

Depressive symptoms and clustering of cardiovascular disease risk factors in diabetes patients

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Abstract: Depressive symptoms may be related to the development of coronary heart disease (CHD) in patients with diabetes mellitus. The objective of the present study was to investigate the relationship between cardiovascular disease risk factors and depressive symptoms in patients with type 2 diabetes. A total of 179 patients with type 2 diabetes completed a questionnaire and gave a blood sample. The questionnaire consisted of demographics, the medication adherence questionnaire, the summary of diabetes self-care activities questionnaire, and the Beck Depression Inventory II questionnaire. Blood samples were analyzed for glucose and lipid profile. Elevated depression Beck score had a significant relation with female gender, numbness or pain in peripheries, younger age group <50 years, and elevated triglycerides (TG). Diabetes complications also had a significant relation with depression and more specifically with performance impairment and depression-nonspecific items. A significant relation was found between uncontrolled diabetes and somatic disturbance. Under-adherence to medications was significantly related to depression-specific items. Obesity was significantly related to depression-nonspecific items. Several factors are correlated with depression symptoms in diabetes patients. Additionally, control of somatic disturbance and performance impairment of depression should be regarded as important components of appropriate diabetes care to ensure diabetes control and medication adherence.