

Depressive Symptoms, Cardiovascular Risk, and Diabetes Self-Management Strategies in African American Women with Type 2 Diabetes

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Background/Purpose: Depressive disorders have been found to have association with cardiovascular disease (CVD), poor glycemic control and lower participation in self-care activities in individuals with diabetes. CVD is the primary cause of death in women, and women with type 2 diabetes (T2D) are at a greater risk of CVD compared to women without T2D. In 2001 approximately 498,863 women died from CVD, compared with 266,693 deaths from cancer. However, in a large survey of women conducted in 2003, fewer than half of the women surveyed perceived heart disease as their greatest health threat. African American (AA) women with diabetes have the highest mortality rate from CVD of all women in America, and the reasons for this disparity are largely unexplored. The purpose of this study is to describe the levels of depressive symptoms, CVD risk characteristics, and diabetes self management (DSM) behaviors and to examine the relationship among these variables in middle aged and older AA women with T2D.

Methods: This descriptive-correlational study is enrolling 50 middle-aged and older AA women with T2D recruited in primary care centers where they receive care. Face-to-face interviews are being conducted to obtain data regarding the depressive symptoms (The Center for Epidemiological Studies Depression Scale [CES-D] Questionnaire), CVD risk characteristics (The National Institute Heart, Lung, & Blood Institute Framingham Coronary Heart Disease Risk Prediction Score), and DSM strategies (The Diabetes Self-Care Practices Measure). Data will be analyzed using descriptive and correlational analyses.

Findings: Data collection is in progress. Preliminary findings of 25 participants indicate that AA women with T2D have low prevalence of depressive symptoms (9.51 ± 9.45) and higher than average CVD risk.

Conclusion/Implications: Study findings will help to provide insight regarding the needs of AA female patients with T2D regarding depressive symptoms, CVD risk, and diabetes self management skills. This is important as a basis for future studies to identify women at risk for these problems and to develop intervention studies.