Self-management program cuts depressive symptoms in diabetes

January 23 2015

(HealthDay)—For patients with diabetes, a self-management-oriented group program (Diabetes Motivation Strengthening [DIAMOS]) is associated with reductions in depressive symptoms, according to a study published online Jan. 20 in *Diabetes Care*.

Norbert Hermann, Ph.D., from the Research Institute Diabetes Academy Mergentheim in Germany, and colleagues developed and evaluated DIAMOS for subclinical depression in diabetes. Two hundred fourteen participants were randomized to an intervention group, which included cognitive behavioral interventions aimed at the reduction of diabetes distress, or an active control group, which received diabetes education.

The researchers observed a significantly stronger reduction of depressive

symptoms in the DIAMOS group versus the control group at 12-month follow-up (P = 0.021). Significant treatment effects were seen in the Patient Health Questionnaire (P = 0.023), Problem Areas in Diabetes scale (P = 0.002), and the Diabetes Distress Scale scores (P = 0.012). The risk of incident major depression was significantly reduced in the DIAMOS group (odds ratio, 0.63; P = 0.028). There was no substantial impact on inflammatory variables.

"DIAMOS is more effective in lowering depressive symptoms and diabetes-related distress in diabetic patients with subclinical depression," the authors write. "DIAMOS also has a preventive effect with respect to the incidence of major depression."

  More information: Abstract
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Citation: Self-management program cuts depressive symptoms in diabetes (2015, January 23) retrieved 9 April 2024 from
https://medicalxpress.com/news/2015-01-self-management-depressive-symptoms-diabetes.html