Original Article

Clinical relevance of blood glucose and gastroesophageal reflux symptoms to depressive status in patients with type 2 diabetes mellitus

Hiroyuki Honda¹,², Yoshihisa Hanayama¹, Mikako Obika¹, Kou Hasegawa¹, Jun Hamahara¹,², Masayuki Kishida¹,², Hideharu Hagiya¹, Hiroko Ogawa¹, Hitomi Kataoka¹ and Fumio Otsuka¹

¹Department of General Medicine, Okayama University Graduate School of Medicine, Dentistry and Pharmaceutical Sciences; and ²Department of General Medicine, Okayama City Hospital

Running title: SDS and FSSG in type 2 diabetic patients

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Corresponding Author: Fumio Otsuka, M.D., Ph.D.
Department of General Medicine,
Okayama University of Medicine, Dentistry and Pharmaceutical Sciences,
2-5-1 Shikata-cho, Kitaku, Okayama 700-8558, Japan.
Phone: +81-86-235-7342, Fax: +81-86-235-7345
E-mail: fumiotsu@md.okayama-u.ac.jp
Abstract

An interrelationship between diabetes and depression has been recognized. To clarify the clinical relevance of gastroesophageal symptoms in diabetic patients to psychological status, we retrospectively analyzed data for scores of self-rating depression scale (SDS) and frequency scale for symptoms of gastroesophageal reflux disease (FSSG) for 143 patients with type 2 diabetes who visited general medicine. Among the 45 patients enrolled, a group having relatively high SDS (≥36) showed higher scores for dysmotility symptoms of FSSG than those in a group with low SDS (<36), although patients’ characteristics and laboratory data were not different between the two groups. Of note, positive correlations of postprandial plasma glucose (PPG) levels with FSSG scores ($R=0.321$; *$P<0.05$), particularly with reflux scores ($R=0.455$; **$P<0.01$), were revealed, while PPG or HbA1c levels were not correlated with SDS scores. Moreover, SDS scores were significantly correlated with FSSG scores ($R=0.41$; **$P<0.01$), suggesting that depressive status is linked to GERD-related manifestations. Considering that PPG levels were correlated with GERD-related symptoms, individual levels of blood glucose are associated with depressive status in diabetic patients. Collectively, key symptoms related
to GERD and information on glucose levels would be helpful to know the psychological status in diabetic patients complaining of various uncertain symptoms (200 words).