

# Diabetes weight loss diets improve emotional measures

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(HealthDay)—Among patients with type 2 diabetes mellitus (T2DM),

weight loss diets, regardless of composition, improve psychological measures, including depression, mood, and quality of life, according to a study published online March 23 in the *Journal of Internal Medicine*.

Grant D. Brinkworth, Ph.D., from the Commonwealth Scientific and Industrial Research Organisation in Adelaide, Australia, and colleagues randomized 115 [obese individuals](#) with T2DM to consume either an energy-restricted (~6 to 7 MJ), planned isocaloric very low-carbohydrate, high-fat (LC), or [high carbohydrate](#), low-fat (HC) diet, combined with a supervised exercise program (three days week<sup>-1</sup>) for one year.

The researchers found that overall weight loss was 9.5 kg, but there was no difference between the groups ( $P = 0.91$  time  $\times$  diet). Significant improvements were seen in measures of depression, mood, and the quality of life dimensions of diabetes (control, anxiety and worry, sexual functioning, and energy and mobility). Measures of anxiety and the social burden of diabetes remained unchanged ( $P \geq 0.08$ ). There was no effect noted between diet composition and the responses for the outcomes assessed ( $P \geq 0.22$  time  $\times$  diet).

"These results suggest that either an LC or HC diet within a lifestyle modification program that includes exercise training improves psychological well-being," the authors write.

**More information:** [Abstract](#)  
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