference for calorie-dense foods, ultimately contributing to the development of obesity.

Understanding these intricate neurobiological mechanisms highlights the need for comprehensive care that addresses both mental health and physical well-being for individuals with psychiatric disorders, offering them a more holistic approach to improving their quality of life (Wells, J. C., et al. (2020).

- Hormonal Regulation.

(Vazquez, M. J., Velasco, I., & Tena-Sempere, M. (2019), said that the Psychiatric disorders can disrupt hormonal regulation, leading to imbalances in appetite-regulating hormones such as leptin and ghrelin.

A comprehensive exploration of the physiological pathways connecting psychiatric disorders to obesity and malnutrition uncovers another critical aspect: hormonal regulation. Within this framework, psychiatric disorders have the potential to disrupt the intricate hormonal balance responsible for appetite regulation. Notably, hormones like leptin and ghrelin play pivotal roles in signaling hunger and fullness. In individuals with psychiatric disorders, these hormones can experience imbalances, leading to erratic appetite cues and eating behaviors. Leptin, often referred to as the satiety hormone, might not signal fullness effectively, while ghrelin, known as the hunger hormone, may be dysregulated, intensifying cravings and the urge to eat. The disruption in hormonal regulation is a key component of the physiological pathways that contribute to weight-related issues in individuals with psychiatric disorders, emphasizing the importance of understanding and addressing these factors in their healthcare and treatment plans.

- Medication Side Effects.

(Scrinis, G. (2020) confirmed that, several psychiatric drugs, including antipsychotics and mood stabilizers, have been linked to notable increases in weight, metabolic syndrome, and insulin resistance.

The complex physiological mechanisms connecting psychiatric problems to obesity and malnutrition involve the significant influence of drug side effects. Significantly, several psychiatric drugs, namely antipsychotics and mood stabilizers, have attracted much attention due to their correlation with significant weight gain and associated metabolic problems. The administration of these pharmaceutical substances has the potential to interfere with metabolic pathways, hence elevating the likelihood of developing metabolic syndrome and insulin resistance. The physiological mechanisms underlying these adverse effects are complex, encompassing changes in the regulation of hunger, energy expenditure, and fat accumulation. The acknowledgement of the impact of medication on the physiological reactions of the body highlights the significance of adopting a comprehensive strategy to healthcare. This approach entails the careful management of medication alongside the implementation of interventions aimed at mitigating and addressing weight-related concerns in individuals diagnosed with psychiatric disorders.

2.8. Detailed Examination of Physiological Mechanisms Linking Psychiatric Disorders to Malnutrition.

A detailed examination of the physiological mechanisms linking psychiatric disorders to malnutrition reveals multiple interconnected factors, including impaired nutrient absorption and poor dietary choices:

- Impaired Nutrient Absorption

Patients with psychiatric disorders may experience impaired nutrient absorption due to factors such as gastrointestinal disturbances and medication interactions.

A thorough exploration of the physiological mechanisms connecting psychiatric disorders to malnutrition reveals a range of intricate factors at play, beginning with impaired nutrient absorption. In individuals with psychiatric disorders, nutrient absorption may be compromised due to various factors, including gastrointestinal disturbances. Conditions like irritable bowel syndrome (IBS), often comorbid with psychiatric disorders, can disrupt the digestive process, limiting the absorption of vital vitamins and minerals.

Medication interactions also contribute to impaired nutrient absorption. Certain psychiatric medications can interfere with the body's ability to take in essential nutrients through the gastrointestinal tract. For instance, some antipsychotic drugs may hinder the absorption of specific vitamins and minerals, further exacerbating the risk of nutritional deficiencies.

This impaired nutrient absorption underscores the complexity of the physiological pathways involved in malnutrition among individuals with psychiatric disorders. It emphasizes the need for healthcare providers to consider these factors when assessing and developing treatment plans for patients, ensuring that they receive the necessary nutritional support and interventions to address malnutrition effectively (Cao, Q., Huang, Y. H., Jiang, M., & Dai, C. (2019).

- **Gastrointestinal Disturbances:** Individuals with psychiatric disorders may experience gastrointestinal disturbances such as irritable bowel syndrome (IBS) or chronic stress-induced gut issues. These disturbances can impair the body's ability to absorb essential nutrients, leading to malnutrition.
- **Medication Interactions:** Some psychiatric medications can interfere with nutrient absorption in the gastrointestinal tract. For example, certain antipsychotic drugs may hinder the absorption of specific vitamins and minerals, contributing to nutritional deficiencies (Pierce, M., et al. (2020).

