



DIABETIC PATIENTS; MORBIDITY OF DEPRESSION ATTENDING INDEPENDENT UNIVERSITY HOSPITAL DIABETIC CLINIC FAISALABAD

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INTRODUCTION

Diabetes is common health problem. It has many complications. The organs affected one heart, kidneys eyes & nervous system.¹ Diabetic patients have approximately double enhanced to suffer from depression. In diabetic patients depressive symptoms are common in comparison in the other physical disorders.² Patient had depressive symptoms like low mood, lack of interest, easy fatigability impaired attention & concentration, hopelessness restlessness, disturbed sleep & appetite & suicidal thoughts. 5 out of symptoms depression is diagnosed if these symptoms are present at least for 2 week & they are of sufficient severity to impair the work performance according to DSM-IV.³ Depression is known to have considerable impact on hopelessness, adversely effects to take the drugs regularly for the control of diabetes⁴ previous researcher have shown that glycemic control become poor in diabetic patient also have depressive symptoms,

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ABSTRACT... Objectives: The aim of study was to measure the prevalence depression level in diabetic patients. **Sample and studied sources:** Total sixty patients were randomly who a in medical OPD with diabetes both male and female patients were included in study formal approval was taken from hospital administration. **Hypothesis:** Depression level may be height in diabetic patients after taking informed consent patients were interviewed. **Period:** Data collection was completed during May to June, 2014. **Material and method:** Depression can be measured by use Beck depression inventory, a structured psychiatric diagnostic tool after which the diagnosis can be made according to criteria of the Diagnostic and Statistical Manual of Psychiatric Disorders (DSM IV). However, these interviews are time consuming; for my population it's difficult to understand the English there for patient convert question were asked in Urdu these questionnaires are often used as a screening instrument. **Demographic Interview form:** Demographic personal information was obtained through items which focus on subject name, father name, age, gender marital status education, occupation, sibling, family structure, family history of disease, random blood sugar, fasting blood sugar, duration of illness and other complication. **Beck's Depression Inventory Results:** The statistics analysis revealed that depression level is high in diabetic patients. Correlation is significance at 0.05.

Key words: Diabetic patients, diabetic complications, depression

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so it increases the patients problems regarding the control of diabetic.⁵ These patients also suffer more from diabetic problems hopeful has positive approach towards life.⁶

His adherence to treatment for diabetic is increased move he become active & regular food intake can better absence the activating schedule that is necessary for the control of diabetes.⁷ As a result diabetes is better controlled.⁸ These patients have less complications of diabetes.⁹ Depression also effect patient's general life. It is stressed, for the importance of an increased awareness & treatment of depression in diabetic patients Aim of current study is to find out the association of depressive symptoms with diabetic.¹⁰

METHOD

Sample and procedure

The sample of study comprised of Sample the patient of diabetes from independent university

hospital Faisalabad who comes in medical OPD.

Total sixty patients will select randomly who come in medical OPD with diabetes both male and female patients were included in the study demographic details form.

Interview form

Demographic personal information will be obtained through items which focus on subject

name, father name, age, gender marital status education ,occupation ,sibling, family structure, family history of disease, random blood sugar, fasting blood sugar ,duration of illness and other complication.

RESULTS

Data was analyzed by statistical procedure through, SPSS statistical package for social sciences.

Group Statistics					
		N	M	SD	ERROR
level of depression BDI score	male	24	13.21	±6.093	1.244
	female	36	19.89	±6.907	1.151
Random blood sugar	male	24	248.13	±69.976	14.284
	female	36	250.44	±70.489	11.748

Table-I.

Data indicate that depression is high in female diabetic patient.

Descriptive Statistics			
	Mean	SD	N
Random blood sugar	249.52	69.697	60
level of depression	17.22	7.326	60

Table-II.

The mean RBS of 60 patients is 249.52 and average depression level is 17.22 is indicator of borderline clinical depression.

Correlations			
		Random blood sugar	level of depression
Random blood sugar	Pearson Correlation	----	.281*
	Sig. (2-tailed)		.029
	N	60	
level of depression	Pearson Correlation	.281*	1
	Sig. (2-tailed)	.029	
	N	60	60

*. Correlation is significant at the 0.05 level (2-tailed).

Table-III.

Model Summary				
Model	R	R Square	Adjusted R Square	St. Error
1	.281 ^a	.079	.063	7.090

a. Predictors: (Constant), Random blood sugar

Coefficients					
Model		Coefficients		Standardized Coefficients	Sig.
		B	Std. Error	Beta	
1	(Constant)	9.838	3.429		.006
	Random blood sugar	.030	.013	.281	.029

a. Dependent Variable: level of depression

DISCUSSION

Our study revealed that all patients had depressive symptom which is significantly more than general population however 15% had only symptoms but their score on BDI was below 10 means that they could not be diagnosed as the cases of depression. About 85% were suffering from mild to moderate depression. (BDI score 13.21 to 19.89) from these results it can be concluded that long term illness, fear of diabetic complications, taking drugs regularly, repeatedly checking the blood glucose level are the long term difficulties that can contribute in the etiology of depression.

Depression may affect management of diabetic adversely. Patient may not comply with treatment plan. Hopelessness may take part in poor compliance with treatment plan of Diabetic. By treating the depression especially with SSRI may benefit, by increasing the compliance with treatment.

Another factor is that SSRI decrease the appetite so many help in controlling the Diabetes other not pharmacological intervention better information care, counseling, supportive psychotherapy can also improve the patient's depressive symptoms & hence better control of Diabetes. Moreover in our sample score on BDI was more in case of female (19.89) in comparison to male (13-21) BDI score.

This concordant with score previous studies where the prevalence of depression is about twice in female.

CONCLUSION

Depression is more severe and more common in diabetic patients. Female gender is on high risk to develop depression. In our sample depression scores were in female particularly. Given the poor outcomes in patients with diabetes and co-morbid depression and the availability of effective psychological interventions for patients with diabetic complications, it is important to prevent and treat depression. Effective treatments exist

for depressive problems and are provided in the Pakistan through the Improving Access to Psychological Therapies services. Clinician awareness of the high risk of depression in these mostly older and vulnerable adults should guide appropriate screening and care planning including access to psychological support, hopefully resulting in better outcomes.

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PREVIOUS RELATED STUDY

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“It is better to have a permanent income than to be fascinating.”

Oscar Wilde (1854-1900)



AUTHORSHIP AND CONTRIBUTION DECLARATION

Sr. #	Author-s Full Name	Contribution to the paper	Author=s Signature
1	Dr. Muhammad Arshad	Write up	
2	Muhammad Aslam Lodhi	Data collection & Analysis	
3	Humera Siddique	Typing	