Psychosocial assessment of Children with Diabetes mellitus

Thesis

Submitted for Partial Fulfillment of MD Degree in Pediatrics

By

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The aim of the present study was to assess the prevalence, severity, pattern and variables affecting psychosocial illness in a cohort of type 1 diabetics randomly selected from the pediatric endocrinology clinic at Fayoum University Hospital. Patients were included in the study as they presented to the clinic.

They included 19 females (42.22%) and 26 males (57.78%) whose age ranged from 6 to 14 years with mean 11.02 and SD ± 2.65. In these patients the duration of diabetes ranged from 1 to 8 years (mean 3.87 years SD ± 1.8).

After thorough history taking and examination, the diabetics were screened for psychosocial illness using "DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition) parent/guardian rated Level 1 Cross-Cutting Symptom Measure–Child age 6-17".

In our study out of 45, 26 children (57.78%) with type 1 diabetes mellitus were found to have at least one psychosocial illness compared to only 8 children (17.78%) of the control group, the difference being highly statistically significant (p<0.001).

Amongst children with T1DM, 9 (17.78%) had severe grade of illness while 13 (28.89%) and 4 (8.89%) exhibited moderate and mild grade symptoms respectively.

 In the non diabetic group, the majority belonged to mild (6.67%) and moderate (8.89%) grades of illnesses and only 2.22 % had severe grade. The difference as regard moderate and sever grade is statistically significant (p value 0.015 and 0.007 respectively) between diabetics and controls.

The most common disorder observed in the children with T1DM was depression (42.22%) followed by irritation(40%) then anxiety (35.56%). In the control group anxiety (17.78%) is the most common disorder, next depression (15.56%) then anger and irritation both (13.33%).

Among the different variables, number of self-monitoring glucose level showed significant association with occurrence of psychosocial illness (p value0.035), the percentage of psychosocially affected diabetics is higher in those with minimal monitoring of glucose (<3 times / day) and those with very high frequent monitoring (>6 times / day).

Also we found statistically significant difference in the prevalence of psychosocial illness between diabetics with good metabolic control (HbA1c <7.5) compared to those with fair to poor control (HbA1c >7.5) being significantly lower in those with good metabolic control (p value 0.038).