

BEHAVIOR INFLUENCING FACTORS TO DEPRESSION AMONG UNCONTROLLED DIABETIC TYPE II PATIENTS*

Anusara Sutad**

Weena Thiangtham***

Panan Pichayapinyo****

Naruemon Auemaneekul*****

ABSTRACT

Diabetic is a crucial chronic disease in global public healthcare. It is also found that depression in diabetic patients increase both the disease's severity. The objective of this Cross - sectional survey aimed to study the behavior influencing factors the depression in uncontrolled diabetic type II patients dwelling in Bangkok Metropolitan. Uncontrolled diabetic type II patients at 35 years old and older n =390 were randomly selected by using multi-stage random sampling method as study samples. A structured interview questionnaire was used for data collection. Data was analyzed using Chi-Square test and Stepwise Multiple Regression Analysis

From the study result, study showed that 74.2% (292 persons) of the patients had no depression while 25.1% of patients had depression. 21.3 % (83 persons) at a mild level, while 3.8% (15 persons) at a moderate level of depression. Females exceeded depression level in comparison to males 78.6% (77 persons) and 21.4% (21 persons) respectively. The statistically significant behavior factors related to depression were dietary control (OR=2.56,95%CI=1.34– 4.90) stress management (OR=4.45,95%CI=2.33– 8.52) and medication behavior (OR=3.03, 95%CI=1.37– 6.91) Stepwise multiple logistic regression analysis revealed factors influencing depression in uncontrolled diabetic type II patients were dietary control behavior, stress management behavior and medication behavior were statistically significant.

The study result may be used as a guideline for surveillance among depressed uncontrolled diabetic type II patients for the prevention and resolution of these problem.

Keywords: Depression/ Uncontrolled diabetic type II patients/ Behavior

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**Master student, Master of Nursing Science (Community Nurse Practitioner), Faculty of Public Health, Mahidol University

*** Corresponding Author, Associate Professor, Department of Public Health Nursing, Faculty of Public Health, Mahidol University

**** Associate Professor, Department of Public Health Nursing, Faculty of Public Health, Mahidol University

*****Assistant Professor , Department of Public Health Nursing, Faculty of Public Health, Mahidol University

Table1 Depression in uncontrolled diabetic type II patients (n = 390)

Depression	Number	Percent
Moderate depression	15	3.8
Mild depression	83	21.3
Non depression	292	74.9

Table2 Behavior factors related to depression among uncontrolled diabetic type II patients (n=390)

Behavior factors	Depression		Non Depression	χ^2	p-value	Odds ratio	95%CI Lower- Upper
	Number	Number					
	%	%					
Dietary control							
Low - Moderate	19(43.2)	25(56.8)	8.59	0.003**	2.56	1.34-4.90	
High	79(22.8)	267(77.2)			1		
Medication behavior							
Low - Moderate	13(48.1)	14(51.9)	8.17	0.004*	3.03	1.37-6.71	
High	85(23.4)	278(76.6)			1		
Exercise behavior							
Low - Moderate	79 (27.0)	214(73.0)	2.10	0.147	0.66	0.37-1.16	
High	19(19.6)	78(80.4)			1		
Stress management							
Low - Moderate	86(32.3)	180(67.7)	23.06	0.001***	4.45	2.33-8.52	
High	12(9.7)	112(90.3)			1		
Behavior to meet doctor appointments.							
Low - Moderate	10(27.8)	26(72.2)	0.14	0.700	0.86	0.39-1.85	
High	88(24.9)	266(75.1)			1		
Smoking behavior							
Yes	3(14.3)	18(85.7)	1.38	0.239	0.48	0.13-1.66	
No	95(25.7)	274(74.3)			1		
Alcohol avoidance behavior							
Low - Moderate	0	1(100)	0.33	0.562	0.74	0.70-0.79	
High	98(25.2)	291(74.8)			1		

* p-value < 0.05, ** p-value < 0.01, *** p-value < 0.001

Table 3 The predictive factors of depression among uncontrolled diabetic type II patients analyze by stepwise multiple logistic regression.

Factors	Beta	P-value	Adjusted OR	95%CI	
				Lower	Upper
Dietary control	0.939	0.007	2.55	1.29–	5.06
Stress management	1.498	<u>0.001</u>	4.47	2.31–	8.64
Medication behavior	1.103	0.010	3.01	1.30–	6.97

Constant = -0.672

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