

Patients With Diabetes and Depression May Need Additional Support for Exercise

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Objective: To examine the association between depressive symptoms and exercise-related variables among patients with type 2 diabetes. **Methods:** Surveys were completed by 207 primary care patients diagnosed with type 2 diabetes (52% female; 95% white; mean age = 63 years). Multiple linear regression analyses were conducted. **Results:** Lower use of relapse prevention behavior was

significantly associated with higher depression scores in a multivariate model. **Conclusions:** Patients with diabetes and depression have barriers to exercise (eg, fewer skills for relapse prevention) and may require additional support for exercise initiation and maintenance.

Key words: exercise, diabetes, depression, exercise self-efficacy
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