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**The illness beliefs of people newly
diagnosed with Type 2 diabetes and their
relationship to depressive symptomology:
results from the DESMOND (Diabetes
Education and Self Management for
Ongoing and Newly Diagnosed) pilot study**

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Aim :- To explore the illness beliefs of people newly diagnosed with Type 2 diabetes, and their relationship to depressive symptomology.

Methods :- Before attending a DESMOND newly diagnosed Type 2 educational programme, patients completed a questionnaire booklet containing scales from the Diabetes Illness Representations Questionnaire, and the Hospital Anxiety and Depression Scale.

Results :- 212 individuals from 12 PCTs returned baseline questionnaires. Data from 165 individuals show: 95% were Caucasian, 49% were male and mean age was 62y. 67% said they would have diabetes for the rest of their life, 38% said they had a mild form of diabetes, with 43% uncertain, and 4% agreeing that diabetes shortens life. 19% scored above the borderline for depression (score 7).

Higher depression levels were associated with individuals who rated diabetes as having a greater impact on their daily life ($r=0.5;p<0.01$), did not understand diabetes ($r=0.29;p<0.01$) and did not feel they could affect the course of their diabetes ($r=0.23;p<0.05$).

Conclusion :- Illness beliefs do not match the medical model for many newly diagnosed Type 2 patients and beliefs about the impact, and the future prognosis of diabetes are correlated with depressive symptomology at diagnosis.