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DEPRESSION AND ANXIETY AMONG THYROID PATIENTS AND THEIR TREATMENT IMPACTS

Sami Hasan Husseinalali[1*], Sufian F. A. Nairoukh[2], Soubhi Zitouni[3], Fisal Haritani[4]

[1*]Family medicine specialist Al-Wakra Health Centre, Primary Health care Corporation (PHCC), Doha, Qatar.

[2] Family medicine specialist Al-Sheehaniya health centre, Primary health care corporation (PHCC), Doha,Qatar.

[3] Specialist Radiologist PHCC Qatar ABS health centre.

[4] Specialist Radiologist PHCC Qatar, Muither Health Centre.

Corresponding author: shali@phcc.gov.qa

Abstract

The complication of the Thyroid is endless, affecting the lifestyle due to the effect on direct neurological disturbances. Mainly, depression and anxiety are closely linked with hypothyroidism. In this work, initially, we clinically describe Thyroid and its classification. Then we disseminate the genetic causes and the methods involved in diagnosing hypothyroidism. Finally, the effects of different treatments on curing chronic illness have been discussed.

Keywords: Thyroid; Anxiety; Depression; Genetic Disorder

1. Introduction

Thyroid illness has been known for more than 125 years as a cause of mental problems, which can be treated by restoring regular thyroid function. It has been recognized that for over sixty years ago that people with severe hypothyroidism might develop depressed psychosis. Metabolism is essential in the adult brain, impacting both mood and cognition. It is well established that hypothyroidism is associated with pathological changes in hormonal redistribution and function in the hippocampus and the cerebral cortex. Thyroid hormone has several negative impacts on intellectual neuropsychological activities, including cognitive function, the administrative and attentional regulation of short attention span that allows for temporal retention, and online information processing [1].Thyroid problems symptoms are similar to sadness, but hyperthyroidism indications include anxiety, dysphoria, emotional ability, and mania. Maintaining optimal brain function necessitates a normal thyroid condition. Thyroid disease can result in a variety of psychiatric symptoms and abnormalities. Hyperthyroidism causes anxiety, dysphoria, emotional lability, sleeplessness, and a decline in cognitive skills.Nervousness, irritability, and sporadic concepts of connection and anxiety may also be observed. The incidence of clinical depression in thyrotoxicosis patients is 31–69%, and the prevalence of anxiety disorders to be 33–61%. Hypothyroidism can cause psychiatric diseases such as psychiatric conditions, depressive disorders, and quick cyclical bipolar disorder. Variations in the levels of serotonergic and noradrenergic receptors are thought to cause these manifestations [2].

Initially, hypothyroidism can manifest as sadness, delirium, dementia, or coma, with hypothyroidism medication improving or reversing the manifestations. Intake of thyroid hormone was predicted to help individuals affected with depression, presuming a thyroid relation to depression. Also, one of the most frequent endocrine illnesses is hypothyroidism. It is more frequently found to occur than hyperthyroidism. Clinical signs range from minor, incredibly vague symptoms, including weariness, cold sensitivity, lack of vigor, and constipation to potentially fatal myxedema. Myxedema is also associated with higher sensitivity to medication, disorientation, megacolon, areflexia, megacolon, and increased mortality risk. In primary hypothyroidism, pituitary-derived thyroid-stimulating hormone (TSH), thyrotropin, rises over 10 mIU/L while free thyroid hormone replacement (T4) falls[3]. Therefore, the diagnostic for autoimmune thyroid disease, most individuals exhibit detectable autoantibodies against thyroid peroxidase (TPO ab), a critical component production of thyroid hormones.

According to the findings of a few prior investigations in this field, the memory subsystem appears to be a particularly vulnerable cognitive function in thyroid dysfunction individuals. It's unclear if this cognitive decline is due to a particular impairment of memory functioning or to deficiencies in more broad sense processes that help the effective operation of a wide range of mental functions.Deficits in fundamental functions, such as the capacity to suppress useless details, move attention between activities, and process information quickly, have been linked to memory declines in both advancing age and serious depression [4].

