

# DEPRESSION AND DIABETES

Aneta Spasovska Trajanovska

Psychiatric Hospital, Skopje, N. Macedonia

Danijela Janicevic Ivanovska

University clinic of Clinical biochemistry, Skopje, N. Macedonia,

University "Goce Delchev", Faculty of

Medical Sciences, Stip, N. Macedonia, [djanicevic@yahoo.com](mailto:djanicevic@yahoo.com),

Zora Mitic

Private Practice in Psychiatry D-r Zora Mitik, Skopje, N. Macedonia

# Introduction

Some researchers suggest that people with depression are more likely to develop diabetes. The AIM of this study is determinate the effects of SSRIs antidepressant in depressive patients with diabetes mellitus .

# Methods

The study was designed as observation cross-section including 80 depressive patients with diabetes, observed as two groups. The first group was presented patients without antidepressant medication in them (the patients who starting in the treatment), and the second group were patients with antidepressant therapy (sertraline). Depression status was assessed using BDI. Quantitative determination of glucose level in serum was performed with enzymatic reference method with hexokinase

# Results

There was significant differences in distribution on according the level of blood glucose in observed groups. . In the first group 58% of patients have high level of blood glucose but in second group only 20% of them.. Data obtained in the first groups show significant positive correlation between score of BDI and blood glucose level.  $P=0,003$ . The results in examination groups show positive correlation between blood glucose level and socio-demographic and clinical parameters.

# Conclusion

The results obtained in our study showed high blood glucose levels in depressant patients but treatment with sertraline was diminished this level. So screening this condition is important, because that patients should be treated differently.