

Depression among elderly diabetics at Peripheral health centres attached to a private medical college in Coimbatore: a cross sectional study

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ABSTRACT

Introduction; Depression is an illness that may affect and be affected by diabetes mellitus. The clinical guidelines for older adults with diabetes mellitus have recognized this by recommending screening for and management of depression in diabetic elderly people. The aim of this study was to find out the prevalence of depression using PHQ -9 questionnaire among elderly diabetics in peripheral primary health care centres attached to a Private medical college. **Objectives:** 1. To find out the prevalence of depression among elderly diabetics 2. To find out the factors associated with depression among elderly diabetics **Methodology:** This cross sectional study was conducted among known diabetics above 60 years of age attending the NCD clinic of Peripheral health centres at Peelamedu, Vedapatti, Neelambur during December 2017 – April 2018. The socio demographic factors and morbidity factors such as fasting blood sugar, duration of diabetes, history of hypertension, past history of diabetes related complications, hours of sleep were included to find out the association with levels of depression. **Results:** Among the study population, 40.4 % were having the signs of depression in which the majority have only minimal symptoms of depression. The factors such as Female Gender, Fasting blood sugar >126 mg/dl and hours of sleep < 7 hours found to be statistically significant association with depression. **Conclusion:** The prevalence of depression using PHQ 9 is 40.4% and the factors such as female gender, fasting blood sugar more than 127 mg/dl and sleep at night less than 7 hours were found to have statistically significant association with depression.

Key word: Depression, PHQ-9, Screening, Prevalence, Elderly diabetics.