Psychological aspects of Diabetes mellitus
-An Integrative Research Review-

KÁLCZA – JÁNOSI KINGA¹
SZAMOSKÖZI ISTVÁN²

Abstract
Psychological disorders are very frequent in diabetes and must not be neglected as they have a major impact on the quality of life, as well as on the evolution of this disease. Every time, more evidence suggests that diabetes contributes to psychological problems which at their turn decrease the compliance and their motivation to therapy and diet, altering additionally the quality of life. Nonetheless, the findings of various studies are heterogeneous with respect to the affected domains and the degree of severity. Thus, the exact model and the magnitude of the dysfunctions are still unclear.

This article reviews the clinical and experimental researches on psychological and cognitive impairment related to diabetes in the recent decades. The article has as its specific subject the strategic exploration of the relevant data resulting from previous studies on the psychological effects of diabetes mellitus.

Keywords
diabetes, type 1 diabetes, type 2 diabetes, psychosomatic, psychosocial, personality, emotions, emotional dysfunctions, cognition, cognitive functions, memory, attention, learning, executive functioning, information processing, intelligence

Introduction
Diabetes is an incurable disease, once manifested it remains throughout the patient’s entire life. The patient must live permanently with a sense of illness and has to treat it continuously during his entire life, which fact involves a series of specific issues.

Prevalence of diabetes is increasing globally, this being translated in a more and more increased risk at the level of the population, for diabetes itself, as well as its complications, inherent in case of lack of treatment or a lacking treatment.

1. Babes-Bolyai University, Cluj-Napoca, Romania, E-mail: kalcza.jkinga@pszichologia.ro
2. Babes-Bolyai University, Cluj-Napoca, Romania