Study on depression in the elderly with diabetes in an urban Government Hospital out-patient setting.

ABSTRACT

Introduction: Diabetes and depression have bidirectional association. The relationship between them in geriatric population, is not covered much in Indian mental health research.

Aim: To compare depression severity between elderly diabetic and non-diabetic out patients.

To find correlation between glycaemia and depression severity in elderly diabetics.

Methodology: After applying inclusion criteria and excluding confounders, 88 diabetics and 63 non-diabetics were selected from depressed geriatric population attending an urban Government Hospital. Patients were administered GDRS and HDRS. Glycaemic levels taken from case records, and in 30 cases HbA1c was assessed.

Results: Significant relationship observed between diabetes and depression in elderly. While post-prandial blood sugar level correlated with depression severity, HbA1c did not. Female diabetics were severely depressed.

Discussion: diabetes makes depression more severe in elderly. These findings concur with literature.

Keywords: depression, diabetes, elderly, urban, depression and glycaemia.