

Social Determinants of Mental Health in Diabetes: Intersectionality and the Sustainable Development Goals

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Abstract

Introduction / Objective: Diabetes mellitus is a chronic condition that significantly impacts mental health, particularly in the post-pandemic context, where social determinants of health have become increasingly evident. This study examined the predictive capacity of social variables on mental health indicators in people with diabetes.

Method: Quantitative, descriptive, cross-sectional, and analytical study with a non-probabilistic national sample of 462 people with diabetes, predominantly women (87.6%), mean age 56.38 years (SD=10.14), mostly heterosexual (91.8%), white (58.2%), and with higher education (60.2%). Participants completed an online questionnaire including the GAD-7, PHQ-9, WHO-5, and BASE-6 scales. Descriptive analyses, biseri- al correlations, and multiple linear regressions were performed.

Results: Relevant levels of psychological distress and reduced well-being were found. Mean scores were: GAD-7=10.82 (SD=6.10); PHQ-9=12.71 (SD=7.77); WHO-5=29.54 (SD=22.33); BASE-6=23.12 (SD=9.71). Regression analyses identified greater vulnerability among women, racial minorities, individuals with lower education and income, those without private health insurance, those with prior psychological/psychiatric treatment, and those with longer diabetes duration.

Conclusions: Mental health is significantly shaped by social determinants, reinforcing the need for public policies integrating clinical care and psychosocial support, aligned with the Sustainable Development Goals.