Abstract

Background: A chronic disease diagnose such as diabetes causes an emotional shock to the person who is not prepared to live with the limitations provoked by chronicity; on this matter, it is necessary to understand the psychological aspects that may interfere in motivation and predisposition for making changes in habits. Objective: To compare grief, depression and quality of life prevalences related to illness between diabetes mellitus type 2 controlled patients and uncontrolled patients. Patients and method: A prospective, transverse, comparative study. Convenience sample was 69 diabetes mellitus type 2 uncontrolled patients and 62 diabetes mellitus type 2 controlled patients from diabetes module of Familiar Medicine Clinic Dr. Ignacio Chavez, ISSSTE. Texas inventory modified for grief, depression scale and Coop-Wonca for quality of life sheets were applied. c2 and U Mann Whitney with a 0.05 significance level under statistic program SSSP 15 version were used. Results: For grief, 46.3% for uncontrolled patients vs 9.6% for controlled patients percentage were obtained (p = 0.000); for depression, 53.6% for uncontrolled patients and 32.2% for controlled patients (p = 0.014). For quality of life, differences in dimensions of health state changes (p = 0.000), health state (p = 0.000) and a total (p = 0.001) results were obtained. Conclusions: The relationship between psychological process and poor glycaemic control in diabetes mellitus makes necessary for health workers to intervene with programs that satisfy emotional demands detected.

Keywords
Diabetes mellitus, glycaemic control, therapeutic adherence, grief, depression, quality of life.