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EXAMINATION OF DEPRESSION AT PATIENTS WITH DIABETES MELLITUS

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Introduction: Depression is a dysfunction with great range of demonstrations and according to researches appears at person with diabetes mellitus two or three times more than in general population. The knowledge although about the reasons and the way that depression affects the management of diabetes are limited.

Aim: Of this study was the examination of existence of possible depression at patients with diabetes mellitus.

Material/method: 164 diabetics were studied (72 male and 92 female, medieval age $66,9 \pm 11,53$ years) at diabetic clinics. We used the self evaluation scale of Zung (ZDRS) and structured questionnaire about demographical and body measure data.

The statistic analysis was done with the statistic package SPSS 18.0

Results: 57,3% of diabetics were overweight, and 30,5% obese, with high rates of central obesity (83,3% at males and 92,4% at females), while the big Index of Body Maze [$r=0,309$, $p=0,001$] and central obesity [$t(162)=4,773$, $p=0,001$] were related significantly with depression. 50% of diabetics appeared depression symptoms at mild levels and 20% at medium levels, with the females [$t(162)=3,26$, $p=0,001$] and elder to be related statistically significant with depression.

Conclusions: The majority of the sample appeared a level of mild or medium depression and correlation was observed between bad glycemic examinations. The daily and for many years effort of diabetes control can create the suitable situation for depressive symptomatology appearance. The examination and evaluation of the causative factors can help at the adaptation of diabetic and the solution of his problems.