The effect of Cognitive Behavior Therapy on patients of type 2 Diabetes Mellitus co morbid with depression

Asima Mehboob Khan
Pakistan Institute of Medical Sciences, Pakistan

Present study aimed to measure the effect of cognitive behavioral therapy (CBT) on patients of type-2 diabetes mellitus co morbid with depression. A randomly selected (32 people) T2DM patient from outpatient unit of diabetic clinic of Pakistan Institute of Medical Sciences, Islamabad, was taken. Sixteen T2DM patients (08 males and 08 females) were put in experimental group receiving CBT along with antidepressants and others (16 T2DM patients comprised of 08 males and 08 females) in control group receiving antidepressant trials without CBT sessions. The age of patients ranged from 20 - 65 years. Pre-post experimental design was used in the study. The screening was mainly consisted of Structured Clinical Interview for the DSM-V Axis I Disorders, to diagnose those with depression. Other instruments included were: 1) Hospital Anxiety and Depression Scale, 2) Patient Health Questionnaire 9 (PHQ9), 3) World Health Organization (WHO-5), and 4) WHOQOL-BREF. The assessment was carried out at the base line and then at interval of 2 weeks session till end of therapy (3 months). Control group took part in assessment and received care but no CBT sessions. This meant that they continued to seek help as before. A number equal to intervention group was employed in this group. Data was assessed and analyzed on SPSS, and relevant statistical tests were applied. Greater improvement was observed in CBT group on HAD scale (8.8±2.6) compared to (10.3±2.9) in group B. In post intervention period a greater decrease in PHQ was observed in group A (5.5±2.1) than group B (6.5±2.0). The WHO wellbeing index was significantly better in group B compared to group A at baseline (p-value ≤ 0.001). Though in post intervention phase, group A and group B had a comparable improvement (18.1±2.9 and 18.5±2.8). The WHO quality of life scale was almost similar in both groups at baseline, however, greater improvement in quality of life was observed in group A (90.7±9.0) compared to group B (82.1±13.9) and the difference in mean WHOQOL was found statistically significant (p-value = 0.04). The CBT intervention has a clear role in the management of depression in diabetic patients. In this study it has shown significant improvement in the health and depression scales and also in the overall quality of life according to WHO scale.

Biography

Asima Mehboob Khan is a full time Associate Clinical Psychologist in psychiatry Department, Pakistan Institute of Medical Sciences, Islamabad, since 2006. She is the Master trainer Mental Health in Primary Care and Whole School approach in collaboration with Kings College, London since 2010.

khanasima@gmail.com

Notes: