

"The Relationship Of Depression Symptoms and Diet Adherence To HbA1c Measures in Patients with Diabetes Melitus Type 2"

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ABSTRACT

Type 2 diabetes mellitus (DM) is a metabolic disorder characterized by insulin resistance in muscle and liver cells, as well as loss of the ability of pancreatic beta cells to produce insulin at normal levels, resulting in hyperglycemia. One form of controlling type 2 DM is by conducting HbA1c levels. There are several factors that can affect HbA1c levels, one of which is depression and diet compliance in patients with type 2 DM. Therefore, this research was conducted with the aim of knowing the relationship of depressive symptoms and dietary adherence to HbA1c levels in patients with type 2 DM in the Summersari Health Center work area. The method used in this study was quantitative analytic with a cross-sectional design. The number of subjects involved in this study were 79 subjects who were taken using accidental sampling technique. Research data were collected using self-identity questionnaires, Diabetes Distress Scale (DDS) questionnaires, Semi Quantitative Food Frequency Questionnaire, and direct observation. The data analysis used was the Fisher's Exact Test. The results of the research obtained as many of 71 subjects had uncontrolled HbA1c levels with as many as 42 subjects having moderate-severe depression levels and as many as 71 subjects were not adherent with the 3J diet principle (amount, type, schedule). In the bivariate analysis test results obtained a significant relationship between depression ($p = 0.018$) and dietary compliance ($p = 0.005$) to HbA1c levels in patients with type 2 DM. The conclusion is that there is a significant relationship between depressive symptoms and dietary adherence to HbA1c levels in patients with type 2 diabetes.

Keywords : *Type 2 Diabetes Melitus, HbA1c Levels, Depression, Dietary Adherence*