2. Genetic causes of Thyroid

Genetic variants in increasing differentiation proteins that convert T4 to T3 or parathyroid transports may affect thyroid hormone metabolism and, possibly, patients using levothyroxine. This might explain why some patients don't seem to be happy. In thyroid dysfunction patients receiving levothyroxine, a mutation in type II enzyme called deiodinase (DIO2) was linked to worse well-being but improved following the introduction of thyroid hormone. Another research, on the other hand, was unable to duplicate the outcome. Furthermore, another study

of individuals with DIO2 polymorphisms discovered that a higher dose of levothyroxine was needed to normalize TSH, which many others had not verified this [5].
In a small Denmark trial, 27 of 45 individuals with genetic variants in rs225014 (DIO2, Thr92Ala) and variations in the thyroid hormone transporter rs 17606253 (MCT10) (n = 26) favored the combination medication over those without such polymorphisms. Future randomized trials may shed further light on whether polymorphisms in deiodinase enzymes have a role in guiding therapy in a subset of individuals. Furthermore, genomic sequence genes involved can add to our understanding of parathyroid regulation [6].

3. Diagnosis of hypothyroidism

The TSH (5–10 mIU/L) is elevated in thyroid dysfunction, but fT4 is normal. In more severe cases, an average fT4 is detected in the presence of TSH more than 10 mIU/L. As the name "subclinical" suggests, this is a scientific diagnosis, and the frequency is estimated to be 12–18% among the population. The relationship to acquiring thyroid dysfunction symptoms, on the other hand, is unknown. Development to manifest hypothyroidism is approximately 4% per year. The effects on thyroid dysfunction symptoms in moderate condition with a TSH of 4.5–10 mIU/L were not established 19 years ago, and routine therapy was avoided. This was contentious, with some claiming that there was no harm in treating these patients because the goal was to restore thyroid measurements. The American Thyroid Association (ETA) recommends therapy in more cases [7].

In instances with recurring TSH measurements between 5–10 mIU/L and symptoms consistent with hypothyroidism, therapy with levothyroxine may be explored [7]. Medication should be discontinued if a functional response is not achieved three to four months following TSH normalization. Between 2006 and 2018, medicines in Sweden climbed by 48 percent, and about 5 percent of the population is on levothyroxine. In contrast to recommendations, the median first TSH level in 52,298 individuals initiated on levothyroxine declined from 8.7 to 7.9 mIU/L between 2001 and 2009 in the UK [8]. As no statistics indicate an increasing prevalence of hypothyroidism, a falling limit in TSH levels before starting thyroid hormone treatment is the most logical explanation for rising levothyroxine prescriptions.
Thyroid hormone monitoring has also risen, increasing the number of subclinical illnesses. Therapy with levothyroxine should begin in women considering pregnancy and if identified during an existing pregnancy if they have subclinical hypothyroidism because adequate thyroid function reduces the risk of abortion and related delivery problems.
When addressing subclinical hypothyroidism, both patients and medical providers can expect significant improvement in impaired functions such as cognitive behaviors, memory, vigor, despair, and symptoms such as gaining weight. When this remedy fails to materialize, the issue of cause arises. Several recent studies have attempted to shed light on this. Patients now frequently want and anticipate alternative medication such as liothyronine or pig thyroid extract capsules. These might have a better impact than recombinant levothyroxine. More research is necessary to confirm whether such a theory has scientific backing. Asymptomatic people might have biochemical evidence of subclinical hypothyroidism.According to a Patient Health Questionnaire and cognitive tests, participants who did not seek medical help fared better than their euthyroid counterparts.

