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**ТИББИЁТДА ЯНГИ КУН
НОВЫЙ ДЕНЬ В МЕДИЦИНЕ
NEW DAY IN MEDICINE**

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CLINICAL AND DYNAMIC FEATURES OF DEPRESSIVE DISORDERS IN TYPE II DIABETES MELLITUS

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✓ Resume

The article presents the clinical and dynamic characteristics of depressive disorders in patients with type II diabetes mellitus (T2DM). The study identifies the high prevalence of depression and anxiety in these patients and examines how these mental conditions adversely affect the course of diabetes, treatment adherence, and overall quality of life. A comprehensive diagnostic and therapeutic approach is developed, emphasizing the need for multidisciplinary care tailored to patients' clinical and psychological profiles

Keywords: Type II diabetes mellitus, depressive disorders, anxiety, mental health, diagnosis, quality of life, multidisciplinary approach

КЛИНИЧЕСКИЕ И ДИНАМИЧЕСКИЕ ОСОБЕННОСТИ ДЕПРЕССИВНЫХ РАССТРОЙСТВ ПРИ САХАРНОМ ДИАБЕТЕ II ТИПА

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✓ Резюме

В статье представлены клинические и динамические характеристики депрессивных расстройств у пациентов с сахарным диабетом II типа (СД-II). В исследовании выявлена высокая распространённость депрессии и тревожных состояний у таких пациентов, а также рассмотрено их негативное влияние на течение диабета, приверженность лечению и общее качество жизни. Разработан комплексный диагностический и терапевтический подход, подчёркивающий необходимость мультидисциплинарного ухода, адаптированного к клиническим и психологическим особенностям пациентов

Ключевые слова: Сахарный диабет II типа, депрессивные расстройства, тревожность, психическое здоровье, диагностика, качество жизни, мультидисциплинарный подход

II TURDAGI QANDLI DIABETDA DEPRESSIV BUZILISHLARNING KLINIK VA DINAMIK XUSUSIYATLARI

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✓ Rezyume

Maqolada II turdagi qandli diabet (QD-II) bilan kasallangan bemorlarda depressiv buzilishlarning klinik va dinamik xususiyatlari yoritilgan. Tadqiqotda ushbu bemorlar orasida depressiya va xavotir holatlarining yuqori darajada uchrashi aniqlanib, ularning diabet kasalligi kechishi, davolanishga rioya qilish va umumiy hayot sifatiga salbiy ta'siri o'rganilgan. Bemorlarning klinik va psixologik xususiyatlarini inobatga olgan holda, kompleks diagnostika va davolash yondashuvi ishlab chiqilgan hamda ko'p tarmoqli yondashuv zarurligi ta'kidlangan

Kalit so'zlar: II turdagi qandli diabet, depressiv buzilishlar, xavotir, ruhiy salomatlik, tashxis, hayot sifati, ko'p tarmoqli yondashuv

Relevance

Type II diabetes mellitus (T2DM) is a chronic metabolic disorder requiring long-term adaptation and self-management. Recent studies have revealed a significant increase in mental disorders, particularly depression, among T2DM patients. The frequency of such disorders ranges from 37% to 87.9% [1,2]. Common psychiatric conditions in these patients include depression, anxiety, cognitive impairments, eating disorders, and dementia [3,4]. These mental disorders not only deteriorate patients' quality of life but also complicate the clinical management of diabetes, leading to poor treatment adherence, increased somatic complications, and mortality [7,8]. Therefore, understanding and addressing the clinical course of depressive disorders in T2DM Type II diabetes mellitus (T2DM) is one of the most prevalent chronic endocrine disorders worldwide and poses a growing public health concern due to its long-term complications and increasing incidence. As a progressive disease, T2DM requires lifelong management, including lifestyle modifications, regular monitoring, and pharmacological interventions. However, an often-overlooked aspect of diabetes care is the mental health of patients, which plays a crucial role in disease control and outcomes. Recent clinical and epidemiological studies have demonstrated a significant rise in the prevalence of mental health disorders, especially depressive and anxiety disorders, among individuals with T2DM. This wide variation may be influenced by differences in study methodologies, populations, and diagnostic criteria, but it consistently highlights the psychological vulnerability of T2DM patients.

The most common psychiatric comorbidities in T2DM patients include major depressive disorder, generalized anxiety disorder, cognitive impairments (including mild cognitive decline), disordered eating behaviors, and even dementia in advanced cases [5,6]. These conditions not only reduce the quality of life but also interfere with patients' ability to follow complex diabetes treatment regimens, leading to poor glycemic control, increased risk of complications such as cardiovascular disease, neuropathy, and retinopathy, and ultimately, higher mortality rates [7,8].

Furthermore, the presence of depressive symptoms may remain undiagnosed in many patients due to overlapping somatic complaints like fatigue, weight changes, or sleep disturbances, which are common in both diabetes and depression. This overlap complicates timely diagnosis and treatment, prolonging the negative impact on health outcomes. [9,10].

In this context, studying the clinical and dynamic features of depressive disorders in T2DM becomes particularly important. A better understanding of these interrelations will not only improve diagnostic accuracy but also support the development of tailored, multidisciplinary treatment strategies that address both metabolic and psychological aspects of the disease. This integrated approach is essential for improving patient adherence, reducing the risk of complications, and enhancing overall quality of life. [11,12].

Materials and methods

To study the clinical and dynamic features of depressive disorders in patients with type II diabetes mellitus and develop scientifically grounded diagnostic and preventive approaches.

Study Population

- **Main group:** 120 patients diagnosed with T2DM and comorbid depressive disorders.
- **Control group:** T2DM patients without diagnosed mental disorders.

Research Methods

- Clinical and psychopathological assessments
- Psychometric tools: Beck Depression Inventory (BDI), Hamilton Anxiety Rating Scale (HAM-A)
- Clinical and catamnestic analysis
- Laboratory testing: glycemic control, HbA1c
- Statistical analysis using Microsoft Excel and Statistica 6.0

Results and discussions

- **Prevalence:** 43% of T2DM patients had depressive disorders, 28% had anxiety, 12% had cognitive impairments.
- **Clinical Features:** Depressed patients exhibited reduced treatment adherence, higher HbA1c levels (>9%), and lower engagement in self-care.

- **Duration and Severity:** There was a significant correlation between the duration of diabetes and the severity of depressive symptoms.
- **Multidisciplinary Needs:** Many patients required psychological support alongside endocrinological treatment, emphasizing the necessity of integrated care.

Conclusion

1. Depressive disorders are highly prevalent among T2DM patients and significantly impact disease outcomes.
2. Regular psychiatric screening should be integrated into diabetes care protocols.
3. A comprehensive diagnostic and rehabilitation approach improves treatment outcomes, enhances adherence, and elevates patients' quality of life.
4. The implementation of national guidelines for mental health care in diabetes management is essential for public health optimization.

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