

Mindfulness, cognitive therapy beneficial in diabetes

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(HealthDay)—For patients with diabetes and depressive symptoms, individual mindfulness-based cognitive therapy (MBCT) and individual cognitive behavior therapy (CBT) improve depressive symptoms, according to a study published online June 4 in *Diabetes Care*.

K. Annika Tovote, from the University Medical Center Groningen in the Netherlands, and colleagues conducted a [randomized controlled trial](#) involving 94 outpatients with types 1 and 2 diabetes and comorbid depressive symptoms. Participants were randomly allocated to receive MBCT (31 patients), CBT (32 patients), or waiting list (31 patients). Participants completed written questionnaires and interviews before treatment and three months later.

The researchers found that significantly greater reductions were seen in

[depressive symptoms](#) for patients receiving MBCT and CBT compared with waiting-list control (P = 0.004 and P

"Both individual MBCT and CBT are effective in improving a range of psychological symptoms in individuals with type 1 and type 2 diabetes," the authors write.

More information: [Abstract](#)

[Full Text \(subscription or payment may be required\)](#)

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