



**CALIFORNIA STATE SCIENCE FAIR
2002 PROJECT SUMMARY**

Name(s) Nicole I. Toussaint	Project Number 22625
Project Title Diabetes and Depression: The Assessment of Depressive Symptoms in African-American and Hispanic Women	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals This study propose is to determine the what depressive symptoms are present in Hispanic and African American women at KDMC and determine if there is a difference in depressive symptoms between Hispanic and African American diabetic and non-diabetic women.</p> <p>Methods/Materials This is a prospective study involving 99 women from the KDMC clinic system ranging in age from 20 to 74 with a mean age of 46 who completed questionnaires to assess the presence of nine major depressive symptoms. A multivariate analysis of the data was performed using the Statistical Program for the Social Services, SPSS Version 10.0.</p> <p>Results There were significant differences in the education level of the women. 50% of diabetics completed an elementary education with Hispanics representing a significantly higher percentage of this group (71%). 80% of non-diabetics completed a high school level or higher education. Significantly more Hispanics had their spouses involved in the care of their diabetes compared to African American women (33% vs. 9%). Diabetics had significantly more co-morbid disease. Depressive symptoms were prominent in both Hispanic and African American women with diabetes with significant differences noted in these symptoms. Hispanic women were more hopeless, worried, and suffered more from sleepiness. African American women had more thoughts of death and suicide (23% vs. 6%). Diabetic women reported significantly more sleep deprivation than non-diabetic women. In the non-diabetic group the Hispanic women again reported significantly more feelings of hopelessness (38% vs. 11%). The diabetics sampled were older and post-menopausal in comparison to the non-diabetic group.</p> <p>Conclusions/Discussion Women with diabetes have more depressive symptoms than non-diabetics. There are significant differences in depressive symptoms between Hispanic and African American women with diabetes, but few differences in these symptoms among women of these ethnic groups without diabetes. Women with family support did not have less depressive symptoms than women without family support. The fact that a significant number of Hispanic women did not know what type of diabetes they have could be secondary to their lower education level in comparison with the African American women. A lack of education may contribute to the concerning number of women who miss their diabetic appointments as they denied transportation or financial problems.</p>	
Summary Statement This project assesses and compares the depressive symptoms of African-American and Hispanic Women with and without diabetes mellitus.	
Help Received Dr. Echeverry; 4M Diabetes Clinic and 4I, 4H, and 4G Internal Medicine Clinics at King/Drew Medical Center to conduct surveying; Clinical Trials Unit office in Augustus Hawkins Building at King/Drew Medical Center; Cynthia Gonzalez to translate for spanish only speaking patients taking the survey	