

**Correlation of Depressive Symptoms, Glycemic Index, and Glycemic Load
with GDP Levels in Diabetes Mellitus Type 2 Sufferers**

Syashah Mar'atussholekhah

Clinical Nutrition Study Program

Department of Health

ABSTRACT

Type 2 diabetes mellitus is a chronic disease with metabolic disorders of blood glucose levels more than the normal limit value that occurs due to insulin disorders, insulin work or both. This study aims to determine the relationship of depressive symptoms, glycemic index, and glycemic load with GDP levels in patients with type 2 DM in the Ledokombo Health Center outpatient unit, Jember Regency. This type of research is cross-sectional with purposive sampling technique obtained as many as 97 patient. Research instruments used MINI questionnaire and SQ-FFQ Form. Bivariate analysis used Chi-Square test and multivariate analysis using multiple logistic regression test. The results of the study depressive symptoms $p=0,698$, low GI frequency $p=0,000$; $OR=25,04$, moderate GI frequency $p=0,796$, high GI frequency $p=0,096$, GI intake $p=0,000$; $OR=25,593$; and GL $p=1,000$. The conclusion of this study is that there is no relationship between depressive symptoms, moderate IG frequency, high IG frequency, and BG with GDP levels in type 2 DM patients. There is a significant relationship between low IG frequency and IG intake with GDP levels in type 2 DM patients.

Key words : Glycemic Load, Type 2 DM, Depressive Symptoms, Fasting Blood Glucose, Glycemic Index