

The Emotional Aspects of Diabetes Care

Avera Behavioral Health

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Prevalence of Diabetes

- CDC Facts (2020):
 - Today 415 Million people worldwide are living with diabetes.
 - In 2040 more than half a billion will have diabetes.
 - Ways to prevent or delay TYPE 2 DIABETES
 - be active
 - eat healthy
 - manage weight



Just three in ten people living with diabetes said they definitely felt in control of their diabetes.



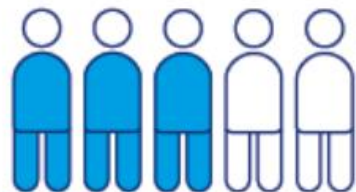
Nearly a third of people living with diabetes had at some point relied on self-help materials including books, videos and resources found online.



One in five people living with diabetes had used support or counselling from a trained professional to help them manage their diabetes.

Mental Illness and Direct Affects to Diabetes

- Diabetes is often associated with a significant emotional burden, distress over the self-care regimen and stress in relationships (within familial and health-care systems)
- Mental health affects the adherence to medication along with self care.
- Major Depressive Disorder increases one's risk to diabetes by 60%
- Type two diabetes in women increases the risk of disordered eating by 52%
- Physical and psychiatric illnesses are often closely paired together

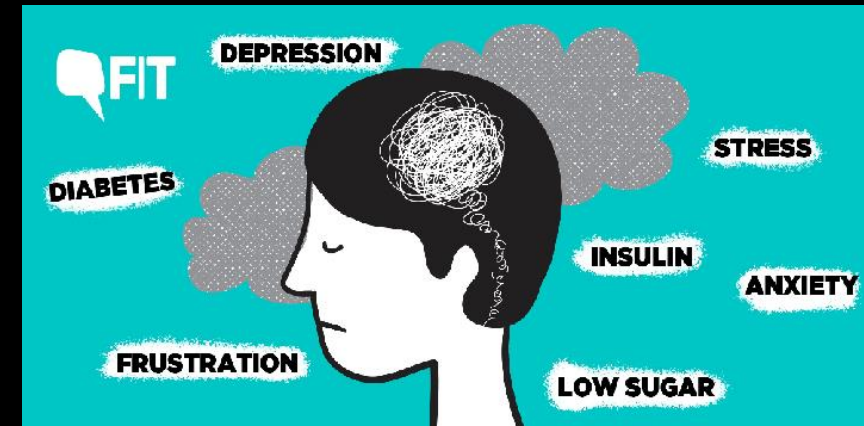


Three in five

people living with diabetes experience emotional or mental health problems as a result of their condition.

