

## **P-611 - DIFFERENCES IN EMOTIONAL STATES OF ANXIETY, DEPRESSION AND STRESS BETWEEN PATIENTS WITH DIABETES MELLITUS AND PSYCHIATRIC OUTPATIENTS TO THE GENERAL POPULATION IN GREECE**

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**Introduction:** Managing diabetes is an overwhelming task, particularly for the newly diagnosed patient. Many diabetics struggle to cope with the requirements of the disease and the complications that it causes. As a result, many diabetics suffer from depression which is the most common psychiatric disorder witnessed in the diabetic population.

**Objectives:** To compare the levels the emotional states of anxiety, depression and stress in patients with diabetes mellitus (DM) to the general population and chronic patients with psychological problems.

**Aims:** To reveille the significant differences between those patients.

**Methods:** We conducted a survey in a random sample of 279 patients with diabetes Mellitus (DM), 109 psychiatric outpatients (PO) and 383 healthy adults (C), using the Depression Anxiety Stress scale (DASSI-42). Statistical analysis was conducted with SPSS 16 for windows. ANOVA test was used to reveille the statistical significance between the groups in anxiety, stress, depression and total Scale.

**Results:** Patients with DM had a significant difference to the PO patients and C in anxiety ( $MD_{PO} = -12.251$   $p < .001$ ), ( $MD_C = 1.303$   $p < .001$ ). They also had a significant difference from the PO in stress ( $MD_{PO} = -11.465$   $p < .001$ ), depression ( $MD_{PO} = -15.751$   $p < .001$ ), and total DASS ( $MD_{PO} = -39.566$   $p < .001$ ). Patients with DM had no significant difference to the control group in the above domains.

**Conclusions:** Analysis shows that patient with DM who are under medical treatment experience anxiety in a greater level than the general population, but in terms of stress and depression they are in the same level to the general population.