

Socio-demographic and psychological profile of patients with type 1 and type 2 diabetes mellitus on the example of Podlaskie Province

Diabetes belongs to the group of metabolic diseases characterised by hyperglycaemia resulting from the defect of insulin secretion and/or activity. Chronic hyperglycaemia is related to a damage, impaired function or insufficiency of various organs particularly the eyes, kidneys, nerves, heart and blood vessels. Prevention is vital and contributes to an early diagnosis of the disease, thus determination of the patient profile is of great importance.

The aim of the research was determination of socio-demographic, psychological and clinical profile of patients suffering from type 1 and type 2 diabetes as well as individuals with pre-diabetes in Podlaskie Province.

The main study was conducted from June 2022 to July 2023 by means of the diagnostic survey method using the survey technique and by means of the document examination method using the document analysis technique. The research tools included the author's own questionnaire and two standardised instruments: the Beck Depression Inventory (BDI) and the Medical Outcomes Questionnaire Short Form 36 Health Survey (SF-36).

The study covered 874 individuals from Podlaskie Province – patients of the Department of Endocrinology, Diabetology and Internal Medicine of the Medical University of Białystok Clinical Hospital and the Clinical Research Centre of the Medical University of Białystok, including 124 patients suffering from type 1 diabetes (14.2%) and 581 patients with type 2 diabetes (66.5%) as well as 169 individuals with the diagnosis of the pre-diabetic condition (19.3%).

The research group was diverse in terms of socio-demographic and clinical data analyzed, the scope of health care provided and selected elements of the behavioral interview.

As a result of the research performed a general conclusion was formulated that socio-demographic, psychological and clinical profile of patients suffering from type 1 and type 2 diabetes and diagnosed pre-diabetes in Podlaskie Province depends on the type of hyperglycaemic disorder. Patients with type 1 and type 2 diabetes are differentiated by socio-demographic factors such as age, BMI, diabetes diagnostic criteria, symptoms, complications in the diagnosis of hyperglycaemic disorders, concomitant diseases such as chronic and autoimmune ones. The highest intensity of emotional disturbances according to the Beck Depression Inventory are observed in patients with type 2 diabetes and the lowest in patients with type one diabetes. Individuals researched with type 1 diabetes are characterised by higher quality of life in terms of limitations in performance due to physical health, emotional problems, pain and general health perception compared to patients with type 2 diabetes. A correlation was shown between the emotional state of patients with type 1 and type 2 diabetes and their quality of life – a higher intensity of depression symptoms decreases quality of life in every domain.