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Impact of mental disorders on adherence to oral antihyperglycemic agents affecting healthcare costs among an older adult population

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Objectives: To examine the effect of common mental disorders depression and anxiety on adherence to Oral Anti-Hyperglycemic Agents (OHAs) and to examine the impact on economic outcomes from a public health perspective, in older patients with type 2 Diabetes Mellitus (DM2) in Quebec, Canada.

Design: Longitudinal observational study.

Setting: Population-based health survey in the province of Quebec, Canada.

Participants: Data from a representative sample (N=2811) of community-dwelling adults in Quebec aged 65 years and over participating in the “Étude sur la Santé des Aînés” (ESA) survey. The final sample analyzed consisted of 301 participants diagnosed with DM2 and taking OHAs.

Measurements: Total health-care costs were calculated as the sum of the costs of hospitalizations and outpatient clinic services (ambulatory visits, ED visits, physician fees and outpatient medications). Adherence to OHAs was measured using the Medication Possession Ratio (MPR). Depression and anxiety disorders were assessed using diagnostic and statistical manual of mental disorders, fourth edition criteria, and physical health condition was measured using the Carlson Comorbidity Index. Other factors considered were age, gender, education and marital status.

Results: The majority of participants were adherent (74.4%). Total healthcare costs were significantly higher for non-adherent participants with depression/anxiety than for adherent participants without depression/anxiety (\$877) (p=0.03).

Conclusion: This study suggests that improving adherence to oral hypoglycemic agents and treating depression and anxiety in individuals with DM2 can lead to a decrease in healthcare costs from a healthcare system perspective.

Biography

Lia Gentil is physician and PhD student from Sherbrooke University. She has completed her Master Science from 4 years ago. She has published in reputed journal (*American Journal Geriatric Society*). She has prime interests in this field are chronic disease, the health-care system, particularly in aging populations with diabetes.

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