

CLAHRCBITE

Brokering innovation through evidence

The prevalence of diabetes-specific emotional distress in Type 2 diabetes



Results

Overall prevalence of distress was 36%, with significantly higher prevalence seen in samples with comorbid depression and a female majority.

Who needs to know?

People with diabetes, healthcare providers in both diabetes and psychological fields, researchers to further explore psychological comorbidity in diabetes.

What did we do:

Seven databases were searched to identify potentially relevant studies. Eligible studies (adult population (>18 years) with Type 2 diabetes and an outcome measure of diabetes-specific emotional distress) were selected and appraised independently by two reviewers. Multiple fixed- and random-effects meta-analyses were performed to synthesize the data; with primary analyses to determine the overall prevalence of diabetes distress in people with Type 2 diabetes, and secondary meta-analyses and meta-regression to explore the prevalence across different variables.

What we found and what does this mean:

Fifty-five studies (n = 36, 998) were included in the meta-analysis and demonstrated an overall prevalence of 36% for diabetes distress in people with Type 2 diabetes. Prevalence of diabetes distress was significantly higher in samples with a higher prevalence of comorbid depressive symptoms and a female sample majority.

The findings highlight that diabetes distress is a prominent issue in people with Type 2 diabetes that is associated with female gender and comorbid depressive symptoms.

What next:

The findings of this review demonstrate that diabetes-specific emotional distress is a prominent issue in people with Type 2 diabetes, appearing greater in women and those with comorbid depressive symptoms. Depression and diabetes distress are highly related, poorly recognised and inadequately treated in people Type 2 diabetes. The findings of this review highlight the importance of the identification and subsequent management of psychological comorbidity in people with Type 2 diabetes.

Evidence:

Perrin, N. E., et al. "The prevalence of diabetes-specific emotional distress in people with Type 2 diabetes: a systematic review and meta-analysis." *Diabetic Medicine* 34.11 (2017): 1508-1520

What is NIHR CLAHRC EM?

NIHR Collaborations for Leadership in Applied Health Research and Care (CLAHRCs) are collaborations between the NHS, universities and local organisations. Our goals are to conduct applied health research across the East Midlands and translate our research findings into improved outcomes for the public.

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