

# Anxiety with type 2 diabetes tied to high-cost health care use

June 24 2019

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(HealthDay)—Anxiety is independently associated with high-cost

resource use among individuals with type 2 diabetes, according to a study published online June 18 in *Diabetes Care*.

Esti Iturralde, Ph.D., from Kaiser Permanente Northern California in Oakland, and colleagues used electronic health record data to assess past [anxiety](#) diagnosis, [health care use](#) and costs, demographics, comorbidities, and diabetes control status and complications from 2008 to 2012 for 143,573 adults who are members of an integrated health care system and have type 2 diabetes.

The researchers found that 12.9 percent of participants received a diagnosis of anxiety; of these, 52.9 percent also had received a depression diagnosis. Anxiety was positively related to the number of emergency department visits in 2012 (incidence rate ratio, 1.27; 95 percent confidence interval, 1.21 to 1.34); the likelihood of visiting the [emergency department](#) on a chronic, frequent basis during 2010 to 2012 (odds ratio, 2.55; 95 percent confidence interval, 1.90 to 3.44); and high-cost status in 2012 (odds ratio, 1.29; 95 percent confidence interval, 1.23 to 1.36) after adjusting for covariates, including depression. However, anxiety was not related to total hospitalization costs in 2012 (relative cost ratio, 1.06; 95 percent confidence interval, 0.94 to 1.21; P = 0.33).

"Strategies to improve anxiety management among people with diabetes hold the potential to also reduce [health care costs](#)," the authors write.

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

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Citation: Anxiety with type 2 diabetes tied to high-cost health care use (2019, June 24) retrieved 25 April 2024 from

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