

CS03-02 - THE PATHOGENESIS OF CO-MORBID DIABETES AND DEPRESSION: ARE THEY MORE IN COMMON THAN WE THOUGHT?

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The mechanism or pathogenesis that underlies the strong association between depression and diabetes is poorly understood but there are tentative models to explain the co-morbidity. The conventional model, namely that the psychological burden of living with diabetes leads to higher rates of depression, is not fully supported by the current evidence. Additional models include

- a) the possibility of shared developmental origins between diabetes and depression
- b) the direct effects of hyperglycaemia, hypoglycaemia and related metabolic dysfunction on the brain and
- c) common mediators such as chronic stress response leading to pro-inflammation.

The potential for research into the above postulated pathways is vast and may lead to identification of new modifiable targets for intervention.