DIABETES AND DEPRESSION AMONG PREGNANT WOMEN ATTENDING URBAN DIABETES SPECIALISTS IN BANGLADESH

K Natasha, A, Hussain, AK Azad Khan
BUHS
Community Medicine, Institute of health and society,Faculty of Medicine, Oslo, Norway,
Public health, Diabetic Association of Bangladesh, Dhaka, Bangladesh

BACKGROUND & AIM

Both depression and GDM are common in the antenatal period and result in serious consequences for mother and foetus. In Bangladesh the prevalence rate of depression in adult population is only 4.6%[2]. But, till date we could not find any single study here regarding GDM and depression. This study was the 1st one, designed to find out the prevalence of depression and associated factors, among GDM subjects and to compare with Non GDM.

METHOD

A total of 745 pregnant women participated in the study, and were followed up from their 1st visit (not included after 13th week) to 1st week after delivery for at least 4 checkups. Blood glucose (following WHO criteria) BP, Height, weight were measured on every visit; GDM was diagnosed within 24th to 28th weeks. Depressive symptoms was scored following MADRS scale (≤12=no, ≥13=Yes). Semi structured questioner was used to assess their socio-demographic status and clinical history. Birth weight and APGAR score were assessed for the neonate.

RESULTS

382 subjects found to have GDM while 363 were without glucose abnormality. Prevalence of depression among pregnant women was 12.69%. The rate was higher in GDM (21.73%) than NGDM subjects (7.73%). Depression was more common in Middle aged group (26-35yrs, 22.53%). Surprisingly depression was found more in higher educated group. Occupation and habit of physical exercise seemed not to have any influence over depression but over DM. Total income had a significant association with depressive symptoms (OR.18.5, 95%CI, 2.4, 9.6, P<0.001). Interestingly, though most of the. participants were housewives, depression was more common in higher educated and working women but with low income. Multipara women were more prone to both the diseases. FBS had some significant association with depression. Depression did not seem to have any association with neonatal status like APGAR and Birth weight but more analytical study is recommended to confirm it.

Table 1: Prevalence of Depressive symptoms by age

Age	Non Depressive		Depressive		Prevalence of Depression (% and 95% CI)		
	NGDM	GDM	NGDM	GDM	NGDM	GDM	Total
16-25	131	81	10	21	7.09 (.04,.03)	20.59 (.09, .07)	12.76 (.04, .04)
26-35	196	196	16	57	7.55 (.03, 0.02)	22.53 (.06, 0.04)	15.70 (.03, .03)
36-45	8	19	2	4	20.00 (.13, .13)	17.39 (.17, .14)	18.18 (.14, .11)
Total	335	299	28	83	7.73 (.03, .02)	21.73 (.04, .03)	12.69 (.02, .02)

CONCLUSION

The study confirmed again that depression boosts up in diabetes of all type and status. But the important finding of this study was the elevated prevalence rate of depression in pregnancy which was greater than assumed.