
CORRELATES OF QUALITY OF LIFE IN PATIENTS WITH TYPE 2 DIABETES

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Introduction: Quality of life (QoL) in patients with Type 2 diabetes mellitus (T2DM) is an important factor in analyzing of effectiveness in medical and other care. Except for physical discomfort resulting from disease symptoms, diabetic patients also bear mental stress.

Objectives: To investigate quality of life in patients with T2DM in relation to demographic, clinical, psychological, metabolic and anthropometric characteristics.

Methods: 97 in- and outpatients of both sexes (<65 years) with endocrinologist-diagnosed T2DM, duration ≥ 5 years, treated with either oral therapy, insulin or both, were included in this cross-sectional study. The Patient Health Questionnaire (PHQ) was employed for assessment of depression. The Scaling of Life Events was performed for assessment of life events in the past year. The Psychological General Well-Being Scale (WBQ) was used to assess QoL. The Problem Areas in Diabetes (PAID) was employed for assessment of T2DM distress. Laboratory and anthropometric measures (Body mass Index, Waist circumference) were also performed. The exclusion criteria were determined.

Results: Patients with presence of life events ($p=0.000$), metabolic syndrome ($p=0.002$), and polyneuropathy ($p=0.000$) had significantly lower WBQ score in relation to those without (Student's t-test). Considerable correlation between WBQ score and level of education ($r=0.231$; $p=0.023$), PHQ ($r= -0.811$, $p=0.000$) and PAID score ($r= -0.611$, $p=0.000$) (Pearson's Correlation) were found.

Conclusions: Lower level of education, depressive symptoms, and higher level of diabetes distress as well as presence of life events, metabolic syndrome and polyneuropathy were associated with worse QoL in T2DM patients.