



The association between mental health and healthy lifestyle behaviours in adults with diabetes mellitus. Results from Diabetes MILES - The Netherlands.

Eline van Bennekom – eline.vanbennekom@wur.nl

Co-authors: Kristel Polhuis, Giesje Nefs, Frans Pouwer, Jane Speight, Lenneke Vaandrager, Sabita Soedamah-Muthu

Background

In the last decade, a shift in research on mental health towards a more positive approach, rather than focussing on mental ill-health alone, is observed. Mental health is important to consider when developing lifestyle interventions for people with diabetes mellitus (DM), but studies investigating flourishing mental health are lacking.

Aim

To examine associations between flourishing compared to moderate mental health and healthy lifestyle behaviours in adults with type 1 and type 2 DM (T1DM and T2DM).

Methods

Procedure and participants

Cross-sectional data from Diabetes Management and Impact for Long-term Empowerment and Success (MILES) – The Netherlands, an online survey, was analysed. 595 people with T1DM (n=270) and T2DM (n=325) with complete data on mental health, FFQ, alcohol consumption, physical activity and smoking were included in the current study.

Main variables

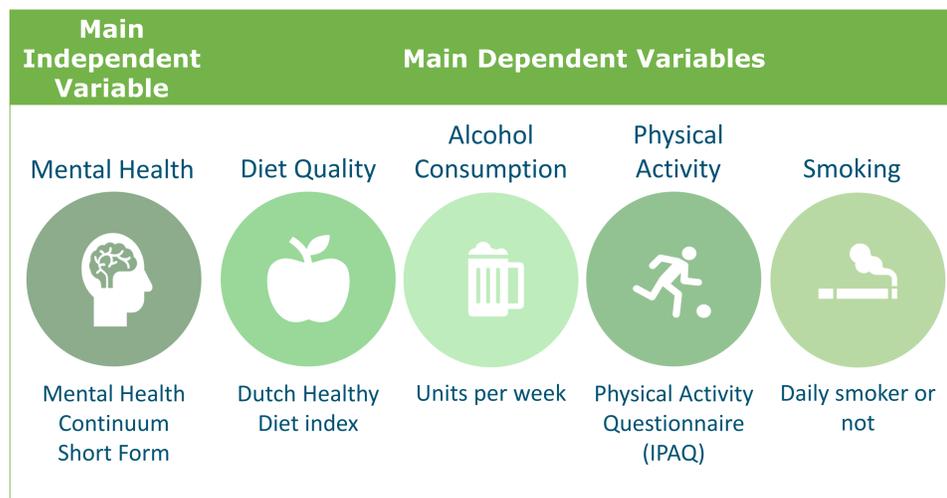


Figure 2. Overview of the main independent and dependent variables.

Statistical analysis

Binary and multinomial logistic regression analyses were used to analyse the associations between mental health and the healthy lifestyle behaviours. Analyses were stratified by diabetes type and 3 models were created:

1. Crude model
2. Adjustment for age and sex
3. Additional adjustment for having a partner, BMI, diabetes duration, education level

Results

Table 1. Descriptive information of the study population stratified by diabetes type.

	T1DM	T2DM
Age (years), mean±SD	48±15	61±9
Women, % (n)	57 (155)	47 (152)
Diabetes duration (years), mean±SD	24±15	11±8

