Sex/Gender Psychological Differences in the Adult Diabetic: focus on "diabulimia" disorder

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Abstract

Background: Chronic diseases have a negative impact on quality of life and perceived well-being. The inability to control and predict the course of the disease exposes chronic patients to mood fluctuations which are often difficult to manage, also in virtue of the fact that in any chronic pathology a stabilization aimed at attenuating the symptoms or slowing the course is pursued, but it cannot tend to achieve complete healing. This fact of incurability for many subjects means the loss of control over their own body, in which the social and family role is also perceived as compromised and the experienced distress can result in the appearance of underlying disorders, both psychological or psychiatric. In this area, there is currently a great deal of focus on sex/gender differences. The aim of this article is to highlight these differences with regard to the emotional aspects that most affect the management of diabetic pathology. In this paper, we will underline a particularly underestimated eating disorder of dietary behavior: diabulimia, the term of which comes from the words diabetes and bulimia, consisting in the arbitrary reduction or omission of insulin, the result of which is an abrupt rise in blood sugar, in which there is a massive loss of glucose with urine (glycosuria) with calorie loss which also results in rapid weight loss exposing to the risk of ketoacidosis, **Methods:** We administered the DEPS-R questionnaire anonymously in two ways: in-person while waiting for the visit in the clinic and online via a spreadsheet that can be filled in on the website.

Results: see table

Conclusion: These subsoil eating disorders may be pre-existing to diabetic disease or they might be the consequence of a number of restrictions mainly food, imposed by the diabetic disease

TABLE: Results DPRS-R test in T1DM and T2DM divided for sex.
From : Markowitz, J.T. et al Diabetes Care 2010, 33, 495–500

	DIABETES			
	T1DM		T2DM	
	M	F	M	F
n=410	133	181	44	52
DPRS-R SCORE =>22 n(%)	8(6%)	20(11%)	9(21%)	19(36%)
p	p=0.0447		p=0.049	
Query 9 (p=)	ns		p=0.0172	
Query 11 (p=)	p=0.0004		ns	

M= male, F= female, n= number. Data are Represented as % of the sample.
Data in table 1 represent the % of positive answers divided by type of diabetes and sex, for the single questions the eventual positivity statistic in function of the group T1DM/T2DM of belongings, female towards males
Query 9 "I try to keep my blood sugar high so that I will lose weight"
Query 11 "I feel fat when I take all of my insulin"

Recent Publications (minimum 5)

1. Tonolo, G.; Taras, M.A. Sex-Gender Difference in Diabetes: A Physiological and Psychological Point of View. Women Health Complicat. 2021, 1, 1–6.
2. Markowitz, J. T., Butler, D. A., Volkening, L. K., Antisdel, J. E., Anderson, B. J., & Laffel, L. M. B. (2010). Brief screening tool for disordered eating in diabetes: internal consistency and external validity in a contemporary sample of pediatric patients with type 1 diabetes. *Diabetes Care*, *33*(3), 495–500.
3. Young, V.; Eiser, C.; Johnson, B.; Brierley, S.; Epton, T.; Elliott, J.; Heller, S. Eating problems in adolescents with Type1 diabetes: A systematic review with meta-analysis. Diabet. Med. A J. Br. Diabet. Assoc. 2013, 30, 189–198. [CrossRef] [PubMed].
4. Baginsky, P. A patient's perspective A Battle to Overcome "Diabulimia" Commentary. Am. Fam. Physician 2009, 79, 263–268.
5. Castellano-Guerrero, A.M.; Guerrero, R.; Ruiz-Aranda, D.; Perea, S.; Pumar, A.; Relimpio, F.; Mangas, M.A.; Losada, F.; Martínez- Brocca, M.A. Gender differences in quality of life in adults with long-standing type 1 diabetes mellitus. Diabetol. Metab. Syndr. 2020, 12, 64



Biography

Maria Antonietta Taras, nurse, psychologist and cognitive-behavioral psychotherapist. Gained professional experiences mainly in the psychiatric field in Rome and in diabetology in Olbia, carring out positions in the clinical field, dealing with psychiatric epidemiology, teaching activities, being a speaker at several national congresses concerning the quality of life in the pathology diabetic and psychological aspects of nutrition, and author of scientific publications. In fulfilling these roles she distinguished herself in the activities of organization, planning and coordination of internal resources and external relations (scientific and non-scientific project partners). Currently she is member of the Board of the Italian Society of Metabolism, Diabetes and Obesity SIMDO and the coordinator of the psychologists groupin SIMDO. Her current interests focus on the humanization of care, with particular attention to chronic disease and the training of healthcare personnel and patients

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