

## Baseline depression symptoms tied to low med adherence

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(HealthDay)—Among clinical and sociodemographic characteristics,

only baseline depressive symptoms are tied to low medication adherence in teen patients with type 2 diabetes, according to a study published online June 28 in *Diabetes Care*.

Lorraine Levitt Katz, M.D., from the Children's Hospital of Philadelphia, and colleagues randomized 699 low-socioeconomic status patients (aged 10 to 17 years old) with recent-onset type 2 [diabetes](#) and ≥80 percent adherence to metformin therapy for at least eight weeks during a run-in period to either metformin alone, metformin plus rosiglitazone, or metformin plus an intensive lifestyle program.

The researchers found that sex, age, family income, parental education, or treatment group did not differentiate high and low adherence. Adherence declined over time (72 percent high adherence at two months and 56 percent adherence at 48 months; P

"Medication adherence was positively associated with insulin sensitivity and oral disposition index, but, because of disease progression, [adherence](#) did not predict long-term treatment success," the authors write.

One author disclosed financial ties to the pharmaceutical industry, which supported the TODAY study.

**More information:** [Full Text \(subscription or payment may be required\)](#)

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