Type 2 Diabetes Flourishing compared to moderate mental health

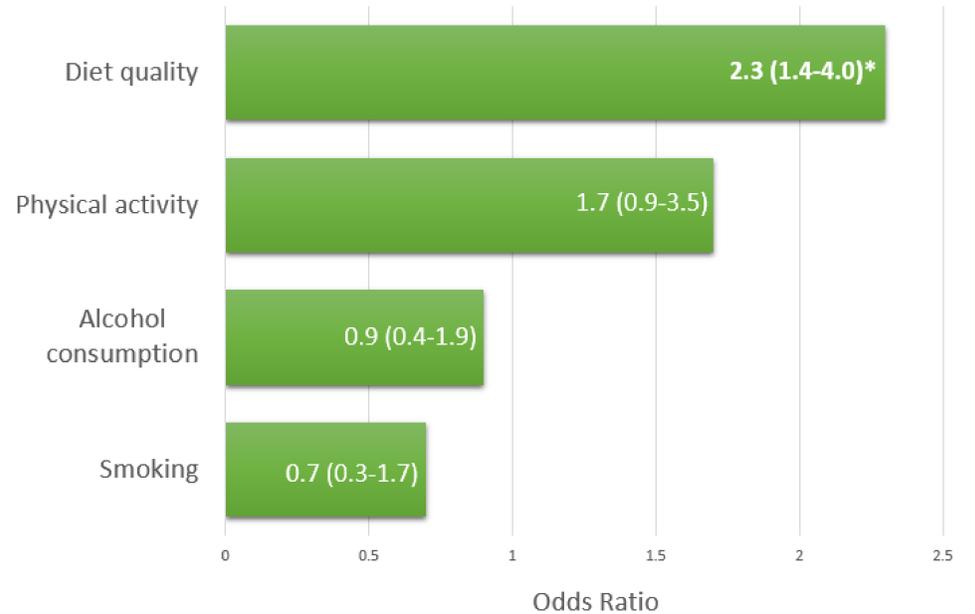


Figure 3a. Odds Ratio's comparing high versus low levels of different lifestyle behaviours in people with T2DM. *Statistically significant (p<0.05).

Type 1 Diabetes Flourishing compared to moderate mental health

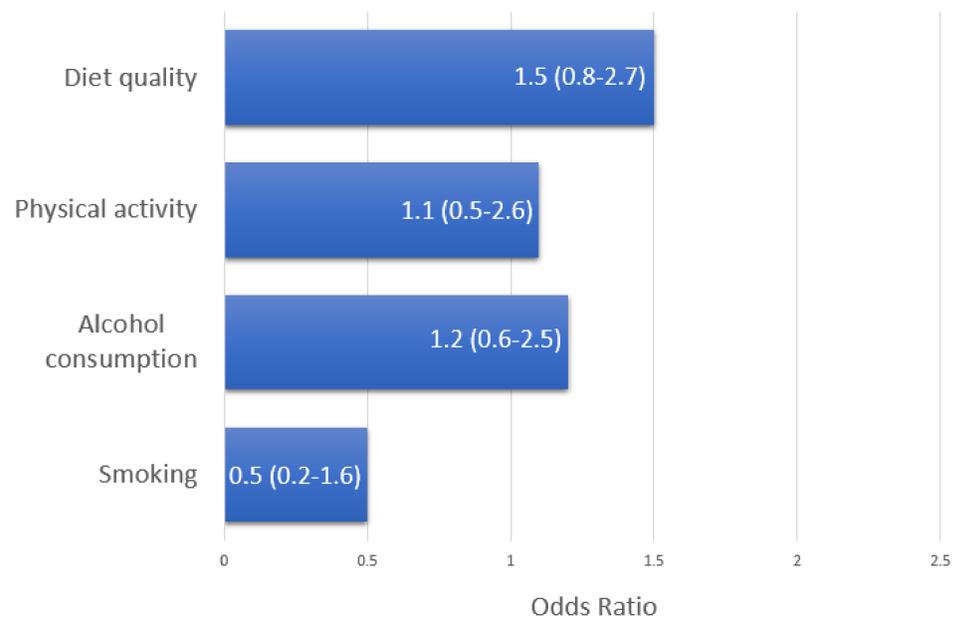


Figure 3b. Odds Ratio's comparing high versus low levels of different lifestyle behaviours in people with T1DM.

Conclusions

- T2DM: Having flourishing mental health was associated with a higher diet quality compared to having moderate mental health.
- T1DM: no significant associations were found when comparing the lifestyle behaviours between people with flourishing mental health and moderate mental health.
- Concluding, mental health seems to play an important role for diet in people with T2DM and should be considered when targeting lifestyle behaviours.

Acknowledgements

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

