



# ARC BITE

Brokering Innovation Through Evidence

**Association of depression and anxiety in South Asians and white Europeans.**



## Results

South Asian individuals at high-risk of type 2 diabetes reported higher depressive symptoms compared to white Europeans.

## Who needs to know?

Public health officials, health officials working in diverse populations, healthcare professionals, social care workers, researchers, general public.



## What did we do?

We investigated the prevalence and correlates of depressive and anxiety symptoms within South Asian and white European individuals at high-risk of developing type 2 diabetes. Depressive and anxiety symptom data were collected at baseline, 12, 24 and 36 months from people within Leicestershire, UK.

## What we found and what does this mean?

At baseline, a higher burden of depressive symptoms were consistently evident among South Asians, compared to white Europeans. During the course of the study and after adjustment for clinical, sociodemographic, lifestyle and environmental factors, depressive symptoms remained higher in South Asians compared to white Europeans. Social deprivation, BMI, proximity to fast-food outlets and physical activity acted as correlates for depression in both ethnic groups. This means that the higher levels of depressive symptoms in South Asians were not explained by differences in dysglycaemia (HbA1c), physical activity or social deprivation compared to white Europeans. Therefore, it's important to understand

why these differences are present to help reduce health inequalities and whether higher levels of depressive symptoms affect the uptake and retention to diabetes prevention programmes in South Asian communities.

## How did we involve people?

In the two original trials from which this study used the data, independent focus groups were asked for their feedback regarding a number of matters around the studies. These suggestions helped inform the design of these trials.

## What next?

Investigations replicating this study in larger and more representative populations and into understanding why these potential differences are present are needed. Developing and evaluating culturally appropriate methods for treating depression need to be integrated into diabetes prevention services in the future. Integrating depression screening and treatment into these services, with particular focus on minority populations, may improve engagement and retention.

## What is NIHR ARC EM?

NIHR Applied Research Collaborations (ARCs) support applied health and care research that responds to, and meets, the needs of local populations and local health and care systems. We do this by working collaboratively with our partners and patient groups to bring the best applied health and care evidence into practice.

## Evidence

Razieh C, Khunti K, Davies MJ, Edwardson CL, Henson J, Darko N, Comber A, Jones A, Yates T (2019). Association of depression and anxiety with clinical, sociodemographic, lifestyle and environmental factors in South Asian and White European individuals at high risk of diabetes. *Diabetic Medicine*. 36 (9), 1158-1167. DOI: 10.1111/dme.13986. PMID: 31081286.