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PREDICTORS OF DEPRESSION IN ADOLESCENTS AND YOUNG ADULTS WITH TYPE 1 DIABETES

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Introduction: Young individuals with Type 1 Diabetes have an increased risk for psychological and emotional problems. However, little is known of the factors which encounter for depression among young individuals with Type 1 Diabetes.

Objective: The present study aimed first to examine differences on psychological variables between disease and non-disease groups and second to determine the developmental, psychosocial and health predictors of depression in young individuals with Type 1 Diabetes.

Methods: The sample consisted of 123 participants with Type 1 Diabetes and 123 healthy controls, aged from 12 to 26 years, 32.9 % males, recruited from different states of Australia and completed a battery of self report questionnaires for development, anxiety, depression, coping, health behaviours, social support and psychological adjustment to diabetes.

Results: Young adults with Type 1 diabetes (n=62) reported significantly higher depression scores and lower levels of problem focused coping than their controls, $p < .05$. Adolescents with Type 1 diabetes (n=61) reported more health behaviors than those without, $p < .01$. Using regression analysis findings showed that significant predictors of depression for participants with Type 1 Diabetes were development, independent living, social support (degree of satisfaction), health behaviours and problem focused coping.

Conclusions: Psychological interventions specifically designed for the enhancement of positive coping, independent living skills and social satisfaction could be important for the prevention and/or management of depressive symptoms among individuals with Type 1 Diabetes.