

## DEPRESSION AND DIABETES COMORBIDITY: PREVALENCE AND CLINICAL FEATURES

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Diabetes is one of the major health problems in the world. The World Health Organization (WHO) predicts that if current trends continue, the number of people with diabetes will double from 176 to 370 million people by 2030.

Many studies have demonstrated that a comorbid state of depression incrementally worsens health compared with depression alone.

In Tunisia, according to the survey of mental health in the general population, in 2005, the prevalence of depression was 35%.

**Objective:** The aim of our study was to determine the prevalence of depression in diabetic patients who consulted the Tunisian National Institute of Nutrition and to assess risk factors and clinical features of these disorders.

**Methodology:** Cross-sectional study including a population of 100 diabetic patients. A form was designed for epidemiological data collection. Depression was measured using the Hamilton Depression Rating Scale (HAMD).

**Results:** Our results showed a high prevalence of depression in diabetic subjects. 51% of diabetic patients have moderate to severe depression, 13% had mild depression, while 36% had normal values on the HAM-D. Moderate to severe depression was present in 37% of men and 42% women.

**Conclusion:** Diabetes is associated with a significantly increased risk for depressive symptoms. Our study confirms the usefulness of the assessment of depressive symptoms during follow-up of diabetic patients and the importance of an early multidisciplinary care. Pathogenetic mechanisms connecting diabetes with depression deserve further exploration.