

# Diabetes and Depression Laboratory Newsletter



## Letter from the Editor

### Dear Partner in the Fight Against Diabetes,

I am pleased to report that we have had a productive summer and fall in our lab. We have welcomed two new undergraduate students to the lab, Laura Snelson and Ali Gano.

In this newsletter, we report on the results of 2 studies that have been done in the lab since 2003. Laura Snelson writes about a study that was conducted in Pittsburgh, PA. In that study, people attending an American Diabetes Association Diabetes Expo Event were interviewed about their feelings about themselves and their relationship with their doctor.

In the second study, we asked many of you to provide us with information about your mood and your feelings about managing diabetes. Ali Gano has summarized what we have

learned from this study. We have been very pleased to begin Program ACTIVE (Appalachians Coming Together to Increase Vital Exercise) this fall. This study has been funded by the National Institutes of Health to test two forms of treatment for people with depression and type 2 diabetes. Many of you have received letters about the study. Please feel free to call us if you have any questions. We would like to hear from you!

A number of you have also generously replied to my letter in September asking for your help for a training interview for my graduate students. Thank you to those who have come to Porter Hall for these

interviews. I am in the process of training a second set of students who will also need practice in giving this interview. If you would like to help, please call us at (740) 597-2564 or toll-free at 1-888-771-0002. We will be happy to pay you \$10 for your time and effort.

As always, if you have any questions or comments, please be in touch. We are grateful for your generous spirit and support of diabetes research.

Best wishes for the holidays,

Mary de Groot, Ph.D.

### Inside this issue:

Letter from the Editor	1
Talking with Doctors about Heart Disease	2
Program ACTIVE	2
Depression and Type 2 Diabetes	3
Turkey Meatloaf Recipe	3
Diabetes & Heart Disease Risk Study	4



## Talking with Doctors about Heart Disease by Laura Snelson



In November 2003, we asked people attending the American Diabetes Association Diabetes Expo in Pittsburgh about their health. In this study, we were interested to see if there was a relationship between the way people felt about themselves (self-esteem) and the amount time their doctors spent talking to them about the risks of heart disease.

We found that people who reported lower self-esteem or poorer feelings about themselves also reported more time talking with their doctor about heart disease. Conversely, people with higher self-esteem reported spending less time with their doctor talking about the risks of heart disease. From this study, we can learn two lessons. First, it is helpful when doctors spend time talking with their patients, especially if patients feel poorly about themselves. Finally, we encourage doctors to talk with all patients about the risks of heart disease in people with type 2 diabetes so that everyone can benefit.

### Participants Needed for New Study:



**Are you...**

an adult with Type 2 Diabetes?

**Have you been...**

feeling depressed for two weeks or longer?

**Would you like these FREE services...**

- medical exam?
- cardiac stress test?
- 12-week exercise program?
- access to the Athens Rec Center?
- 10-weeks of "talk" therapy?

**Would you like to...**

feel less depressed and healthier?

**Find out more...**

Be part of a study that offers treatment of depression for adults with type 2 diabetes. To find out if you qualify-

**Call us today!**

Program  
**ACTIVE**

Appalachians Coming  
Together to Increase  
Vital Exercise

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## Depression in People with Type 2 Diabetes by Ali Gano



National studies have shown that depression is 2 times more common in people with diabetes than those without diabetes. One in every 4 people with diabetes will experience depression at some point in their lives. But what about people who live in this region?

In 2003, we asked 201 people with type 2 diabetes from southeastern Ohio and West Virginia about depression and the ways they care for their diabetes.

One in 3 people reported depression. A year later, we re-contacted people and found that 1 in 4 people reported feeling depressed (100 people). More than 75% of people who were depressed initially continued to report feeling depressed one year later. People who were depressed felt they had less control over their health and well-being than those who were not depressed. People who felt that they had control over their diabetes were better able to take of their diabetes. Results from these studies show that depression is an important condition for people with diabetes in this region. These findings have inspired our next study, Program ACTIVE, which is designed to successfully treat depression in people with type 2 diabetes.

## Diabetes-Friendly Italian Turkey Meatloaf

by Francie Astrom, MS, RD, CDE

### Ingredients:

1-6 oz. can tomato paste  
 1/2 cup dry red wine  
 1/2 cup water  
 1 clove of garlic, minced  
 1/2 tsp dried basil leaves  
 1/2 tsp dried oregano leaves  
 1/4 tsp salt  
 12 oz. ground round, extra lean  
 12 oz. extra lean ground turkey breast  
 2 slices 100% whole wheat bread, combined  
 1/2 cup zucchini, shredded  
 1/4 cup cholesterol-free egg substitute or 2 egg whites  
 Non-stick cooking spray

### Procedure:

- Preheat the oven to 350° F.

- Spray a 9 x 5 x 3 inch loaf pan with non-stick cooking spray.
- Combine tomato paste, wine, water, garlic, basil, oregano and salt in small saucepan. Bring to a boil; reduce heat to low. Simmer, uncovered, 15 minutes. Set aside.
- Combine beef, turkey, bread crumbs, zucchini and egg substitute and 1/2 cup of the tomato mixture in a large bowl. Mix well. Shape the meat mixture into a loaf and place in the prepared pan.
- Bake uncovered for 45 minutes. Discard any drippings. Pour the remaining tomato mixture on top of the loaf, return to the oven and continue baking, uncovered, for 15 minutes. Remove the loaf from the pan,

- Pour the remaining tomato mixture on top of the loaf, return to the oven and continue baking, uncovered, for 15 minutes. Remove the loaf from the pan, place on serving plate, covered lightly to keep warm, and hold for 10 minutes before slicing.

**Serving Size:** 1 slice (8 total)

### **Nutrition Facts:**

Total Calories: 210  
 Calories from fat: 78  
 Total Fat: 9 grams  
 Saturated fat: 3.3 grams  
 Cholesterol: 46 mg.  
 Carbohydrates: 10 grams  
 Dietary fiber: 1.8 grams  
 Protein: 20 grams  
 Sodium: 242 mg.

### **Exchanges:**

Counts as 1/2 Carbohydrate Choice and 3 Lean Meats





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## Diabetes and Heart Disease Risk Study

Are You An Adult With Type 2 Diabetes?

Have You Ever Talked To Your Doctor About Heart Disease?

We are conducting a study to better understand how patients living with diabetes talk to their family doctor about heart disease.

Participants will:

- Complete a survey packet about heart disease, exercise, and background information through the mail.
- Complete a survey packet about their doctor and heart disease risk at the end of their next doctor's visit.

Participants will be paid: \$ 10.00 for their assistance with the survey.

If interested, please call (740) 597-2564 or 1-888-771-0002

