

BioNanoScience 2016 vol.6 N4, pages 502-507

---

## Quality of Life in Patients with Type 2 Diabetes Mellitus

Esin R., Khairullin I., Esin O., Abakumova A.

*Kazan Federal University, 420008, Kremlevskaya 18, Kazan, Russia*

---

### Abstract

© 2016, Springer Science+Business Media New York. The article presents the results of a survey which included 120 patients with type 2 diabetes mellitus (DM-2) without complications, without stroke in anamnesis, with no active complaints about loss of memory, and/or other cognitive functions. The assessment tools for cognitive functions were MMSE, MoCA test, and TMT (parts A and B). SF-36 test was used to assess the quality of life (QoL). It was revealed that the QoL in patients with type 2 diabetes was significantly lower than in the general population. The correlation between QoL and the duration of the disease, the degree of cognitive impairment, and emotional state of patients was evaluated. It was revealed that QoL indicators significantly reduced with the growth of cognitive impairment and emotional disorders. The most significant reduction is revealed in the role functioning indexes and role-emotional functioning indexes.

<http://dx.doi.org/10.1007/s12668-016-0261-6>

---

### Keywords

Anxiety, Cognitive decline, Depression, Diabetes mellitus type 2, Quality of life