

Depressive Symptoms and Diabetes Self-Management Among Rural Older Adults

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Objectives: To assess the association of depressive symptoms with diabetes self-management regimens among older adults with type 2 diabetes in a rural, ethnically diverse community. **Methods:** Data from 696 rural older African Americans, American Indians, and whites were used to assess depressive symptoms (modified CES-D) and diabetes self-management (physical activity, blood glucose self-monitoring, self foot checks, following a healthful eating plan, and medication adherence). **Results:** In bivariate

analyses, high CES-D scores were associated with decreased adherence to a healthful eating plan and physical activity and increased foot checks; the latter 2 remained significant in multivariate analyses. **Conclusions:** Older adults with diabetes and depression are less likely to adhere to self-management, increasing their risk of complications.

Key words: depressive symptoms, type 2 diabetes, African Americans, American Indians, diabetes self-management

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