

# OUTCOME OF EARLY INSULIN ADMINISTRATION ON ANXIETY ASSOCIATED NEWLY DIAGNOSED TYPE 2 DIABETES MELLITUS PATIENTS: AN INTERVENTIONAL STUDY

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**Background:** Prevalence of Diabetes Mellitus in South Asian countries is a burning issue. In recent times association of anxiety with newly diagnosed type 2 diabetes mellitus patients have been increasing. So early management becomes a burning issue among patients and physicians. In this regard, insulin for treating with anxiety can be more effective on both glycemic control and anxiety reduction. **Methods:** Approximately, 1535 persons [age range [(27-45) +\_ 2 years] came to Medicine outdoor patient department with complain of insomnia, anxiety from February 2024-August 2025. Printed questionnaire used for data collection. Participants were advised to do Oral Glucose Tolerance Test (OGTT) as diagnostic tool. Evidence of different systemic diseases, were excluded for avoiding bias outcome. Finally, 1470 persons were included for the study who were advised to start sub cutaneous insulin (3 times per day according to requirement) and follow-up after 1 month. **Results:** Average Fasting Blood Sugar value of 37 % patient (group A) was 7.5 mmol/L, 45% was (group B) 9.5 mmol/L and remaining was 12 mmol/L. The 2 hours after breakfast glucose (2HABFS) for Group A 12 mmol/L, group B 13.7 mmol/L, group C 14.6 mmol/L. In group A, anxiety affected rate was 29%, group B 41% and group C it was 30%. During follow up, the FBS reduction for group A 25%, group B 33%, group C 38%. In 2HABFS, the reduction rate for group A 25%, group B 31 %, group C 39%. In anxiety, group A became 10%, group B 15% and group C 12.5%. **Conclusion:** Anxiety individually controlled by oral drugs but when it is associated with Diabetes it's management should be started earlier by insulin for its proven reduction capability.

**Keywords:** Diabetes Mellitus, hyperglycemia, OGTT, anxiety.

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