There was no improvement in quality of life, memory, heart rate, or body composition (BMI) with levothyroxine medication in thyroid dysfunction, according to a few studies. There has been no alleviation in hypothyroid symptoms or weariness with medication in a randomized study of older people. Thus, the increasing levothyroxine prescriptions might be called into doubt. It is fair to monitor people with subclinical hypothyroidism and look for other causes causing the symptoms. Moreover, in a study done in Greece, a group of individuals on thyroid medication who had an ambiguous initial diagnosis, therapy was re-evaluated. In all, 291 individuals (median age 48 years) had their levothyroxine therapy discontinued. After 6–8 weeks, (61%) of the participants showed normal hormone levels [9].
The objective of hypothyroid therapy is to reduce symptoms with levothyroxine while maintaining TSH reference values. Several studies have revealed that people with hypothyroidism are less happy. In one study, 52 people were divided into three groups based on their TSH levels (0.3 0.1, 1.1 0.2, and 2.8 0.4 mIU/L, respectively) [10]. Each category was assigned to patients at randomness for 8 weeks, with no effect on well-being, quality of life, or hypothyroid symptoms. Another study found that those with high TSH levels during treatment had lower psychological well-being.
Additionally, according to the Symptom Checking List- ninety overall scores and the Research questionnaire subscales for "psychological well-being" and "strength," health was worsened in levothyroxine-treated euthyroid individuals in Dutch research.When neurocognition was assessed, patients also performed poorly in many attention and verbal memory domains. However, neither one of those two latter investigations provided starting TSH levels or comorbidities. This might mean that there is doubt about why these people were treated with Synthroid. Still, it could also signal an imperfection in the present therapy in some people, as elsewhere studies,

the dosage was either too low or too high in 35–60% of treated participants. Other illnesses may also have an impact on the outcome. New drugs, mostly long-acting T3, may enhance treatment for the 5%–10% patients treated with hypothyroid, with levothyroxine and normal TSH and fT4 levels who have diminished psychological well-being, sadness, or anxiety. When neurocognition was assessed, patients also performed poorly in concentration and memory retrieval domains. This might signal some doubt as to why these people were admitted.

Syn T4, often known as levothyroxine, has been the primary therapy for hypothyroidism for more than four decades. With levothyroxine, a more uniform concentration may be obtained than with previous formulations containing thyroxine from pigs, known as dehydrated thyroid extract (DTE). With a 1 grain DTE pill providing 38 grams of T4 and 9 grams of T3, DTE has more T3 than the human Thyroid (4.2:1 vs. 14:1). Several short studies reported 10–40 patients compared the two preparations when synthetic levothyroxine became accessible. The synthesized molecule was superior in every way, providing a more constant substitute dosage and reducing the possibility of supraphysiological doses. In recent research, TSH and fT4 plasma levels were comparable between blinded conventional therapy and DTE [11].

Over four months, the 78 individuals switched medications. A cognitive examination revealed no differences between the two drugs. After the research, 49 percent of the patients said they preferred DTE and had lost weight. There seem to be no long-term studies or health evaluations of DTE use. Finding the proper DTE dosage is notoriously challenging. It's unclear if this is related to the high T3 level or if various batches of capsules have variable concentrations. Patients were asked to complete an online survey in 2018 on their satisfaction with their Medicine and comorbidity. Hashimoto thyroiditis affected 43% of those surveyed, with women outnumbering males by a 22:1 margin. 6949 people took levothyroxine, 978 used a mix of levothyroxine and liothyronine, and 3239 used DTE. Those who claimed to be depressed were not allowed to participate.Those taking levothyroxine had a score of 5, those taking a mixture had a 6, and those taking DTE had a score of 7.

Nevertheless, consequences are more brutal to draw because the selection process is questionable, but it's also vague if the people receive appropriate amounts [12]. Furthermore, the individuals were unusually dissatisfied with their therapy, indicating that there might be insufficient therapeutic effectiveness, undisclosed disease, or other problems. Due to the possibility of bias, this study can then be used to represent the broader thyroid dysfunction community.

