

**Would You Like to Be Contacted About
Future Studies Regarding Diabetes and
Depression?**

Name _____

Address _____

City _____

State _____

Zip Code _____

Phone _____

Email _____

Diabetes Type (circle): 1 or 2

Best Time to Reach You _____

Age _____ Sex _____

Please detach and place in box or re-
turn to:

Diabetes and Depression Lab

Ohio University

200 Porter Hall

Athens, OH 45701

Diabetes and Depression Lab
Ohio University
200 Porter Hall
Athens, OH 45701

Research at Ohio University

▶ **Diabetes
and
Depression
Research
at
Ohio
University**



Department of Psychology

**109 Anderson Hall
Athens, OH**

Tel: (740) 597-2564

Non-Profit Postage

Mission of the Lab

- To better understand the ways that depression affects people with diabetes.
- To design effective tools and treatments to assist people with diabetes in managing their disease.



Dr. Mary de Groot received her doctorate in Clinical Psychology from the University of Rhode Island in 1999. She completed post doctoral training in the area of diabetes, depression and poverty at Washington University School of Medicine in St. Louis, Missouri. Dr. de Groot is an assistant professor in the Department of Psychology at Ohio University.

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Depression and Diabetes Research Studies

Research studies in this area grow from the increasing evidence that people with diabetes are two times more likely to experience symptoms of depression than the general population. Studies in this area include:

- The experience of depression and diabetes among people in Appalachia.
- Self-care habits in people with depression and diabetes.
- Patient attitudes toward depression treatment.
- The development of effective depression interventions that address self-care behaviors.
- Depression prevention among patients with diabetes.

Facts About Diabetes:

Did you Know?

- People with diabetes are two times more likely to experience depression in their lifetime. Depression can be successfully treated in people with diabetes.
- The Diabetes Prevention Program has demonstrated that moderate exercise (such as walking briskly) 150 minutes per week reduces the risk of type 2 diabetes.
- Glycosylated hemoglobin (A1c) tests should be performed 2-4 times per year by a physician to monitor average blood sugar levels during the previous 3 months.
- Individuals treated with insulin are encouraged to monitor their blood glucose levels daily. Individuals with type 1 diabetes may be recommended to monitor their blood sugars as frequently as 3 times per day.
- Annual eye exams are recommended for people with type 1 and type 2 diabetes.
- Routine foot care and inspections can reduce the risk of foot ulcers or amputation.
- Lowering overall cholesterol and low-density lipoproteins (LDL) and increasing high-density lipoproteins (HDL) reduces the risk of heart disease in people with diabetes.

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