**Ethnic differences in mental health disorder among individuals with diabetes: A systematic review and meta-analysis of the prevalence**

**Aim:**This systematic review aimed to estimate the prevalence of mental health disorders among adults (≥18 years) with diabetes across different ethnic populations between 2014 and 2024.

**Methods:**A comprehensive search was conducted in six databases (EMBASE, Medline, PsycINFO, Scopus, CINAHL, and Web of Science) for peer-reviewed observational studies published in English. Studies reporting the prevalence of mental health disorders using validated self-report screening tools or clinical diagnoses were included. Meta-analyses using random-effects models were conducted. Subgroup analyses and meta-regressions explored differences by ethnicity, diabetes type, diagnostic method, duration of diabetes, country income level, and indigeneity.

**Results:**Of 17,723 identified records, 54 studies met the inclusion criteria. The pooled prevalence of mental health disorders among adults with diabetes was 25.78% (95% CI: 23.27–28.29), with high heterogeneity (I² = 99.9%). Prevalence was highest among individuals of mixed/unspecified ethnicity (36.97%) and lowest among Oceanians (10.42%). Post traumatic stress disorder (PTSD) (37.79%) and depression (27.55%) were most common; schizophrenia was least prevalent (3.45%). Type 2 diabetes (31.91%), diabetes duration <10 years (26.21%), low-income countries (40.63%), and use of self-report tools (29.19%) were associated with higher prevalence. Indigenous populations also had a greater burden (26.45%) than non-Indigenous groups (17.65%).

**Conclusion:**Approximately one in four adults with diabetes experiences mental health disorders, with significant variation by ethnicity, diabetes type, diagnostic method, and socioeconomic context. Culturally tailored, integrated care approaches are needed to address disparities in mental health among people with diabetes.