Health Outcomes Associated with Post-Traumatic Stress Disorder and Depressive Symptoms among Indigenous Adults with Type 2 Diabetes

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Background

- Indigenous communities are differentially impacted by diabetes, trauma, and posttraumatic stress disorder (PTSD) compared to the general population.1-3
- Prior literature has demonstrated worse diabetes outcomes for those with mental health conditions.4-8 but there is a paucity of literature surrounding the impact of PTSD and comorbid depression for Indigenous individuals.

Objective

- To examine the prevalence, associated trauma, and health outcomes associated with PTSD and depressive symptoms among Indigenous adults with type 2 diabetes

Methods

Data Source

- Data is from the Mino Giizhigad (A Good Day) study, a community based participatory research collaboration between two tribal communities and a university research team
- Indigenous adults with type 2 diabetes (n=218) were randomly sampled from clinic records and completed interviewer administered surveys and a self-report booklet for sensitive items
- Measures & Analyses
  - PTSD assessed using the four-item Primary Care PTSD screen (PC-PTSD), a cutoff score of 3 or higher indicating probable PTSD
  - Depressive symptoms assessed using the PHQ-9, a cutoff score of 10 or higher
  - Hyperglycemia in the past 30 days, hospitalization in the past year, and self-reported diabetes education, and trauma-informed services

Descriptive statistics and multivariate logistic regression models were used to analyze the data

Results

Logistic Regression Analyses of Health Outcomes by Mental Health Status

Results

- We found a relatively high rate of screened PTSD among a sample of Indigenous adults with diabetes. 21.8% of our sample compared to:
  - 4.8% among United Kingdom military personnel serving in 2003 Iraq War9
  - 10% for newly diagnosed breast cancer patients10
  - 1.3% for United States soldiers returning from Operation Iraqi Freedom11
  - 36% for a clinic sample of depressed patients12

- It is important to consider the separate and potentially cumulative negative impacts of PTSD and depressive symptoms on health outcomes

- Findings underscore the potential impact of integrated care initiatives that consider social, psychological, and physical health in concert rather than isolation

Public health efforts to prevent, identify, and treat trauma through skill-building, education, and trauma informed services may have immeasurable impact for reducing associated mental and physical health comorbidities/comlications

References