

P03-12

## ANXIETY AND DEPRESSION IN ELDERLY PATIENTS WITH TYPE 2 DIABETES

J. Masmoudi<sup>1</sup>, L. Mnif<sup>1</sup>, R. Damak<sup>1</sup>, N. Charfi<sup>1</sup>, H. Zouari<sup>2</sup>, N. Zouari<sup>2</sup>, A. Jaoua<sup>1</sup>

<sup>1</sup>Psychiatry A, Hedi Chaker University Hospital, <sup>2</sup>Functional Explorations, Habib Bourguiba University Hospital, Sfax, Tunisia

**Objective:** The objective of this work was to study the prevalence of anxiety and depression in a population of elderly diabetics and their impact on the glycemic control and the disease evolution.

**Methods:** It was a prospective, descriptive and analytical study on 62 elderly patients with type 2 diabetes. A structured questionnaire was used to collect socio-demographic data to describe the participants and aspects of their diabetes. Anxiety and depression symptoms were assessed with the Hospital Anxiety and Depression Scale (HADS).

**Results:** The patients' mean age was 66.82 years with a standard deviation of 4.8. The diabetes study population was predominantly female (74.2%). Average duration of diabetes was 12 years with a standard deviation of 8.11. Prevalence of anxiety and depression in diabetic elderly patients was respectively 40.3% and 22.6% with a female dominance. 67.7% of elderly diabetes had poor glycemic control. Comparing anxiety mean scores, patients with worse glycemic control had significantly higher scores ( $9.06 \pm 3.14$  vs  $6.55$ ;  $p = 0.017$ ). We didn't find a relationship between depression and glycemic control. In our population, the presence of complications were significantly associated with anxiety and depression.

**Conclusion:** Several studies have shown that the prevalence of anxiety and depression symptoms in elderly patients with diabetes is considerably higher than in general population samples. Depression represent a risk factor for morbidity specially in elderly subjects, which justify a detection of psychiatric symptoms in order to improve the quality of life and the evolution of the disease.