

Depression in Diabetes Mellitus: A Comparative Study

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Abstract

Co-occurrence of diabetes and depression is quite frequently reported by researchers. In fact depression occurrence is two to three times higher in people with diabetes mellitus. The aim of the study was to investigate the level of depression among diabetics. The study group consisted of fifty adults with diabetes and control group comprised of fifty surgical /orthopedic patients. The age range of both the groups was 30 to 50 years. The Hindi version of Beck's depression inventory was used to collect the data. The data was analyzed by using Student's *t* test. A significant difference on depression between diabetic patients and surgical/orthopedic control counterparts ($df=98$, $t=2.51$, $p<0.05$) was found, also the diabetics reported higher somatic symptoms of depression ($df=98$, $t=2.04$, $p<0.05$). Depression is a risk factor for development of chronic illness such as diabetes. For prevention and control of depression, depression information and knowledge need to be addressed by health education programs. Various studies have found bidirectional association between type 2 diabetes and depression, but more longitudinal studies are needed to understand its natural history and to pinpoint the role of depression as contributing factor in diabetes.

Keywords: depression, diabetes, somatic symptoms, cognitive symptoms.