

DIFFERENCES IN DEPRESSION ANXIETY AND STRESS AMONG MEN AND WOMEN WITH DIABETES MELLITUS

G.N. Lyrakos^{1,2}, *A.K. Papazafiropoulou*³, *C. Batistaki*¹, *E. Xatziagelaki*⁴, *D. Damigos*⁵, *C. Tinas*², *F. Mpakomitrou*², *S. Bousboulas*³, *V. Spinaris*²

¹2nd Department of Anesthesiology, Pain Unit, Attikon University Hospital, School of Medicine, University of Athens, Athens, ²Psychiatric Department, General Hospital Nikaia Agios Panteleimon, Nikaia, ³3rd Department of Internal Medicine and Diabetes Center, General Hospital of Nikaia Agios Panteleimon, Piraeus, ⁴2nd Department of Internal Medicine, Research Institute & Diabetes Center, School of Medicine, University of Athens 'Attikon' University Hospital, Athens, ⁵Laboratory of Medical Psychology, School of Medicine, University of Ioannina, Ioannina, Greece

Introduction: Research has suggested that individuals with diabetes mellitus (DM) are twice as likely to suffer from depression, compared with the general population. In addition, women with DM show increased risk for developing depression or depressive symptoms

Objectives: To compare the self evaluation DM patients with depression, anxiety and stress scale (DASS).

Aims: To reveal the possible gender differences, regarding depression anxiety and stress in DM.

Methods: 272 DM patients (74(27.2%) males / 198(72.8%) females), in two outpatients' clinics in Athens-Greece took part in the study. DASS was used for the evaluation of depression. Statistical analysis was performed with SPSS-16.0.

Results: Women had a significantly higher mean score ($M_A=6.9\pm 7.2$) in anxiety and depression ($M_D=8.1\pm 7.4$) than men ($M_A=4.8\pm 4.6$) and ($M_D=4.7\pm 5.6$), ($T=-2.543$ $p<.05$) and ($T=-2.812$ $p<.05$) respectively. Women had also a significant difference concerning depression comorbidity, with more women (21,2%) suffering from depressive disorder than men (5,4%), chi square test =9.578 $p<.05$.

Conclusions: Analysis revealed that female gender is a significant risk factor for negative feelings and depressive comorbidity among patients with DM.