The link between Thyroid and depressed mood has been called into doubt. Levothyroxine can alleviate specific depression symptoms in people with hypothyroidism. 92,000 middle-aged Koreans were tested using blood tests and questionnaires to assess depressed feelings during two years. Nearly 5% of the participants had hypothyroidism, and 8% experienced depressive symptoms. Those with thyroid dysfunction and those that were euthyroid, on the other hand, had no difference in developing depressive symptoms. Additionally, there were no more depressed signs in the TSH >10 mIU/L sample (n = 326) than in the euthyroid controls. According to these studies, anxiety and typical healthy symptoms are two distinct [13].

4. Effects of Thyroid in aged patients

TSH levels in the blood grow with age. This behavior may be a protective factor related to lifespan rather than diminished cognition. A 70-year-old with a steady biologically acceptable TSH of 6 mIU/L does not require medication. Subclinical hypothyroidism was associated with a better result but did not raise the risk of stroke in people over 65. On the other hand, TSH levels of more than 10 mIU/L have been associated with an elevated risk of heart failure and other cardiovascular problems. This must be addressed because it has been demonstrated that treating a person over the age of 70 with a TSH of 7 mIU/L has no favorable cardiac benefits. This is debatable, as a recent meta-analysis found that subclinical hypothyroidism was related to higher all-cause mortality in individuals over the age of 65, as well as a non-significant increased risk of cardiovascular events.Nevertheless, no randomized prospective trial has looked at the effect of levothyroxine therapy on stroke disease in older people with thyroid dysfunction. Older patients are also more susceptible, typically as a result of overtreatment. Management should also consider the patient's fragility, especially in the elderly. Percent of >65-year-old levothyroxine-treated patients had a low TSH (0.44 mIU/L), which elevated the risk for heart attack, heart failure, and myocardial infarction. There was also a higher likelihood of fractures with overmedication. The ETA recommendations advocated introducing age-specific TSH ranges. However, there is no agreement, and individualized diagnoses should be made [14].

5. Medications and their Effects

Kathol et al. investigated the difficulty by making comparisons the incidence of previously established mental health illness and family background of psychosis disease in patients either with or without anxiety or depression, as well as the connection between depression and anxiety as usually understood and the severity of ailments and research center irregularities in hyperthyroidism. It was expected that if anxiety and sadness are just reflections of hyperthyroidism's physiologic alterations, the intensity of hyperthyroidism's clinical signs would be similar to that of psychological distress. Furthermore, there should be no difference in past psychiatric or familial history between individuals with depression or anxiety and those who do not. The study included the

biggest group of hyperthyroidism individuals who were evaluated for mental disorders using operational criteria [14]. Controlled trials done by several studies have not shown that this technique is effective, raising doubts about the relevance of thyroid hormones in the treatment of euthyroid depression. Similarly, mixtures of LT3 and antidepressants in euthyroid individuals and LT3 and levothyroxine in completely replaced thyroid dysfunction people have been investigated but are still a source of controversy.

5.1 Effect of Treatment for Hypothyroidism

Asymptomatic people might have biochemical evidence of subclinical hypothyroidism. People who were unable to get medical attention fared better than their euthyroid counterparts, according to a General Health Questionnaire and cognitive tests.

There was no significant enhancement in quality of living, body mass index (BMI), cognitive behaviors, the pressure of the blood, with the medication of levothyroxine drug in hypothyroidism, according to a new meta-analysis. There was no association in hypothyroid symptoms or weariness with medication in a randomized study of older people. Thus, the increasing levothyroxine prescriptions might be called into doubt. It is fair to monitor people with subclinical hypothyroidism and look for other causes causing the symptoms. Moreover, in a Greek study of individuals on thyroid medication who had an ambiguous initial diagnosis, therapy was re-evaluated. In all, 291 individuals (median age 48 years) had their levothyroxine therapy discontinued. After 6–8 weeks, (61%) of the participants showed normal thyroid function. Asymptomatic people might have biochemical evidence of subclinical hypothyroidism. Participants who did not seek medical help fared better than their euthyroid counterparts, according to a Patient Health Questionnaire and cognitive tests [16].

