

## SUMMARY

### **Evaluation of Sleep Quality, Anxiety, Depression and Life Quality of Type 1 and Type 2 Diabetic Patients**

Diabet Mellitus (DM) is an illness, which can lead to social and psychological problems, affecting the whole life of the of the patient like all other cronic physical illnesses. Diabetes Mellitus has its psychatric and psychosocial aspects as well as being a physical illness. Thus, a diabetic patient is face to face with a series of physical, emotional, social and sexual problems and conflicts. It is usually difficult for the diabetic patient to accept that she/he has a cronic illness and she/he has to change his/her way of living.

In this study, it is planned to research and evaluate the problems related with anxiety, depression, life and sleep quality of people diagnosed with type 1 and type 2 diabetes. Our sample group consisted of 60 type 2 DM patients, who applied to Diabetes Policlinic of Ankara Fatih University Hospital Endocrinology and Metabolic Diseases Department and 31 type 1 DM patient, who applied to Diabetes Policlinic of AKÜ Internal Diseases Department, a total of 91 patients. Data were collected by means of sociodemographic questionnaire and related scales of anxiety-depression level, life and sleep quality. Data were evaluated in four-part tables by means of Fisher's exact test and multi-part tables by means of Chi-square test. Student's t test was used in the comparison of means, a non-parametric test.

Beck Depression and Anxiety Scales were completed speaking face to face with the patients. As a result; serious depression was found 9,7% of 31 Type 1 Diabetic patients and high anxiety scores were found in 12,9%; whereas, 25% of 60 type 2 diabetic patients were found to have serious depression and 20% had high anxiety scores. It was also found that depression and anxiety levels are signigicantly correlated with the sex, age, marital status, and jobs of patients. A significant relation was not found in HbA1c and AKŞ values.

Patients' sleep quality was measured by means of face to face meetings and Pittsburg Sleep Quality Index. According to the results, 8 of 31 Type 1 Diabetes Patients (25.8%) has good sleep quality, 23 (74.2%) has bad sleep qualities. 14 (23,3%) of 60 type 2 diabetes patients had good sleep quality whereas 46 (76,7%) had bad sleep quality with no significant differences in sleep qualities ( $p>0.05$ ). The relationship between age, sex, marital status, education level and having other diseases and sleep quality levels was researched. It was found that age does not have an impact on sleep quality in Type 1 DM patients whereas age

was found to have a significantly negative effect in Type 2 DM patients ( $p= 0,000$ ). Marital status was found to have an impact upon the sleep qualities of both Type 1 and Type 2 DM patients. In other words, married Type 1 DM patients had worse sleep qualities than single ones and widowed Type 2 DM patients had worse sleep qualities than married ones.

Life quality of the patients were studied by means of face to face interviews using EORTQ (version 3) questionnaire. Life quality consists of 3 sub groups (general well being, functional situation, symptoms control) and the elements these sub groups entail. These are taken into consideration in the evaluation. It was found that Type 1 DM patients consider their health and life qualities better than Type 2 DM patients ( $p=0.01$ ). When functional situation and symptom control are considered Type 2 DM patients were found to be worse and there was a statistically significant difference between them ( $p<0.05$ ).

This study showed that diabetes patients, a chronic illness, were inclined to psychologic problems like anxiety and depression. In addition, it showed that there were sleep disorders in diabetic patients. These disorders were found to occur more with type 2 DM patients. It was found that features like being married, widowed, having low education levels, old age, complication development, insulin usage, and accompanying other disorders affect the patient's sleep in a negative way. In addition, it was found that life quality decreases in all diabetic patients. There were found differences between the life qualities of groups. It was found that that patients have a good sleep quality affect their life qualities in a positive way.

**Key words:** Anxiety, Depression, Type 1 and Type 2 Diabetes, Sleep Quality, Life Quality