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## Self-help group therapy improves depression among type-2 diabetic woman with comorbid depression

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**Statement of the Problem:** The international diabetes federation report indicates that the prevalence of diabetes has reached epidemic levels globally. Comorbid depression often occurs with diabetes, although often not recognized and did not get therapy. The prevalence of depression in women with diabetes is higher than men. Ironically, treatment of depression seems less attention. Self-help group therapy is expected to be one form of diabetes management more holistically. The purpose of this study is to identify the effectiveness of self-help therapy to type 2 diabetic women with comorbid depression.

**Methodology & Theoretical Orientation:** This research is a quasi-experimental study with untreated control group design with pre-test and post-test study. Research subjects were type 2 diabetic women in public health center Yogyakarta, Indonesia; aged over 18 year who meet the inclusion and exclusion criteria totaling 65 people.

**Findings:** The prevalence of depression in this study is 64.7%. Statistical analysis of the influence of self-help group therapy between treatment and control groups showed there were significant differences in changes in Becks Depression Inventory score ( $p=0.001$ ) and the changes in fasting blood glucose ( $p=0.002$ ). While the changes in cholesterol levels found no significant difference ( $p=0.207$ ). Contingency table analysis showed the influence of self-help group therapy with improvement of depression with a value of relative risk=2.08 in the determination of cut-off value of Beck Depression Inventory depression scores  $<10$  ( $p=0.003$ ). The results from multivariate analysis showed that variable influences in changing depression scores is self-help group therapy ( $p=0.008$ ).

**Conclusion & Significance:** Self-help group therapy improves depression and help reducing fasting blood glucose levels of type-2 diabetic woman with comorbid depression. Self-help group therapy reduces depression in type-2 diabetic woman 2-folds.

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