The new support showed no improvement in quality of life, memory, heart rate, or body composition (BMI) with levothyroxine medication in thyroid dysfunction. There has been no alleviation in hypothyroid symptoms or weariness with medication in a randomized study of older people. Thus, the increasing levothyroxine prescriptions might be called into doubt. It is fair to monitor people with subclinical hypothyroidism and look for other causes causing the symptoms. Moreover, therapy was re-evaluated in a Greek study of individuals on thyroid medication who had an ambiguous initial diagnosis. In all, 291 individuals (median age 48 years) had their levothyroxine therapy discontinued. After 6–8 weeks, 177 (61%) of the participants showed normal hormone levels [10].

5.2 Effect of Thyroid Hormone Medication on Cognition and Mood

The baseline serum TSH, thyroxine (T4), and triiodothyronine (T3) levels in most depressive people are within the anticipated range. At the same time, one study found that a third of these patients had reduced TSH levels. In depressed individuals hospitalized to a psychiatric facility, serum total or free T4 levels rose, although this usually subsides after effective treatments. TSH response after thyrotropin-releasing hormone (TRH) treatment is "blunted" in 30 to 25% of individuals with depression (defined as a TSH rise of less than 5 mU/mL). Although a suppressed TSH response has been reported more commonly in unipolar depression than in people with bipolar depression, TRH activation has proven ineffective in distinguishing these diseases. The reduced TSH reactivity has been seen as a "state" marker that returns to normal when the despair has passed.Although the slowed TSH response in affective disorders is unknown, glucocorticoids, which are known to block the hypothalamic-pituitary-thyroid axis, are higher in anxiety and depression.

Up to 15% of depressed people may have an increased TSH response. The preponderance of such individuals has positive antithyroid antibodies, implying that latent Individuals with high antithyroid peroxide antibodies were shown to experience symptoms of anxiety and sadness more frequently than controls in one such investigation. Not all experiments have identified an increased incidence of antithyroid antibodies or apparent mild hypothyroidism in depressed people compared to matched comparison populations. TSH levels in average persons begin to rise in the evening before the start of sleep, peaking between 11 p.m. and 4 a.m. The nighttime spike of TSH is commonly missing in depression, resulting in decreased thyroid hormone production, supporting the theory that central operational hypothyroidism may develop in certain depressed patients. TSH circadian rhythm is restored to normal after sleep deprivation, which has an antidepressant impact. The mechanism to blame for the impairment of the nighttime spike in TSH is unexplored [15].

Deiodinases are selenocysteine enzymes responsible for removing iodine molecules from thyroid function. Deiodinases are classified into three categories. Deiodinase 1 (D1) is primarily located in the liver and kidney, whereas D2 is found in adipose tissue, the brain, and the pituitary gland. D1 and D2 both result in T4 to T3 conversion. T4 is inactivated by Deiodinase 3 (D3), which converts it to reverse T3 and T3 to diiodothyronine (T2). The brain gets the majority of its T3 via T4 to T3 by D2 enzyme production. In the deiodinase genes, single-nucleotide polymorphisms (SNPs) have been discovered. The Thr92Ala polymorphism is one such polymorphism that has been found and is associated with D2 coding. This SNP is located in a variety of ethnicities. This variant has been researched for any link to changes, including sound and neuropsychological performance, and to detect a tendency for combined LT4 and LT3 therapy. Clinical assessment and blood testing make it reasonably simple to detect manifest insufficiency.

Premature thyroid hormone treatment without a visible thyroid condition raised the risk of hyperthyroidism with symptoms such as weariness, weight loss, and restlessness, as well as elevated heart risk and, most all, atrial fibrillation. Supraphysiological levothyroxine doses aimed for suppressed TSH were linked with an increased risk of cardiovascular and all-cause death, with hazard ratios of 3.35 (95 percent CI, 1.66 to 6.74) and 4.40 (95 percent CI, 3.15 to 6.14), respectively [16].Overtreatment can occur in people receiving levothyroxine medication for weight gain or weariness symptoms. In such cases, ordering duplicates of initial blood tests might be beneficial. A differential diagnosis approach is required in untreated people since other illnesses might cause symptoms identical to hypothyroidism.

