

Diabetes B.E.A.D.s: Behaviors, Emotions, Ailments, Decisions

Healthy Coping Behavior: True - False #1

		True	False	Don't Know
1	Psychiatric disorders (esp. major depression), generalized anxiety disorder and eating disorders are more prevalent in PWDs compared to the general population.			
2	Approximately 33% of PWDs suffer from depression, compared to 5-10% of the general population.			
3	If Joel, our PWD, is depressed, his:			
	➤ Ability to function normally ↓			
4	➤ BG control ↓			
5	➤ Risk of vascular complications ↑ (65% of PWD will die for MI or stroke)			
6	➤ Risk for MI ↑ (>4x of general population)			
7	➤ Risk for stroke ↑ (>2.6x of general population)			
8	➤ Medication adherence ↓			
9	➤ Risk of early mortality ↑			
10	PWDs suffer from chronic stress & distress more than the general population			
11	If Joel, our PWD, is highly stressed or anxious, his:			
	➤ Ability to function normally ↓			
12	➤ Risk of cardiovascular disease, altered functioning of his immune system and other health problems ↑			
13	PWD to be encouraged to discuss symptoms of depression, anxiousness and other mental disorders with their HCP			
14	PWDs benefit clinically and economically when tools for healthy coping utilized (may include Rx meds, family and individual therapy, and collaborative case management).			
15	All PWDs should be regularly screened for the presence of depressive and anxious symptoms and disorders.			



