

Diabetes and Mental Health



Diabetes and Psychological disorders¹



Depression



Anxiety



Eating Disorders

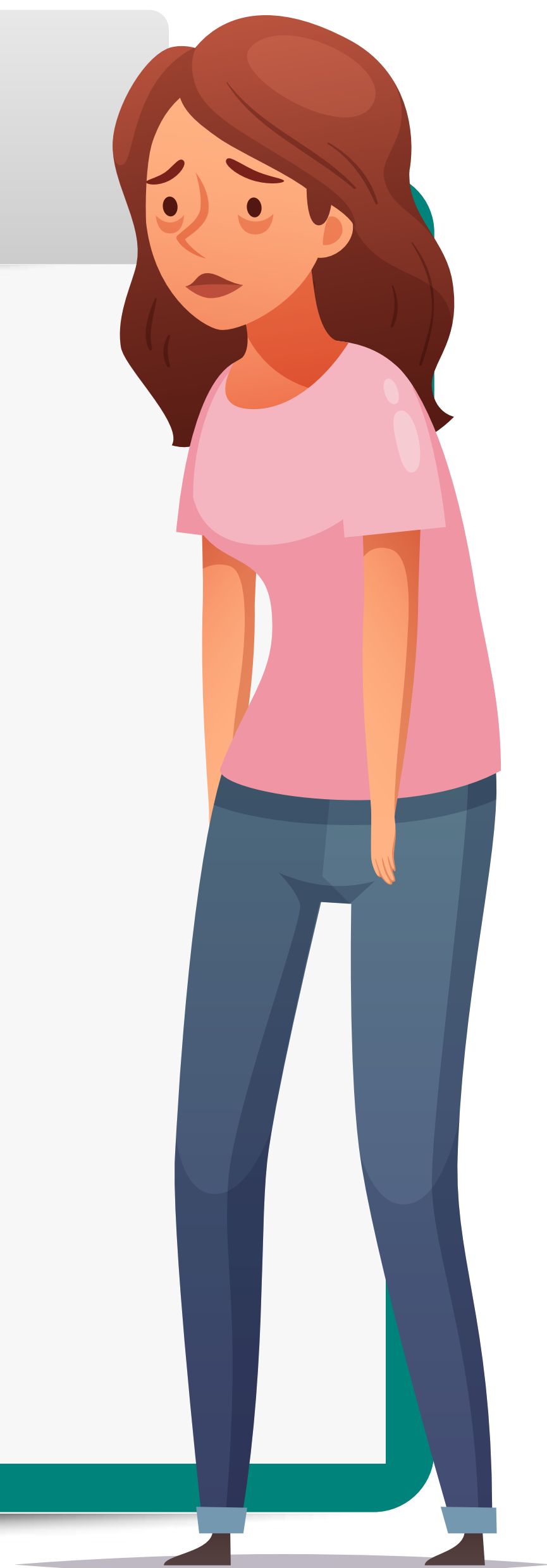


Diabetes Distress

Depression can sneak up on any of your patients.²

**Its important to check for these
symptoms on your patients²**

- ☒ Loss of interest or pleasure
- ☒ Change in sleep patterns
- ☒ Waking up earlier than normal
- ☒ Change in appetite
- ☒ Trouble concentrating
- ☒ Loss of energy
- ☒ Nervousness
- ☒ Guilt
- ☒ Morning sadness
- ☒ Suicidal thought
- ☒ Withdrawal from friends and activities
- ☒ Declining school and work performance



1. Diabetes UK Australian Handbook ,Diabetes and emotional health accessed at : https://www.diabetes.org.uk/resources-s3/2019-03/0506%20Diabetes%20UK%20Australian%20Handbook_P4_FINAL_1.pdf last access : 19-12-2021

2. American diabetes association, Understanding diabetes and mental health, accessed at : <https://www.diabetes.org/healthy-living/mental-health> last access : 19-12-2021