Background & aim:
Between T2D and depressive symptoms a bidirectional relationship has been reported. The primary aim of this study was to analyze predictors of depressed mood in T2D. Secondly, the odds ratio of developing a clinically recognized depression in patients with conspicuous screening result was evaluated.

Methods:
- 35,691 T2D patients aged ≥18 years from the German/Austrian multi-center prospective diabetes follow-up registry (DPV) were analyzed (Fig.1).
- All had completed the WHO-5 questionnaire, a reliable and validated 5-item screening tool for depression (score ≤7: likely depression).

Results:
- 11.2% of patients (n=4,000) had depressed mood/likely depression.
- Compared to data from the German Health Interview and Examination Survey for adults (DEGS), depressed mood was more prevalent in our cohort of T2D patients (Fig.2).
- Median age [IQR] of study participants was 68.9 [59.2 – 76.5] years. Subjects with likely depression had a later diabetes onset and were more often female (Tab.1).

Conclusions:
Depressed mood is a frequent psychological comorbidity in adult type 2 diabetes (T2D) patients. In clinical care, routinely screening for psychological problems as recommended by guidelines is absolutely advisable, especially in high-risk patients.

Tab.1: Patient’s characteristics (median [IQR] or %)

<table>
<thead>
<tr>
<th></th>
<th>T2D patients with WHO-5 score ≤7</th>
<th>T2D patients with WHO-5 score &gt;7</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>4,000</td>
<td>31,691</td>
<td></td>
</tr>
<tr>
<td>Females, %</td>
<td>54</td>
<td>48</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Age, years</td>
<td>70.6 [59.8 – 78.8]</td>
<td>68.7 [59.1 – 76.2]</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Age at T2D onset, years</td>
<td>60.5 [49.6 – 70.2]</td>
<td>58.3 [43.1 – 67.7]</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>T2D duration, years</td>
<td>7.6 [2.4 – 12.9]</td>
<td>7.0 [2.1 – 13.5]</td>
<td>0.76</td>
</tr>
</tbody>
</table>

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