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DEPRESSION AT PATIENTS WITH DIABETES MELLITUS TYPE II AND MACRO VASCULAR DISEASES

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Introduction: The presence of macro vascular diseases is common among patients with diabetes mellitus, with result the increase of danger for depression appearance. The attack of greater vessels (macro vascular disease) conducts to the appearance of coronary disease, vascular brain episodes (strokes) and peripheral vasculopathy.

Aim: of this study was the examination of the relation between depression and the existence of macro vascular diseases at patients with diabetes mellitus type II.

Material-methods: 164 diabetics were examined (72 male and 92 female, medieval age $66,9 \pm 11,53$ years), at diabetological clinics. The tools that were used at this study was the scale of depression self evaluation of Zung and a structured questionnaire about the existence of macro vascular diseases. The analysis was done with the statistic package SPSS 18.0.

Results: 64,6% of diabetics reported hypertension and 61% dyslipidemia, 30,5% suffered from coronary disease and 26.2% of vascular brain episode (stroke), while 13,4% suffered from heart attack and 19,5% from other diseases. 50% of diabetics had depression at mild levels and another 20% at medium levels.

Conclusions: The majority of the sample appeared mild or medium degree depression and relation was observed between accompanying macro vascular diseases. The coronary disease, hypertension and dyslipidemia seemed to be independent prognostic factors of depression even after the abstraction of age effect and diseases duration effect, while the depressive effect of heart attack or stroke seemed to be effected mainly by age.