

Correlation of treatment for uncontrolled depression and change in glycated hemoglobin A1c in patients with uncontrolled diabetes or pre-diabetes

Richie Romaniszyn, PharmD, BCPS; Cassie Heffern, PharmD, BCACP; Stefanie Hawkins, PharmD

Background: Published meta-analyses and systematic reviews spanning the past 30 years hypothesize a correlation between diabetes and depression. However, few trials have been conducted involving glycemic outcomes with antidepressant medication usage for correlation between the two disease states. The purpose of this study is to evaluate the impact of initiating antidepressant medication therapy on glycemic control in patients with newly diagnosed depression and established uncontrolled diabetes.

Methods: The study is an observational, single-site, retrospective, cluster sample study to evaluate glycemic control in patients with newly diagnosed depression therapy and concurrent established uncontrolled diabetes or pre-diabetes. Patients must have been diagnosed with depression and met inclusion criteria from January 1, 2016 to December 31, 2018. Patients must have been initiated on an antidepressant during the study period. The primary outcome of this study is to determine a correlation between hemoglobin A1c (HgbA1c) values and patient health questionnaire (PHQ) 2/9 scores. Primary endpoints include potential HgbA1c and PHQ 2/9 reduction taken place at -3, -6, & 12 month intervals from the date of obtaining initial baseline results. Secondary outcomes of this study will review characteristics of the management of the study population including medication adjustments, emergency room visits, and hospitalizations. This data will then be evaluated to identify whether it is plausible to initiate an interventional, prospective trial in patients with uncontrolled diabetes and depression.

Results: Research in progress

Conclusions: Research in progress

Learning Objective: To identify the clinical effects of initiating antidepressants for uncontrolled depression and diabetes care.