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# Why mental health is important in diabetes?






## What is Diabetes Distress?

It is an emotional state where people experience feelings such as stress, guilt, or denial that arise from living with diabetes and the burden of self- management.

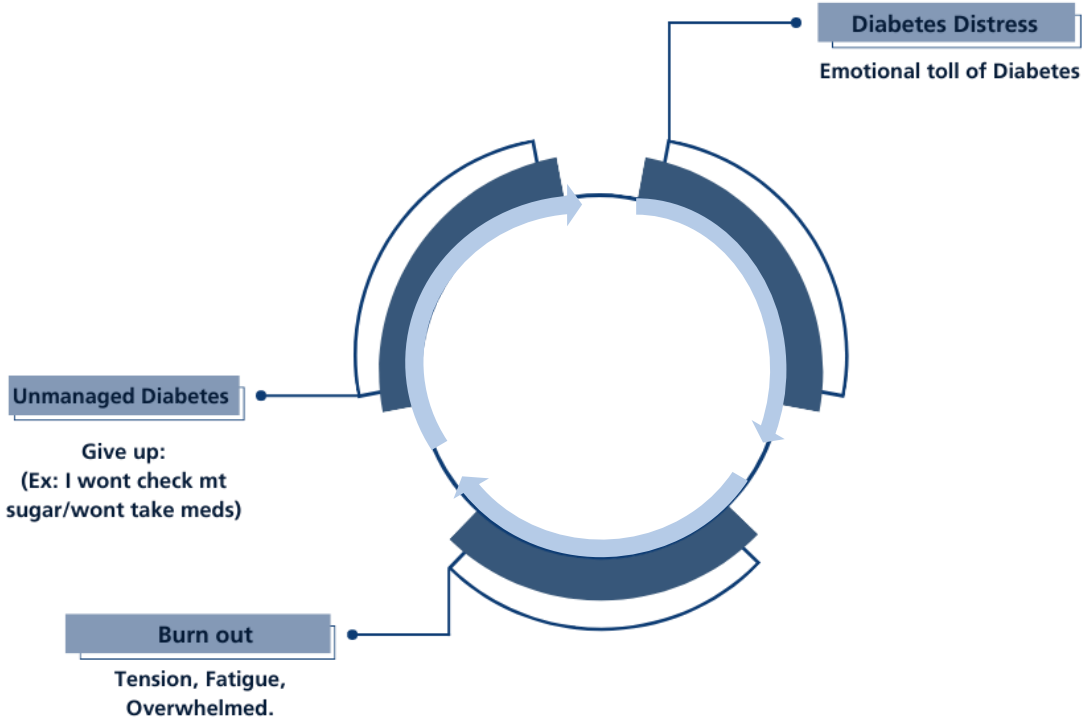
Symptoms of Diabetes Distress include feeling: Drained mentally and physically, Angry, scared, depressed about diabetes, that diabetes controls lives, Fearful of serious long-term complications.



Those overwhelming feelings, known as diabetes distress, may cause you to slip into unhealthy habits, stop checking your blood sugar, even skip doctor's appointments.



# What is The Diabetes Distress Cycle?



## How does diabetes affect mental health?

18% of people with diabetes had high or very high levels of psychological distress.

Mental health affects so many aspects of daily life how you think and feel, handle stress, relate to others, and make choices. You can see how having a mental health problem could make it harder to stick to your diabetes care plan.



## How does the mind affect the body?

Thoughts, feelings, beliefs, and attitudes can affect how healthy your body is. Untreated mental health issues can make diabetes worse, and problems with diabetes can make mental health issues worse. But fortunately, if one gets better, the other tends to get better, too.



## What is Depression?

Depression is a medical illness that causes feelings of sadness and often a loss of interest in activities you used to enjoy.

People with diabetes are 2 to 3 times more likely to have depression than people without diabetes. Only 25% to 50% of people with diabetes who have depression get diagnosed and treated. But treatment—psychotherapy, medications, or both—is usually very effective. And without treatment, depression often gets worse, not better.





## What is the effect of stress and anxiety on diabetes?

If you're stressed, you may not take as good care of yourself as usual. Your blood sugar levels can be affected too—stress hormones make blood sugar rise or fall unpredictably, and stress from being sick or injured can make your blood sugar go up. Being stressed for a long time can lead to other health problems or make them worse.











Resources and references:

All illustrations used are from Canva.com

Review and audit:

The content of this booklet has been reviewed by Consultants of  
Psychiatry at King Fahd University Hospital.

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