

depression & diabetes

Research indicates there are strong links between depression and diabetes. Depression is very common – one in five people will have depression at some time in their adult life. For people who live with diabetes this figure is even higher.

How is depression different from sadness?

A person may be depressed if, **for more than two weeks**, they have:

- Felt sad, down or miserable most of the time OR
- Lost interest or pleasure in most of their usual activities AND
- Experienced symptoms in **at least three** of the following four categories:

Behaviour

- > Stopped going out
- > Not getting things done at work
- > Withdrawn from family and friends
- > Relying on alcohol and sedatives
- > Stopped doing things they enjoyed
- > Unable to concentrate

Thoughts

- > "I'm a failure"
- > "It's my fault"
- > "Nothing good ever happens to me"
- > "I'm worthless"
- > "Life is not worth living"

Feelings

- > Overwhelmed
- > Guilty
- > Irritable
- > Frustrated
- > Unhappy
- > Indecisive
- > Disappointed
- > Miserable
- > Sad/tearful

Physical

- > Tired all the time
- > Sick and run down
- > Headaches and muscle pains
- > Churning gut
- > Sleep disturbances
- > Poor appetite/weight loss

People with depression find it hard to do every day activities and function from day to day. Depression is not just a low mood but an illness that can have serious effects on physical as well as mental health.



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What are the links between depression and diabetes?

- Research shows that having diabetes more than doubles the risk of developing depression. Living with a chronic illness like diabetes and coping with biological and hormonal factors is often challenging. Having to make many decisions every day about how to best manage the condition can be overwhelming and may increase the risk of depression. Living with the constant reminder of the risk of developing complications from diabetes such as damage to the eyes (retinopathy), nerves (neuropathy) and kidneys (nephropathy) can be very confronting and may also contribute to the increased risk of depression.
- Depression can double the risk of developing type 2 diabetes. This may be due to elevated stress hormones and weight gain as people with depression are often less active.
- Depression can also increase the likelihood of developing diabetes complications. People with depression may find it hard to deal with everyday tasks. Over time, managing diabetes (regular blood glucose testing, taking medication, following a healthy eating plan and needing to do regular physical activity) can take its toll. This may increase a person's risk of depression, which may in turn lead to their usual diabetes care being neglected.

Can depression be treated?

There is a range of effective treatments for depression. However, depression must first be recognised and diagnosed in order for it to be treated.

Treatments include:

- > Cognitive Behaviour Therapy (CBT) to learn to identify and change negative thinking patterns.
- > Interpersonal Therapy (IPT) to assist with the acceptance of having a chronic illness and the need for long term treatment, and to improve relationships.
- > Medication to relieve the physical symptoms of depression.

It is important that any current medication for illnesses other than diabetes, including over-the-counter medications and complementary medications, are also reviewed prior to commencing medication for depression. Antidepressant medication can take 7 to 21 days to work effectively and should not be stopped without medical advice.

What are the treatments for people with depression and diabetes?

The treatment for depression and diabetes involves a coordinated approach that monitors both diabetes management and the symptoms of depression. It is about finding the treatment that works best for each person.

For example, people with diabetes and mild depression may find that regular physical activity improves depressed moods and also helps with managing blood glucose levels.

The most effective treatments are those that combine psychological and medical care, medical monitoring, individualised diabetes education and adequate community support.

Your doctor or treating health professional will take into account several factors when suggesting the most suitable treatment for you. Regular contact with and ongoing assessment by your doctor to check that your treatments are working effectively is an important part of becoming and staying well.

What can I do to help myself?

If you suspect you might have depression, take control of your health by:

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- > Consulting a doctor or other health professional

 - > Engaging in regular moderate physical activity

 - > Getting help, support or encouragement from family and friends

 - > Learning about depression and diabetes

 - > Eating healthily and including a wide variety of nutritious foods (speak to a dietitian)

 - > Getting involved in social activities

 - > Achieving and maintaining healthy weight

 - > Speaking with your GP about alcohol. As alcohol can worsen depression it may be recommended that you avoid it completely. It can also reduce the effectiveness of certain antidepressants

 - > Asking your doctor to check your blood pressure, cholesterol and blood glucose levels.
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Where can I get help?

If you or someone you know needs help, talk to your doctor or other health professional about getting the right advice and support. For further information contact:

- Your State or Territory Diabetes Organisation on 1300 136 588 or go to their website as listed on the back page.
- beyondblue at www.beyondblue.org.au, phone 1300 22 46 36 or email bb@beyondblue.org.au for information about depression, the effective treatments available and how to help someone.
- Black Dog Institute on 02 9382 4530, visit their website www.blackdoginstitute.org.au or email blackdog@blackdog.org.au.
- Lifeline's Just Ask Information Line **131 114**, or visit their website www.lifeline.org.au.



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Other recommended websites

About depression:

- www.ybblue.com.au (beyondblue's youth website)
- www.moodgym.anu.edu.au
- www.bluepages.anu.edu.au
- www.dfordepression.net
- www.infrapsych.com.au
- www.nimh.nih.gov

About diabetes:

- www.diabetescounselling.com.au
- www.health.gov.au



beyondblue

the national depression initiative
www.beyondblue.org.au

This information sheet was jointly developed by Diabetes State and Territory Organisations and *beyondblue: the national depression initiative*.

Would you like to join Australia's leading diabetes organisation?

- > Dietary services
- > Educational literature
- > Free magazines
- > Product discounts
- > Children's services
- > Support groups

For more information phone **1300 136 588** or visit your State/Territory Organisation's website:

ACT	www.diabetes-act.com.au	NSW	www.australiandiabetescouncil.com
NT	www.healthylivingnt.org.au	QLD	www.diabetesqueensland.org.au
SA	www.diabetessa.com.au	TAS	www.diabetestas.com.au
VIC	www.diabetesvic.org.au	WA	www.diabeteswa.com.au

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