Anxiety and Depression in Patients with Type II Diabetes, attending Diabetic Clinics of Karachi, Pakistan

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ABSTRACT

This study aims to measure the frequency of psychiatric morbidity among diabetic patients to highlight the magnitude of the problem so that it can be considered as a part of the protocol of diabetic patient management program. Diabetic patients were selected from the diabetes out-patient-department and were interviewed through the PHQ 9 and GAD 7 questionnaire to measure the depression and anxiety. A total of 848 subjects were enrolled for this study from the out-patient clinic of two hospitals of Karachi, Pakistan. 424 diabetics were compared with 424 healthy individuals. Depression and anxiety were significantly more prevalent among diabetic patients.

Keywords: Type 2 Diabetes, Depression, Co-Morbidity, Frequency, Diagnosis