

P02-303 - ANXIO-DEPRESSIFS TROUBLES AND DIABETES TYPE 2

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The objective of our study is to estimate the prevalence of depression, anxiety and alexithymia, of patients presenting a diabetes type 2 and their echo on the disease.

Method: Our study, descriptive and forward-looking, was led with diabetics type 2, consulting in the service of endocrinology of HEDI CHAKER Hospital of Sfax.

The collection of the information was realized with the help of:

- A data sheet containing socio-demographic data and clinical data concerning the diabetes.
- Hospital-Anxiety and Depression Scale (HADS).
- Toronto Alexithymia Scale of 20 items.

Results: Our sample consisted of 96 diabetics: 67 women and 29 men.

The average age was of 56.23 years (ET=10, 85)

The prevalence of depression was 32.3%, that of anxiety was 56.3%.

The alexithymia was estimated at 46.9%.

The depression was correlated to the presence of cardiac co-morbidity ($p=0,012$).

High prevalence of depression was found in diabetic's suffering from neurological (0.002) and renal ($p=0.007$) complications.

The depression was the source of a less regular follow-up.

The association depression-alexithymia was correlated at a less good balance of the diabetes ($p=0.038$).

The anxiety does not seem to interfere with the clinical characteristics of the type 2 diabetes.

Discussion and conclusion: Diabetics suffering from depression have more co-morbidity and complications. This risk was increased by the association of alexithymia. So, a screening of the psychiatric symptoms is necessary to improve the quality of life and the evolution of the disease.