

## COMMON MENTAL DISORDERS ASSOCIATED WITH 2-YEAR DIABETES INCIDENCE: THE NETHERLANDS STUDY OF DEPRESSION AND ANXIETY (NESDA)

*E. Atlantis*<sup>1,2</sup>, *N. Vogelzangs*<sup>3</sup>, *K. Cashman*<sup>4</sup>, *B.J.W.H. Penninx*<sup>3,5,6</sup>

<sup>1</sup>School of Nursing and Midwifery, University of Western Sydney, Campbelltown, NSW, <sup>2</sup>School of Medicine, The University of Adelaide, Adelaide, SA, Australia, <sup>3</sup>Department of Psychiatry and EMGO Institute for Health and Care Research, VU University Medical Center, Amsterdam, The Netherlands, <sup>4</sup>Data Management and Analysis Centre, Discipline of Public Health, The University of Adelaide, Adelaide, SA, Australia, <sup>5</sup>Department of Psychiatry, Leiden University Medical Center, Leiden, <sup>6</sup>Department of Psychiatry, University Medical Center Groningen, Groningen, The Netherlands

**Introduction:** Few prospective cohort studies describe the risk of type 2 diabetes mellitus associated with depression or anxiety. We aimed to determine the 2-year diabetes incidence and pattern of explanatory factors associated with depressive and/or anxiety disorders.

**Methods:** A prospective cohort of 2,981 participants (aged 18–65 years, 66% women) recruited in the NESDA from community, primary care and outpatient psychiatric clinics were followed-up for two years. Complete data were analyzed from 2,460 participants without baseline diabetes. Lifetime or current (past 6-month) depressive and/or anxiety disorders at baseline were assessed using the CIDI and classified by the DSM-IV. Diabetes was classified by either self-report, medications, or fasting plasma glucose  $\geq 7.0$  mmol/L. Baseline covariates included age, gender, lifestyle factors, and medical conditions. Odds ratios (OR[95% confidence intervals]) for diabetes were determined using exact logistic regression.

**Results:** The unadjusted 2-year diabetes incidence was 0.2% (1/571), 1.1% (6/548), and 1.8% (24/1,340) for no, remitted, and current depressive and/or anxiety disorders, respectively. In comparison to controls, current depressive and/or anxiety disorders was associated with diabetes incidence in unadjusted (OR 10.4[1.7,429.0]) and age-adjusted (OR 11.9[1.9,423.0]) analyses. The strength of this association ( $\beta$ ) was slightly changed after further adjustments for impaired fasting glucose (11.4%), high triglycerides (-7.8%), and lifestyle cumulative risk score (-5.0%), in contrast to other covariates when assessed in separate models.

**Conclusions:** The relative odds of developing diabetes within two years was increased for persons with current depressive and/or anxiety disorders, which was partially explained by, but remained independent of, lifestyle cumulative risk factors.