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THE ASSOCIATION OF THE METABOLIC PROFILE IN DIABETES MELLITUS TYPE 2 PATIENTS WITH OBSESSIVE COMPULSIVE DISORDER AND DEPRESSION: NEW INSIGHTS

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Introduction: The high comorbidity of depression in patients with diabetes mellitus type 2 has been established.

Objectives: The association between Obsessive Compulsive Disorder (OCD) and diabetes mellitus type 2 is poorly understood.

Aims: The aim of the present study was to assess the degree in which diabetes mellitus type 2 is accompanied by OCD.

Method: 131 diabetic patients, 55 female and 76 male were randomly enrolled and during the first assessment was administered in all participants the Zung Self Rating Scale (ZUNG) and the Maudsley O-C Inventory Questionnaire (MOCI). After one year, while an intensive effort to improve the patients' metabolic profile was performed, the diabetic patients that were initially uncontrolled (n=31) were re-evaluated by the same psychometric tools. From those 31 patients 10 had managed to control their metabolic profile.

Results: MOCI and the sub-scale of slowness are statistically related with the diabetic profile (controlled-uncontrolled), with uncontrolled patients scoring significantly higher on the overall MOCI score and the factor of slowness of MOCI scale ($p=0.028$). Regarding the association between the values of Glycosylated Haemoglobin (HbA1c) and the scores of MOCI it was found that they were significantly positively correlated in overall scores ($p=0,028$) and in the subscale of slowness ($p=0,028$). The analysis revealed a positive association between depression ($p=0.004$) and obsessive compulsive disorder symptomatology ($p< 0.001$) and the patient's metabolic profile.

Conclusions: Diabetes mellitus type 2 is associated with obsessive compulsive disorder symptomatology and depression. Improvements in glycaemic control were found to decrease the severity of the symptoms.