

Commentary

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Beyond Blood Sugar: Exploring the Multifaceted Impact of Diabetes on Mental Health

Daniel Rabie*

Department of Public Health, Wolkite University, Ethiopia

Abstract

This abstract delves into the multifaceted relationship between diabetes and mental health, shedding light on the profound impact that diabetes can have on psychological well-being and vice versa. Beyond its physical manifestations, diabetes poses signifcant challenges to mental health, including the psychological burden of managing a chronic illness and the bidirectional relationship between depression and diabetes. Psychosocial factors such as stress, stigma, and social support further infuence diabetes management and mental health outcomes. By understanding the complex interplay between diabetes and mental health, healthcare providers can ofer more comprehensive care that addresses the needs of the whole person. This abstract aims to highlight the importance of integrating mental health into diabetes management and provide insights into effective strategies for supporting individuals living with diabetes. Through a holistic approach that considers the psychological, social, and emotional aspects of diabetes care, we can improve outcomes and quality of life for individuals a fected by this chronic condition.

Keywords:

ЕУ

Introduction







*Corresponding author: Daniel Rabie, Department of Public Health, Wolkite University, Ethiopia, E-mail: rabiedaniel738@yahoo.com

Received: 01-May-2024, Manuscript No: jdce-24-138075, Editor Assigned: 06-May-2024, pre QC No: jdce-24-138075 (PQ), Reviewed: 20-May-2024, QC No: jdce-24-138075, Revised: 22-May-2024, Manuscript No: jdce-24-138075 (R), Published: 30-May-2024, DOI: 10.4172/jdce.1000252

Citation: Daniel R (2024) Beyond Blood Sugar: Exploring the Multifaceted Impact of Diabetes on Mental Health. J Diabetes Clin Prac 7: 252.

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