

Depression and serum magnesium level in patients with type 2 diabetes mellitus

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Current Psychiatry. Ain Shams University (Print)

2009 v16 n1

This cross-sectional study aimed to test the hypothesis that T2DM patients with depression have higher serum magnesium level than those without depression. Two groups of T2DM patients, with and without depressive symptoms (50 patients in each group) assigned according to their score on the Beck Depression Inventory (BDI). Serum magnesium level was measured in patients and control. Results did not support our hypothesis that T2DM patients with depression have higher serum magnesium level than those without depression. Instead, our results might support an alternative hypothesis that low serum magnesium levels are a risk factor for development of depression.