

# Role of Lifestyle Factors in Depression Among T2DM Patients: A Qualitative Meta-Analysis

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**Abstract:** Depression is highly prevalent among patients with Type 2 Diabetes Mellitus significantly affecting disease management, quality of life, and clinical outcomes. Lifestyle factors, including physical activity, diet, sleep patterns, and substance use, have been consistently associated with both T2DM progression and depressive symptoms. This qualitative meta-analysis synthesizes findings from multiple studies to identify the impact of lifestyle factors on depression among T2DM patients. The review also highlights potential intervention strategies aimed at mitigating depressive symptoms through lifestyle modification.

**Keywords:** Type 2 Diabetes Mellitus, Lifestyle Factors, Physical Activity