A fundamental pathological component in despair has been postulated to be serotonin insufficiency. In one investigation, brain serotonin concentrations were significantly linked with T3 levels in rats. As a result, a condition of relative hyperthyroidism in the brain with concomitant peripheral euthyroidism due to D2 deficiency has been hypothesized. Conversely, increased cortisol levels in depression and stress could suppress D2 activity, resulting in T4 being transformed to reverse T3 by D3 exercise, resulting in reduced brain T3 and increased reverse T3 levels. Selective serotonin reuptake inhibitors (SSRIs) and tricyclic antidepressants seem to boost D2 function, resulting in higher T4 to T3 conversion within the brain parenchyma. Organic anion transportation polypeptide chains (OATPs) are proteins that can carry hormone insulin into cells (T4 and reverse T3) transporter produced at the blood-brain barrier, which is thought to play an essential role in supplying serum T4 to the brain.

Under thyroid dysfunction circumstances, cerebral perfusion was shown to be modified. There has been evidence of both global and localized hypoperfusion. While some investigators have reported partial normalization following LT4 medication, some have shown no change in perfusion following hypothyroidism correction. Under hypothyroid circumstances, cerebral perfusion is affected. There has been evidence of both worldwide and localized hypoperfusion. While some investigations have reported partial normalization following LT4 medication, others have shown no enhancement in perfusion following hypothyroidism rectification.

5.3 Over hypothyroidism and its manifestations in neuropsychiatry

Few investigations have found a significant overlap between the clinical signs of mood disorders and those of hypothyroidism. Whether comparing persons with verified hypothyroidism with non-depressed thyroid hormone replacement counterparts, many of the health problems associated with hypothyroidism and despair, such as worse memory, slower reasoning, and being more exhausted, are reported at a similar frequency. An examination of overtly thyroid dysfunction and euthyroid control mechanisms for the appearance of quintessential thyroid dysfunction signs, including many considered neuropsychiatric, indicated no significant difference in the proportion of people complaints of fatigue, depression, sluggish thinking, poor memory, or complexity performing mathematical calculations.Extreme hypothyroidism may be accompanied by melancholic depression. Although severe psychosis with delusions and hallucinations has been recorded, it is fortunately uncommon. Asher created "myxedema madness" to characterize psychosis in individuals with thyroid dysfunction. There is no firm agreement on psychiatric diagnoses for myxedema madness, yet it was estimated that 5% to 15% of all hypothyroid individuals might have some psychosis [17]. Mental disorders appear in various ways, including paranoid, schizophrenic, or affective delusions. Capgras syndrome (thinking that a similar-looking impostor has replaced a spouse or close family member), visual and aural disturbances, perseverance, loose connections, and paranoia have all been recorded. These psychotic symptoms are claimed to be months to years before physical signs of thyroid illness emerge.

5.4 Hypothyroidism and impacts of L4 treatments

Levothyroxine treatment improves symptoms that are related to neurons as well as psychology. However, the pattern is uneven, and the complete cure of all the signs is prone to vary. TSH and T3 circulating levels may usually be normalized by taking LT4 orally. The accomplishment of a TSH level within the confidence interval appears to be sufficient to ensure the reconstruction of features that are physical, chemical, and neuropsychiatric, as it tries to illustrate any additional advantage of preserving the TSH in a limited average vs. elevated average limits have ceased to record any edge of a specific smaller range.

6. Conclusion

An in-depth discussion on hypothyroidism's causes, effects, and medications was articulated. The cause of origin relied explicitly on a hormonal imbalance that causes clinical depression, which eventually affects the lifestyle factors.

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