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### **Prevalance of Diabetes Distress in Indian Subjects with Type 2 Diabetes Mellitus**

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Diabetes distress (DD) is an emotional response characterized by extreme apprehension, discomfort or dejection, due to perceived inability in coping with the challenges and demands of living with diabetes. India harbours the world second largest population of diabetics but there is very less data on prevalence of DD. The participants were 600 patients with T2DM attending OPD of an endocrine centre in north India. Detailed history, anthropometry and relevant investigations were carried out. DD was measured using a local language (Punjabi) version of Diabetes Distress Scale-17 (DDS-17). Overall score < 2.0 indicates little or no distress, 2.0 – 2.9– moderate distress, and  $\geq 3.0$  – high distress. Mean age of participants was  $47.7 \pm 9.8$  years. Prevalence of DD was 29.3%, with moderate distress in 21.1% and high distress in 8.2%. Mean total DD score was  $2.25 \pm 0.99$ . Mean score was higher in women ( $2.48 \pm 1.16$ ) than in men ( $1.97 \pm 0.81$ ) ( $p=0.02$ ). Mean for EB, physician related, regimen related and interpersonal distress were ( $2.6 \pm 0.94$ ), ( $1.76 \pm 0.65$ ), ( $1.92 \pm 0.91$ ), ( $1.89 \pm 0.74$ ) respectively. Total DD had significant association with BMI, diabetes duration, HbA1c, neuropathy, nephropathy and insulin use. Our study using Punjabi version of DDS 17, identifies high prevalence of DD in Indian subjects with T2DM and the higher levels of distress in women. Local language versions of DDS-17 can be conveniently used in clinical practice, for timely detection of DD and plan its appropriate management, which is purely based on patient-provider conversation and communication.

### **Biography**

Vipan Talwar has completed his MD (Medicine) from GND University, Amritsar, India and DM (postdoctoral study in Endocrinology) from Post Graduate Institute of Medical Sciences and Reserach, Chandigarh, India. He is Director and Consultant Endocrinologist at Golden Hospital, Jalandhar, India. He is Fellow of American College of Endocrinology (FACE) and has published more than 25 papers in reputed journals.