Antidepressant treatment worsens metabolic control in type 2 diabetes mellitus

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Objectives

To evaluate the use of antidepressant drugs in patients with type 2 diabetes mellitus (T2DM) and to analyze if these drugs are associated with a more deteriorated metabolic control.

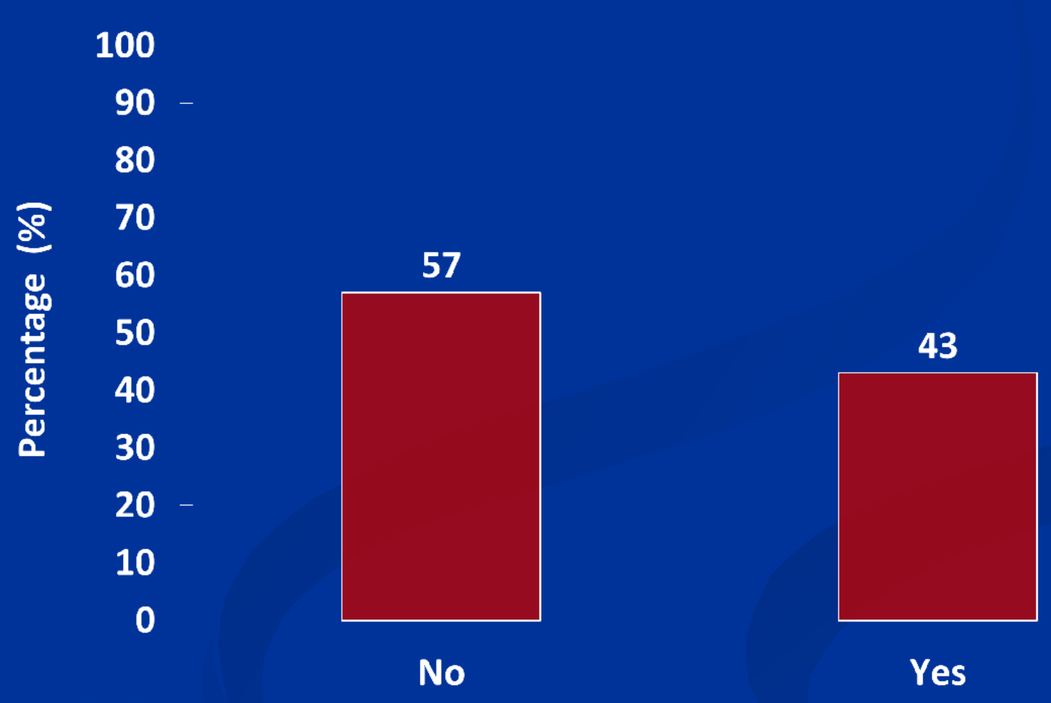
Methods

- Cross-sectional study
- Inclusion criteria: T2DM patient followed in a primary care setting.
- Data about age, sex, T2DM evolution, body mass index (BMI), HbA1c and associated antidepressant treatment was collected.
- Statistical analysis was performed with SPSS v 15.0 for Windows.

Basal characteristics (n-79)

Age (years)	70.1 ± 11.8
Male (%)	63.3
BMI (kg/m^2)	30.8 ± 11.8
T2DM duration (years)	5.9 ± 5
Hba1c (%)	6.8 ± 0.9
Triglycerides (mg/dl)	148.3 ± 81.1
Cholesterol (mg/dl)	180.5 ± 40.6
LDL-cholesterol (mg/dl)	101.3 ± 34.7
HDL-cholesterol (mg/dl)	49.8 ± 13.5

Associated antidepressant treatment (%)



Clinical characteristics by associated antidepressant treatment (%)

	Antidepressant treatment – n- 45	Antidepressant treatment + n- 34	p
Age (years)	69.4 ± 13.4	70.8 ± 9.4	ns
Male/Female (%)	70/35	30/65	0.018
BMI (kg/m^2)	29.7 ± 5.2	32.5 ± 6	0.046
T2DM duration (years)	5.9 ± 4.9	5.9 ± 5.1	ns
Hba1c (%)	6.6 ± 0.8	7.1 ± 0.9	0.037
Triglycerides (mg/dl)	135.7 ± 59.9	165.7 ± 101.9	0.11
Cholesterol (mg/dl)	177 ± 40.5	185 ± 40.8	ns
LDL-cholesterol (mg/dl)	100.4 ± 35	102.6 ± 34.7	ns
HDL-cholesterol (mg/dl)	49.9 ± 13.5	49.6 ± 13.7	ns

Conclusions

- A high rate of prescription of antidepressant drugs is frequently found in individuals with T2DM, especially in women.
- T2DM patients under antidepressant treatment have a more deteriorated metabolic control.