- Poor Dietary Choices:

An in-depth analysis of the physiological mechanisms that connect psychiatric diseases to malnutrition underscores the substantial impact of suboptimal dietary decisions within this intricate association. Psychiatric patients commonly exhibit inadequate dietary behaviors, which can be influenced by a range of circumstances.

To begin with, it is important to note that the symptoms associated with psychiatric diseases have the potential to directly impact an individual's dietary preferences and choices. For example, persons diagnosed with depression may exhibit a decrease in appetite or a lack of interest in consuming food, resulting in insufficient consumption of essential nutrients. On the other hand, certain psychiatric disorders can lead to the development of emotional eating behaviors, characterized by persons seeking solace in meals that are high in calories but lacking in nutritious value.

Additionally, it is important to note that socioeconomic variables significantly influence the dietary preferences and decisions of individuals with psychiatric conditions. Individuals with lower socioeconomic position may encounter barriers that restrict their ability to obtain fresh and nutritious foods, so leading them to opt for more economical alternatives that are frequently less conducive to good health (Kishino, Y., et al. (2022).

Moreover, it is worth noting that specific psychiatric drugs may induce side effects that can influence an individual's eating preferences and decisions. Alterations in taste perception or xerostomia, which are frequently linked to mood-stabilizing drugs, have the potential to modify individuals' food preferences and perhaps lead to suboptimal dietary choices.

Comprehending these physiological systems is crucial for healthcare providers. The aforementioned statement highlights the necessity of adopting a comprehensive strategy to tackle malnutrition among individuals with psychiatric conditions. This approach should incorporate several elements such as evaluating nutritional status, providing guidance on dietary practices, managing medication, and addressing socio-economic variables that impact food choices. By considering these several complex elements, healthcare providers can enhance their ability to assist patients with psychiatric disorders in adopting more health-conscious eating choices and enhancing their overall nutritional well-being (Reber, E., et al. (2019).

- **Symptoms of Psychiatric Disorders:** The symptoms of psychiatric disorders can directly influence dietary choices. For example, individuals with depression may have reduced appetite or interest in food, leading to inadequate nutrient intake. Conversely,

others may engage in emotional eating, seeking comfort in calorie-dense, less nutritious foods.

- **Limited Access to Nutritious Food:** Socioeconomic factors often play a role in the dietary choices of psychiatric patients. Lower socioeconomic status can limit access to fresh, nutritious foods, pushing individuals towards more affordable but less healthy options.
- **Medication Side Effects:** Some psychiatric medications, particularly those for mood disorders, can cause changes in taste perception or dry mouth, which may impact food preferences and lead to poor dietary choices.

Comprehending these physiological pathways is of utmost importance for healthcare professionals who are involved in the care of patients with psychiatric disorders. The aforementioned statement highlights the necessity of adopting a comprehensive strategy to tackle malnutrition, encompassing routine evaluations of nutritional status, provision of dietary guidance, effective administration of medications, and establishment of social support systems. By considering both the root causes and subsequent effects of malnutrition, healthcare professionals have the potential to enhance the overall welfare of patients diagnosed with psychiatric disorders (Kimura, A., et al. (2019).

2.9. Discussion of How These Pathways May Interact or Coexist in Patients.

- How These Pathways May Interact or Coexist in Patients?

Appreciating the interrelation and cohabitation of psychiatric disorders is crucial for understanding the mechanisms linking these conditions to malnutrition and obesity. Individuals with psychiatric diseases may exhibit complicated clinical presentations because of the interconnectedness of these networks.

Poor nutrient absorption, say, as a result of gastrointestinal issues, can make it such that people don't get enough of the good stuff even if they eat healthily. Weight gain from medications like some psychiatric meds, for example, promotes obesity while also contributing to malnutrition through poor nutrient absorption.

Hormonal dysregulation is a hallmark of many mental health illnesses, and it can affect both appetite and metabolism, thereby influencing a person's food choices and ultimately their weight.

These hormonal abnormalities can be made worse by stress, a major contributor to psychiatric disorders, leading to a self-perpetuating loop of dysfunctional physiology.

Additionally, socioeconomic variables can interact with all three channels, impacting dietary preferences, access to healthcare, and the financial resources necessary to purchase healthy food. Isolation and mental discomfort may aggravate the effects of poor nutrition and medication compliance.

