

INTISARI

KORELASI SKOR DEPRESI TERHADAP SKOR FUNGSI EREKSI PADA PENYANDANG DIABETES MELITUS TIPE 2 DI KLINIK ENDOKRIN RSUP DR SARDJITO

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Latar Belakang: Disfungsi Ereksi merupakan salah satu komplikasi penting pada Diabetes Melitus (DM) tipe 2 dengan etiologi multifaktorial. Masalah psikogenik, khususnya depresi merupakan salah satu penyebab penting DE pada penyandang DM, bersamaan dengan vaskulopati dan neuropati. Depresi berhubungan dengan gangguan fungsi dan kepuasan seksual. Namun, apakah depresi memiliki pengaruh langsung pada DE sampai saat ini masih diperdebatkan. Saat ini belum ada laporan studi yang diterbitkan dalam jurnal ilmiah yang meneliti hubungan skor depresi terhadap skor fungsi ereksi pada penyandang DM tipe 2 di Indonesia.

Tujuan Penelitian: Mengetahui korelasi skor depresi terhadap skor fungsi ereksi pada penyandang DM tipe 2.

Metode Penelitian: Penelitian observasional dengan pendekatan potong lintang yang melibatkan 80 orang laki-laki usia ≥ 35 tahun yang sudah menikah dan masih memiliki pasangan (istri) serta terdiagnosis DM tipe 2 di klinik Endokrin RSUP Dr. Sardjito pada bulan April 2020. Data karakteristik dasar diambil melalui wawancara singkat dan catatan medik. Fungsi ereksi dievaluasi menggunakan kuesioner *International Index of Erectile Function-5* (IIEF-5) versi Bahasa Indonesia yang telah tervalidasi dan depresi dievaluasi menggunakan kuesioner *Beck's Depression Inventory-II* (BDI-II) versi Bahasa Indonesia yang telah tervalidasi. Analisis data dengan menggunakan perangkat lunak SPSS versi 22 dengan nilai kemaknaan $p < 0,05$ dan interval kepercayaan 95%.

Hasil Penelitian: Pada studi ini ditemukan frekuensi DE sebesar 96.3% yang sebagian besar mengalami DE sedang-berat. Sebanyak 21.25% subjek mengalami depresi dengan median skor BDI-II sebesar 6 (0-33). Uji korelasi Spearman menunjukkan adanya korelasi negatif lemah antara skor BDI-II dengan skor IIEF-5 ($r = -0.234$; $p = 0.037$), dan skor BAI dengan skor IIEF-5 ($r = -0.288$; $p = 0.010$), serta dengan menggunakan uji korelasi Pearson didapatkan korelasi negatif antara usia dengan skor IIEF-5 ($r = -0.284$; $p = 0.011$). Analisis multivariat regresi linear menunjukkan hasil pengaruh gabungan antara skor BDI-II dan usia memiliki koefisien determinasi sebesar 12.3% menjelaskan variasi nilai skor IIEF-5 (uji $F = 6.532$; $p = 0.002$)

Kesimpulan: Skor depresi berkorelasi negatif lemah terhadap skor fungsi ereksi pada pria penyandang Diabetes Melitus tipe 2.

Kata kunci: Disfungsi Ereksi, Diabetes Melitus, Skor BDI-II, Skor IIEF-5

ABSTRACT

CORRELATION OF DEPRESSION SCORE WITH ERECTILE FUNCTION SCORE IN TYPE 2 DIABETES MELLITUS AT ENDOCRINOLOGY CLINIC OF DR SARDJITO HOSPITAL

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Backgrounds: Erectile Dysfunction (ED) is an important complication of Type 2 Diabetes Mellitus (T2DM) with multifactorial etiology. Psychogenic problems, especially depression are one of the important causes of ED in people with DM, along with vasculopathy and neuropathy. Depression is associated with sexual dysfunction and satisfaction. However, whether depression has a direct impact on ED has been debated. To date, there is no study aiming to evaluate the correlation of depression score with erectile function score in T2DM.

Objective: To evaluate the correlation between depression score and erectile function score in T2DM.

Methods: A Cross-sectional study which involved 80 men aged ≥ 35 years who were married and still have a partner (wife) and were diagnosed with type 2 diabetes at the Endocrinology clinic of Dr.Sardjito Hospital during April 2020. Baseline characteristics data was collected from short interview and medical record. Subjects were evaluated for the symptoms of ED using a validated Indonesian-translated five-items version of The International Index of Erectile Function-5 (IIEF-5) questionnaire and depression were evaluated using the validated Indonesian version of the Beck's Depression Inventory-II (BDI-II) questionnaire. Data were analyzed using the statistical package for social science (SPSS) version 22. The Confidence interval was set to 95% and *P*-value was considered significant at the level of <0.05 .

Results: ED was found in 96.3% of studied men, where most of them were in moderate to severe form of ED. A total of 21.25% of subjects experienced depression with a median BDI-II scores is 6 (0-33). Spearman's correlation analysis revealed a weak negative correlation between BDI-II score and IIEF-5 score ($r = -0.234$; $p = 0.037$) and BAI score with IIEF-5 score ($r = -0.288$; $p = 0.010$), and by using the Pearson's correlation analysis obtained a negative correlation between age with a IIEF-5 score ($r = -0.284$; $p = 0.011$). Multivariate analysis revealed a combination of BDI-II score and age has a coefficient determination of 12.3% to explain the variation of IIEF-5 score ($F = 6.532$; $p = 0.002$).

Conclusion: This study demonstrated that depression scores were weakly negative correlation with erectile function scores in men with type 2 diabetes mellitus.

Keywords: Erectile Dysfunction, Diabetes Mellitus, BDI-II score, IIEF-5 score