

# Psychosocial and Economic Factors in Diabetes Mellitus

## Editorial

Diabetes mellitus seems set to become even more common in India. Being a life-style disorder, ensuring compliance is a major barrier. Even though euglycemia prevents or postpones vascular complications, achieving it is difficult. New molecules, new technologies and new delivery devices are being introduced. Developing countries do not have expensive technologies or expensive drugs. But it is imperative that diabetes mellitus be prevented if possible and managed when necessary. It is here that issues of economics and psychosocial factors are crucial. The broad swathe of psychosocial and economic issues ultimately determines how diabetes care is delivered. An audit of diabetes management requires an evaluation of the quality of life for the patient. Quality of life is again broad in scope with a number of interpretations (1). Diabetes specific instruments are now available to assess quality of life, well being and treatment satisfaction (2). Alongside, there has been an explosion of information about the stress response and its effect on homeostasis. Elegant studies have shown that stressful events may precede the onset of diabetes mellitus (3).

As a group, women with diabetes have poorer quality of life, poorer sense of well being and lesser perceived amount of time to manage their disease. In this issue, women are shown to have poorer access to mental health care as well. This only highlights the need to recognize the extra burden she already carries, when the next woman with diabetes presents to us.

An integration of genes, biochemical reactions and social stress along with a model for coping with diabetes is presented in this special Issue. We believe it would lead to better diabetes care in our country.

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Guest Editor

### REFERENCES:

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