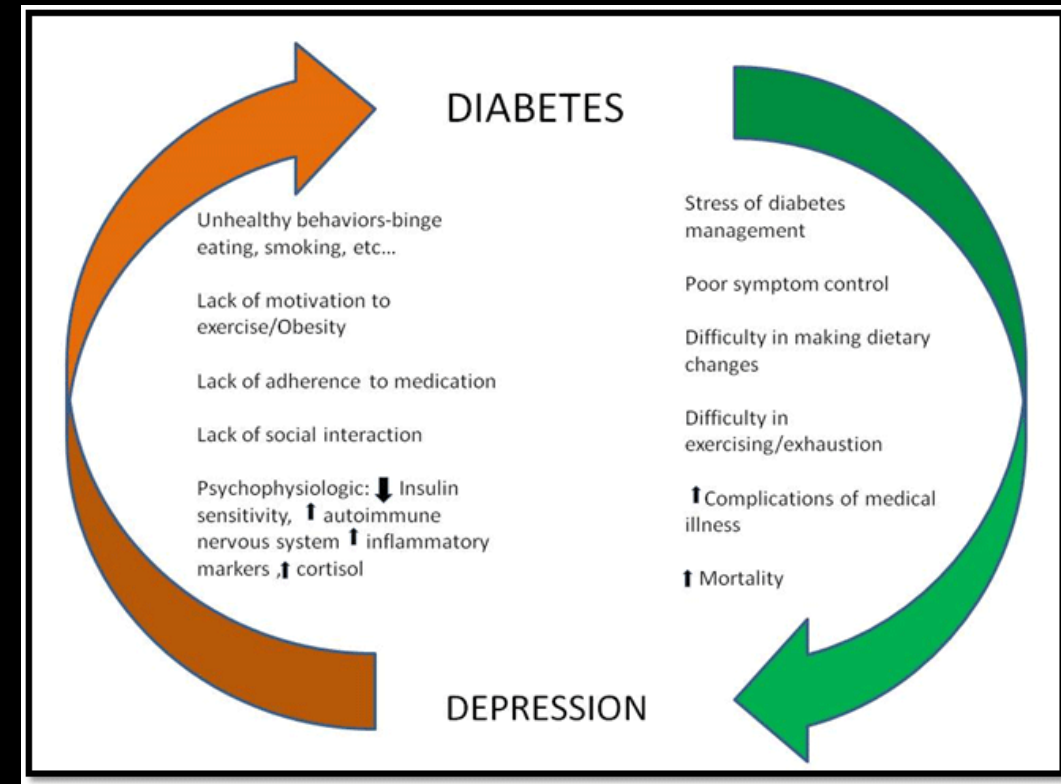
Common Comorbidity

- Type 1:
 - Major Depression, Anxiety and Obsessive Compulsive Disorder
- Type II:
 - Major Depression, Anxiety, Somatization Disorder and Disordered Eating
- Less significant, but related disorders:
 - Alcohol Use
 - Schizophrenia
 - Bipolar Affective Disorder
 - Delirium
 - Sleep Disorders



Depression and Diabetes

- Most common comorbid mental illness for both type 1 & 2
- Depression rate
 - General public: 3-5%
 - Diabetics: 15-20%
- Often times, one worsens the other
- Depression is undertreated in diabetics
- Symptoms
 - Persistent low mood
 - Feelings of worthlessness
 - Poor concentration
 - Thoughts of self harm
- Diabetic Specific Symptoms
 - Poor treatment adherence
 - Poor glycemic control
 - Lack of care management