The need for a holistic and person-centered approach to care is further highlighted when healthcare providers take into account the complex interplay of various pathways. In order to effectively treat malnutrition and obesity in mental patients, it is necessary to take into account not only the physiological mechanisms at play, but also the social determinants of health. Care for those with mental health issues must take into account the whole person in order to be truly beneficial (Calderón-Larrañaga, A., et al. (2019).

- To identify the macronutrient and micronutrient that are important to help treating Psychiatric Patients.

Undoubtedly, it is critical for the health of psychiatric patients to determine which macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins and minerals) are needed for treating them. The following table summarizes the importance of various macronutrients and micronutrients to mental health (Teodori, L., et al. (2020).

Macronutrients

Macronutrient	Importance in Treating Psychiatric Patients
Carbohydrates	Provide a primary source of energy for the brain and body. Stabilize mood and prevent mood swings by regulating blood sugar levels.
Proteins	Essential for neurotransmitter production, including serotonin and dopamine, which regulate mood. Supports overall brain function and cognitive health.
Fats	Omega-3 fatty acids, found in sources like fatty fish and flaxseeds, are critical for brain

	health and may help reduce symptoms of depression and anxiety (Briaud, P., et al. (2019).
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Micronutrients

Micronutrient	Importance in Treating Psychiatric Patients
Vitamin B complex (e.g., B6, B12, folate)	Vital for neurotransmitter synthesis and regulation, particularly serotonin and dopamine. Deficiencies can contribute to mood disorders.
Vitamin D	Supports brain health and may reduce the risk of depression. Sunlight exposure and dietary sources like fatty fish and fortified foods are important.
Iron	Iron deficiency can lead to fatigue, mood disturbances, and impaired cognitive function. Essential for oxygen transport and overall brain health.
Magnesium	Helps regulate stress hormones and may reduce anxiety. Supports proper nerve and muscle function.
Zinc	Involved in neurotransmitter function and immune system regulation. Zinc deficiency may worsen mood disorders.
Selenium	Antioxidant properties may reduce inflammation in the brain, potentially benefiting individuals with mood disorders.
Omega-3 fatty acids	Important for brain structure and function. May alleviate symptoms of depression and bipolar disorder.

Antioxidants (e.g., vitamins C and E)	Help protect brain cells from oxidative stress, which can contribute to cognitive decline and mood disorders (Preziosi, G., et al. (2018)).
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For better mental health and well-being, it is essential that healthcare personnel evaluate the nutritional state of psychiatric patients and modify dietary advice and supplementation accordingly.

Conclusion:

In conclusion, there is a substantial obstacle facing the field of mental healthcare due to the intricate relationship between psychiatric diseases and nutritional state. Due to physiological, psychological, and socioeconomic variables, psychiatric patients are at an increased risk of being overweight or undernourished. The complexity of the interconnected neurological, hormonal, medication-related, and lifestyle aspects highlights the importance of taking a systems-level approach to these problems.

It is vital to investigate the physiological pathways that link mental health issues to weight-related issues including obesity and malnutrition. It paves the way for individualized care plans that incorporate psychiatric therapy, nutritional guidance, and behavioral adjustments. Patients' urgent dietary needs are met, and their mental and physical health are boosted, all thanks to this all-encompassing method.

It is also crucial to understand how these pathways interact with one another in people with mental illness. Inadequate food absorption, drug side effects, and hormonal instability all contribute to an already difficult situation. These pathways can interact with socioeconomic status and social isolation to provide a complex clinical picture that calls for tailored and empathetic care.

Assessing nutritional status, identifying risk factors, and providing individualized interventions are all important ways to boost the quality of care for psychiatric patients. Nutritional advice, dietary supplements, and addressing socioeconomic determinants of health are all possibilities here. Individuals with psychiatric diseases have unique dietary demands that can only be met by a team effort including psychiatrists, nutritionists, psychologists, and social workers.

The importance of macro and micronutrients in the treatment of psychiatric patients cannot be overstated on this path towards comprehensive therapy. Mental health can benefit from a diet that includes complex carbs, lean proteins, healthy fats, and necessary vitamins and minerals. It is crucial to the healing process that patients get the nutrients they need.

so, there is no single answer to the problem of how to help people with mental illness who are also malnourished. By focusing on the physiological pathways, acknowledging the presence of these factors, and giving adequate nutrition a high priority, we can improve the health and happiness of people living with psychiatric diseases and pave the way for their full recovery.

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