

Prevalence of Depression among People with Diabetes Attending Diabetes Clinics at Primary Health Settings

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Objective: To study the prevalence of depression among diabetics and to examine the relationship between depression and socio-demographic factors, metabolic control and diabetes complications.

Design: A Cross-Sectional Retrospective Clinical Study.

Setting: Four Primary Health Care Centers.

Method: Two hundred and sixty-four patients were surveyed for the presence of depressive symptoms using Beck Depression Inventory (BDI) scale. In addition, patients' records were reviewed to abstract the following data: socio-demographic characteristics including: age, sex, marital status, level of education, smoking status, Body Mass Index (BMI), duration of diabetes, control of diabetes, use of insulin, presence of diabetic complications, presence of co-morbid conditions including hypertension and hyperlipidemia and the use of antidepressant(s).

Result: Eighty-eight patients (33.3%) scored 16 or more on BDI scale. One hundred and sixty patients (60.6%) of the total sample were females. Statistical significant association was found between high BDI score (≥ 16) and sex, obesity ($\text{BMI} \geq 30\text{kg/m}^2$), nephropathy, ischemic heart disease, and the use of insulin. No significant association between BDI score and metabolic control, duration of diabetes, other socio-demographic factors and diabetic complications was found. It was found that only 6 (2.3%) patients were on antidepressants.

Conclusion: Although about one third of the screened patients were potential cases of depression, the great majority were under-recognized and undertreated. Hence, psychosocial assessment should be part of initial and ongoing evaluation of these patients to improve their quality of life and decrease adverse outcomes.