Anxiety Disorders and Diabetes

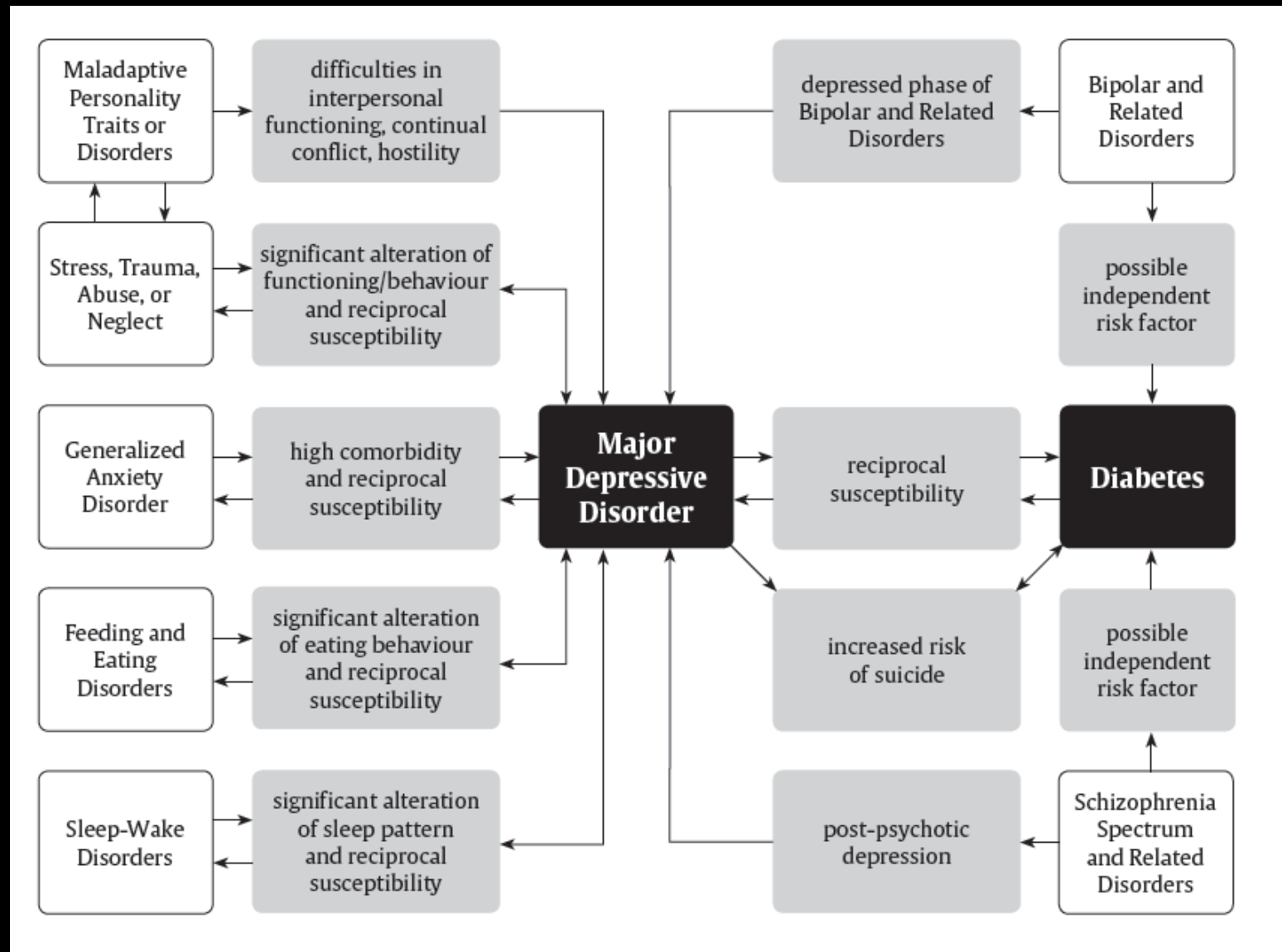
- In the US, just above 19% of Adults have an anxiety disorder
 - People with diabetes are 20% more vulnerable
- Common anxiety disorders seen in diabetics
 - Obsessive compulsive disorder, post-traumatic stress disorder, and agoraphobia
- Difficulty in distinguishing diabetic symptoms from anxiety disorders
 - Many anxiety disorders in this population go untreated as they are misidentified as byproducts of diabetes (over attention to management, stress in regards to blood sugar levels, etc.)



Symptoms:

- Fear
- Sweating
- Tremor
- Tachycardia
- Confusion

The Interplay Between Diabetes, Major Depressive Disorder and other Psychiatric Conditions



Care, Support & Treatment

- Treatment options
 - Cognitive-Behavioural Therapy (CBT)
 - Other types of psychotherapy
 - Support groups
 - Antidepressant medication
- Challenges in treatment
 - Mental illness in patients with diabetes has a low detection rate
 - Almost 50% of those with a mental illness will not be detected or treated in patients diabetes
- Key learnt Skills
 - Self-management
 - Education on adaptation to diabetes
 - Understanding possible comorbid mental health issues
 - Diabetes-related distress reduction
 - Fear of hypo/hyperglycemia
 - Psychological insulin resistance

To best support those with mental health conditions, diabetes educators and the diabetes care team can:

- Focus on the overall psychological health as part of an individualized management plan.
- Refer individuals to appropriate mental health services and follow up with them to understand how their treatment is progressing.
- Do not assume that a physical symptom is the result of a mental illness. Diabetes education should always be individualized, but no automatic modification should be made based on the presence of a psychiatric diagnosis.
- Challenge stigmatizing beliefs held by others and recognize your own personal bias.

