

Self-care tools cut depression in AMD, diabetic retinopathy

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(HealthDay)—Self-care tools can reduce depressive symptoms in

patients with age-related macular degeneration (AMD) or diabetic retinopathy (DR), according to a study published online Dec. 7 in *Clinical & Experimental Ophthalmology*.

Hortence Kamga, from Maisonneuve-Rosemont Hospital in Montreal, and colleagues conducted a single-blind randomized controlled clinical trial involving 80 participants with late stage AMD or DR, at least mild depressive symptoms, and [visual acuity](#) better than 20/200. Participants were randomized in a 1:1 ratio to the intervention, which consisted of large-print written and audio tools incorporating cognitive-behavioral principles plus three 10-minute telephone calls, or delayed intervention/usual care.

The researchers found that the intervention reduced depressive symptoms by 2.1 points more than usual care, after adjustment for baseline imbalances in visual acuity ($P = 0.040$). The intervention was not associated with secondary outcomes, including anxiety, life space, and self-efficacy.

"Self-care tools plus telephone coaching led to a modest improvement in [depressive symptoms](#) in patients with age-related eye disease," the authors write. "Additional research on how to maximize their effect is necessary."

More information: [Full Text \(subscription or payment may be required\)](#)

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