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**DEPRESSION IS A PREDICTOR OF DIABETES IN FEMALE POPULATION 25-64 YEARS IN RUSSIA-SIBERIA:  
BASED ON WHO EPIDEMIOLOGICAL PROGRAM MONICA-PSYCHOSOCIAL**

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**Purpose:** To explore the influence of depression (D) on relative risk of diabetes mellitus 2 type in female population of 25-64 years in Russia/Siberia. **Methods:** Under the third screening of the WHO "MONICA-psychosocial" (MOPSY) program random representative sample of women aged 25-64 years (n=870) were surveyed in Novosibirsk. D was measured at the baseline examination by means of test "MOPSY". From 1995 to 2010 women were followed for 16 years for the incidence of diabetes. **Results:** The prevalence of D in women aged 25-64 years was 55.2% (major D was 12%). With growth of D levels positive self-rated health reduced and almost 100% of those women have health complaints. Women with major D significantly extended negative behavioral habits: smoking and unsuccessful attempts to give it up, low physical activity. They are less likely to follow a diet. Risk of diabetes in women with D during 16 years of study was higher in 5.14 times (95%CI=1,15- 22,953; p0.05) compared to those without D. Diabetes rates were more likely in women having D with primary education (47%) who being in "physical labor" social classes (58,3%, p0,05). **Conclusions:** The prevalence of D in women aged 25-64 years more than 50%. High D levels associate with poor self-rated health, unhealthy lifestyle. Women with D had 5.14-fold risk of diabetes over 16 years of follow-up.



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