AADE American Association
of Diabetes Educators

For more information on diabetes and mental health go to
DiabetesEducator.org/mentalhealth

Psychological Stressors Directly Related to Diabetes

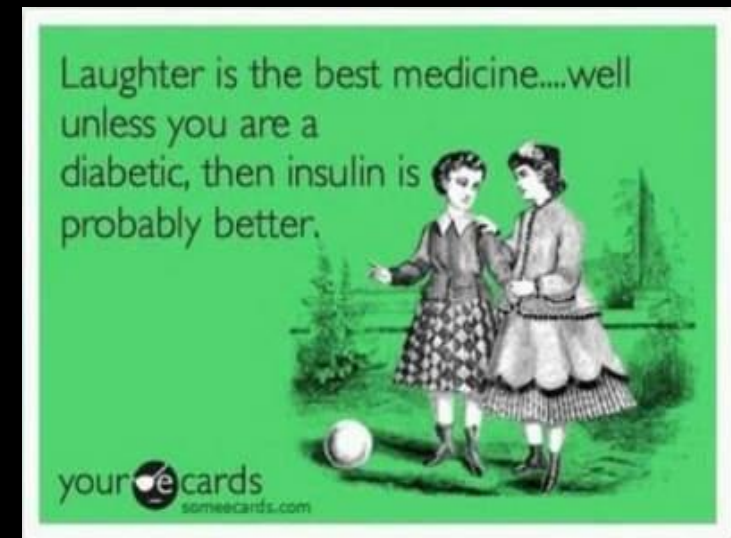
- Significant dietary and lifestyle changes
- Blood sugar monitoring
- Fear of hyperglycemia/hypoglycemia
- Fear of administering insulin
- Decrease in quality of life

Individuals with diabetes should be regularly screened for the presence of diabetes related distress, as well as symptoms of common mental illnesses.



Keys for Balancing Diabetes and Mental Health

- Recognize emotional responses
 - Keep open lines of communication with supports (family and healthcare providers)
 - To learn effective coping skills and maintain support
- Dialogue with healthcare providers
 - Mood disorders are among the most common comorbid illness related to diabetes. Keeping the healthcare provider aware of any development of these symptoms including eating, sleeping and stress-related developments/changes.
- Prioritize mental health as you would physical health



What can help?

Distress Tolerance Skills

- Distress tolerance skills help us cope without making it worse
- Must practice them when calm to help during difficult moments
- Goal is to get through the moment to be able to return to the problem less emotional
- **I- Imagery** (create a situation with imagery different from the actual one; go to an imaginary safe place)
- **M- Meaning** (try to find some kind of purpose for events; “make lemonade out of Lemons”)
- **P- Prayer/Spirituality** (the complete opening of oneself to the moment)
- **R- Relaxation** (change how the body responds to stress in crisis; accepting reality with the body)
- **O- One thing in the moment** (the only pain to survive this moment)
- **V- Vacation** (take time out to regroup; retreat into self or allow yourself to be taken care of)
- **E- Encourage** (cheerlead yourself)

What can help? (cont.)

Relaxation/Mindfulness

- Relaxation apps: Headspace, Calm, Virtual Hope Box, Smiling mind
- 3 Mind states:
 - Reasonable mind: fact oriented
 - Emotional Mind: Only accounts feelings
 - Wise mind: Takes into account both reasonable and emotional
- Radical acceptance: Accepting the situation, instead of resisting (Doesn't make it ok but this is where we are at:
 - 4 choices when we find ourselves in pain:
 - Change the situation causing pain
 - Change how you see or what you think about the situation
 - Radically accept the situation.
 - Stay stuck in suffering until you are ready to accept reality.

Citations

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Questions??