BioSpectrum
the business of Bi
24 years of leveraging the business of Bio
www.biospectrumindia.co

Diabetes impacts mental well-being of more than 4 in 5 Indians: Study

13 November 2024 | News

More than four fifths (85%) of Indians living with diabetes experienced diabetes burnout, a state of physical or emotional exhaustion caused by the daily requirements of managing diabetes



A new global survey conducted by the International Diabetes Federation (IDF) reveals that 86% of Indians living with diabetes have experienced anxiety, depression, or another mental health condition as a result of their diabetes.

The fear of developing complications (76%) was the most common factor leading to mental health conditions, other factors included daily diabetes management (72%), accessing support from a healthcare professional (65%) and accessing medicines and supplies (61%).

The survey also highlighted a clear call for better support, with 79% of Indians living with diabetes seeking increased support for their emotional and mental well-being from their healthcare providers.

Although diabetes doesn't always lead to mental health challenges, close to 85% of Indians living with diabetes report experiencing diabetes burnout, primarily due to feeling frustrated or overwhelmed by daily diabetes management. Alarmingly, nearly three quarters (73%) of those affected by burnout admitted to stopping or interrupting their diabetes treatment due to stress or feeling overwhelmed.

Dr Banshi Saboo, Diabetologist & Chairman of Diabetes Care & Hormone Clinic in Ahmedabad said: ‘According to the latest IDF estimates, over 74 million people are currently living with diabetes in India, with the prevalence rate expected to reach 10% of the adult population by 2045. Bearing those figures in mind, the IDF survey suggests that the mental well-being of over 59 million people could be impacted due to the daily burden of managing their condition’.

The data also highlighted a gender divide, as 90% of women living with diabetes responded that they had experienced a mental health condition as a result of their diabetes, compared to 84% of men.