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## **Mental health status, quality of life and associated factors among type 2 diabetic patients in the Buea regional hospital, Cameroon**

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**Statement of the Problem:** Diabetes mellitus may affect the mental health and quality of life of the affected population. This study assessed the mental health status and the quality of life (QoL) of people living with type 2 diabetes at the Buea Regional Hospital, Cameroon. **Methodology & Theoretical Orientation:** The study was a hospital-based cross-sectional study involving type 2 diabetic patients. The study involved participants recruited consecutively from the diabetic unit. Data on depression, anxiety and QoL was collected from 230 T2D patients using the PHQ9, GAD-7 and WHOQoL-BREF questionnaires. The data was analyzed using SPSS version 27. Binary and Linear regression analyses were used to determine the factors associated with anxiety, depression and QoL.

**Findings:** The prevalence of anxiety and depression were 19.6% and 30.0% respectively. Anxiety and depression were both associated with the level of income and the duration of the diseases. Those with comorbidity (aOR= 2.26) were more likely to be depressed whereas those who did physical exercises were less likely to be depressed (aOR= 0.41). The quality of life was poor in the physical (34.8%), psychological (33.0%), social (34.3%) and environmental (22.2%) domains. For the physical and social domains, poor QoL was associated with the increase in age. The physical,

social and environmental QoL were negatively affected with the duration of the disease. Participants with comorbidity had a better physical, environmental and social QoL.

**Conclusion & Significance:** Type 2 diabetic patients experienced depression and anxiety. About one third of them had a poor quality of life which was more affected by the duration of the disease, the age and the presence of comorbidity. These findings highlight the necessity to screen diabetic patients for mental health related issues and to incorporate mental health counselling in their hospital care

### **Biography**

Dr. Tanyi Shelly Endam is a dedicated researcher and academic at the University of Buea, Cameroon. She specializes in public health, mental health, and chronic disease management. Her work focuses on understanding the psychological and social challenges faced by patients with type 2 diabetes. Dr. Endam has conducted significant research on quality of life and associated risk factors in diabetic populations.

She is committed to improving patient-centered care through evidence-based health interventions. She actively participates in scientific conferences and collaborates on multidisciplinary health projects. Her research aims to strengthen healthcare outcomes and promote better mental well-being in chronic disease patients.