Britney’s Ex Says Depression Led to Weight Gain

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We talk and talk and talk (and Dr. Phil won’t stop talking) about how obesity rates are rising in this country and how that’s going to bankrupt our health care system. Now Kevin Federline, Britney Spears’ ex-husband, is opening up about his own weight gain and says depression was a major culprit. While major depression is associated with loss of appetite, it wouldn’t surprise me if untreated low-grade depression and anxiety weren’t a big part of the obesity epidemic.

“Once you get depressed, you don’t really feel like doing anything. You’re kind of discouraged about yourself and then the weight gain too, or that makes me more depressed,” Federline told Access Hollywood. “I mean, it’s a combination of all of those things.”

Dignified: being open about struggles with mental health problems
Undignified: being a reality-show TV star these days. Can you say, “Jersey Shore?”

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