

**P02-296 - CORRELATION BETWEEN PERSONALITY STRUCTURE AND SYMPTOMS OF ANXIETY OR DEPRESSION AND QUALITY OF ACHIEVED METABOLIC CONTROL OF DIABETES**

**A. Brankovic<sup>1</sup>, G. Pudar<sup>2</sup>**

*<sup>1</sup>Psychiatric Hospital, <sup>2</sup>Departement of Endocrinology and Diabetes, Zvezdara University Medical Center, Belgrade, Serbia*

Many studies bring out the influence of personality structure on the way patients with chronic disease/diabetes accept their illness. The aim of this study was to determine connection between patients personality characteristics, their depressive/anxious reaction and quality of glycoregulation.

We examined 90 patients with both types of diabetes, age 20 to 75 years. All patients were followed during six months. At the beginning we determined their personality types (Persona test) and personality traits (Eysenck Personality Questionnaire). During the study plasma glucose concentrations, HbA1c, body weight and height and BMI were followed. Also we followed the presence of depression and anxiety by using Hamilton anxiety and depression scales.

Almost all patients (96,67%) had expressed trait of neuroticism ( $p < 0,01$ ). Most patients (51%) had facilitator personality type ( $p < 0,01$ ). The presence of depression and anxiety didn't depend significantly on patient's personality type. The duration of diabetes had high influence on manifestation of depression and anxiety, especially in patients with diabetes type 1 ( $p < 0,01$ ). During this study the number of highly anxious patients decreased in group type 2 ( $p < 0,05$ ) but remained the same in group type 1 diabetes ( $p < 0,05$ ). The positive correlation between expression of depression and anxiety was found ( $p < 0,01$ ). At the end of this study glycoregulation was improved in all patients ( $p < 0,01$ ), especially in group of facilitators and promoters.

The achieved improvement in therapy acceptance and diabetes control points out the importance of patient psychological evaluation and appropriately adjusted support, motivation and education in their treatment.