Depression and Diabetes: What do you need to know?

REALLY

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Depression and Diabetes: What do you need to know?

- Prevalence
- Complications
- How to identify
- What you can do
Prevalence of depression

☐ What do you think the rate of depression is in diabetic patients in Scotland?
  ○ 10%
  ○ 30%
  ○ 50%
  ○ 70%
Complications of depression

- Impact on self care, diet, adherence and exercise
- Poorer glycaemic control
- Significant association between depression and diabetic complications
- Lower quality of life
- Increased risk for other long term conditions...
What are the symptoms of depression?

- **Biological symptoms**
  Sleep (over/under) tiredness, appetite changes, tearful

- **Changes in thinking**
  negative thinking: feeling useless, inadequate, helpless or hopeless. Suicidal/self-harm ideation

- **Feelings**
  flat affect, down, low self esteem, less confidence

- **Behaviour**
  Withdraw from activities/social situations, poor self care
How do you identify depression?

- Simple question
- QOF questions
- Screening tools
- Diagnostic criteria
- Diagnostic tools
What can you do?

- Normalise - low mood and depression (and associated suicidal ideation) are common in patients with diabetes
- Familiarise yourself with local support and signpost/refer on
- Monitor and/or discuss with colleagues
- Training in screening, communication tools, and brief interventions will be available to you...
Conclusions

- Low mood and depression are common in patients with diabetes
- It has a significant impact on quality of life and health outcomes
- You can identify the symptoms of depression using a variety of means
- Training and additional support is available
Questions?

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