



**CALIFORNIA STATE SCIENCE FAIR  
2003 PROJECT SUMMARY**

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| <b>Name(s)</b><br><b>Nicole I. Toussaint</b>  | <b>Project Number</b><br><b>S0321</b> |
| <b>Project Title</b><br><b>Diabetes and Depression: The Assessment of Depressive Symptoms in African-American and Hispanic Women</b>  |                                       |
| <p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b></p> <ul style="list-style-type: none"><li>a. To determine the prevalence of depressive symptoms in Hispanic and African American women.</li><li>b. To determine if a difference is prevalent in depressive symptoms between diabetic and non-diabetic women.</li><li>c. To determine if a difference is prevalent in depressive symptoms between African-American and Hispanic diabetic and non-diabetic women.</li></ul> <p><b>Methods/Materials</b></p> <p>The survey has been developed using several sources, which describe assessment of depressive symptoms, directed at women and diabetes depressive symptoms (18, 19, 20).</p> <p><b>Diabetic:</b><br/>Women were recruited at the 4M Diabetes Clinic at KDMC. A flyer will be given to women that enter the clinic by the clerk regarding the survey. The principal investigator will have a flyer in the vitals rooms regarding the study so that patients can approach her to fill out the survey if they choose to. Women will then take the survey and fill it out in rooms while waiting for their doctor. The survey took about 10 minutes to complete.</p> <p><b>Non-diabetics:</b><br/>The non-diabetic women will be surveyed from the KDMC's lobby, 4M, 4I, 4G, and 4H Internal Medicine clinics. The survey will take about 10 minutes to finish. For the Spanish speaking patients the same will be done as the "cases" survey.</p> <p><b>Results</b></p> <p>Descriptive analysis will be carried out using the Social Science SPSS, Version 10.0 (33). In all cases, <math>P &lt; 0.05</math> is considered to be statistically significant. There were differences in the education level of the women. 50% of diabetics completed elementary. 80% of non-diabetics completed high school. Diabetics had more co-morbid disease. Depressive symptoms were prominent in both Hispanic and African American women with diabetes. Diabetic women reported sleep deprivation. Non-diabetic group reported feelings of hopelessness, guilt, and worthlessness.</p> <p><b>Conclusions/Discussion</b></p> <p>Women with diabetes have more depressive symptoms than non-diabetic women. There are significant differences in depressive symptoms between Hispanic and African American women with diabetes. The</p> |                                       |
| <b>Summary Statement</b><br>My project will determine whether or not there are greater prevalents of depressive symptoms in African-American and Hispanic women with diabetes or without diabetes.  |                                       |
| <b>Help Received</b><br>Advisor helped survey Hispanic Woman. Used 4M Diabetes Clinic at King/Drew Medical Center to survey women.  |                                       |