

Article: 0360

Topic: EPO05 - "the dreamers": changes in european psychiatry over the last 10 years

Exacerbation of Depression as a Predictor of Chronic Complications of Type 2 Diabetes Mellitus

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Chronic complications of type 2 diabetes represent a serious threat to the health and quality of life of the patient. The most common include retinopathy, angiopathy, neuropathy. Development of such pathological conditions is affected with a number of risk factors, including comorbid depression.

The **aim** of the study was to assess the impact of depression on the risk of complications of type 2 diabetes.

Objectives:

- to assess the severity of depression
- to Identify depression structure

Methods: The study involved 50 patients with a diagnosis of recurrent depressive disorder. All patients were diagnosed with non-insulin-dependent diabetes mellitus. Assessment of patients was carried out twice: on admission to a psychiatric hospital and at 1 year. Used psychometric method - HDRS-21 scale.

Results: we found an association between the severity of depressive symptoms and an increased risk of complications of type 2 diabetes mellitus. New complications developed in 30% of patients after a year of observation. These patients had a comparatively high level of depression on a first visit (mean score on a scale of HDRS 19.2 (SD = 7.5) vs. 16.3 (SD = 6.2) with the rest of patients). The difference of the average score was conditioned by differences in the level of mental anxiety (1.33 points, 95% CI = 0.8-1.87, $p < 0.0001$), somatic anxiety (0.64 points, 95% CI = 0.05-1.23, $p < 0.05$), and hypochondriasis (1.03 points, 95% CI = 0.65-1.41, $p < 0.0001$).

Conclusion: The increase of depressive symptoms level in patients with diabetes mellitus type 2 can indicate decompensation in endocrine disease.