

Free e-learning resource

## Mental health and diabetes

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**Kathy** is a 45-year-old lady who was diagnosed with type 2 diabetes two years ago. She comes to the diabetes clinic for review, during which you notice that she appears rather subdued and less willing to interact than usual. When asked how she is feeling in herself, she becomes tearful and says she is feeling low.

**What clinical condition do we need to consider here?**

**Andy** is a 43-year-old man with bipolar disorder, who was diagnosed with type 2 diabetes six months ago. He is under the care of psychiatrists and is treated with antipsychotic medication.

**What steps could you take to help Andy?**

**Michelle** is a 21-year-old woman with type 1 diabetes diagnosed 5 years ago. She is established on basal-bolus insulin therapy. You have been notified that she has missed eye and foot screening appointments and defaulted on hospital diabetes clinic appointments.

**What might be your concerns for Michelle from a mental health point of view?**

By working through this interactive case study, we will review mental health issues in diabetes, including depression, severe mental illness and diabetes distress.

*D* *Diabetes & Primary Care's* series of interactive case studies is aimed at all healthcare professionals in primary and community care who would like to broaden their understanding of diabetes.

These three scenarios review mental health issues in diabetes, including depression, severe mental illness and diabetes distress.

The format uses typical clinical scenarios as tools for learning. Information is provided in short sections, with most ending in a question to answer before moving on to the next section.

Working through the case studies will improve our knowledge and problem-solving skills in diabetes care by encouraging us to make evidence-based decisions in the context of individual cases.

Readers are invited to respond to the questions by typing in their answers. In this way, we are actively involved in the learning process, which is hopefully a much more effective way to learn.

By actively engaging with these case histories, readers will feel more confident and empowered to manage such presentations effectively in the future.

David Morris, Undergraduate Clinical Tutor, Keele University; and retired GP and Specialist Doctor in Diabetes

[Click here to access the case study](#)

*Mental health and diabetes and other interactive case studies are all [available here](#)*