

DAY 1 – November 21, 2019 (Thursday)**OP-01****ANXIETY AND DEPRESSION AMONG PATIENTS WITH TYPE 2 DIABETES MELLITUS USING THE VALIDATED FILIPINO VERSION OF THE HOSPITAL ANXIETY AND DEPRESSION SCALE**

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INTRODUCTION

In 2017, over 3.7 million Filipinos have diabetes according to the International Diabetes Federation. Similarly, 3.29 million Filipinos are battling depression and 3.07 million are living with anxiety. Studies have concluded that anxiety and depression are burdensome comorbidities in people with T2DM. Clinicians should be aware that even subclinical symptoms of depression may negatively impact diabetes self-care behaviors. We therefore conducted this study to determine the prevalence of anxiety and depression in patients with diabetes.

METHODOLOGY

This was a cross-sectional single-center study using non-probability sampling conducted on September 2018 at the OPD. All patients diagnosed with T2DM, age 35 years and above, currently receiving glucose-lowering medications were included in the study. A self-administered questionnaire was used to obtain the sociodemographic and clinical characteristics of the participants. HADS-P was used to screen for anxiety and depression. The relationship between the clinical variables and anxiety and depression was assessed by performing chi-square and Fisher's Exact test.

RESULTS

A total of 63 patients were included in the analysis. Anxiety was seen in 26 (41%) patients and 10 (16%) patients were found to have symptoms of depression. Significant association was found between monthly income and anxiety ($p=0.040 < 0.05$). There was significant association between depression, civil status ($p=0.047 < 0.05$), and monthly income ($p=0.049 < 0.05$).

CONCLUSION

Mood disorders could be readily observed among patients with T2DM. Younger patients were more likely to suffer from depression. Other factors such as low income, poor moral and social support especially among married and widowed/er individuals are identified.

KEY WORDS

anxiety, depression, HADS-P

OP-02**NUTRIGENETIC MARKERS OF VITAMIN D DEFICIENCY: FINDING GENETIC MARKERS FROM THE 2013 PHILIPPINE NATIONAL NUTRITION SURVEY USING HIGH-THROUGHPUT NEXT GENERATION SEQUENCING**

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INTRODUCTION

In the Philippines, based on the 2013 National Nutrition Survey, vitamin D deficiency was highest in Benguet at 60.3% and lowest in Cagayan, but still very high, at 19.5%. With vitamin D implicated in a wide range of multiple health outcomes, a fuller understanding of the determinants of vitamin D status is needed and must include consideration of inherited characteristics.

OBJECTIVE

The study determined the relationship of serum vitamin D levels and genetic variations in 502 lifestyle related genes among adult respondents, age 21 years old and above, from the 2013 Philippine National Nutrition Survey (NNS).