

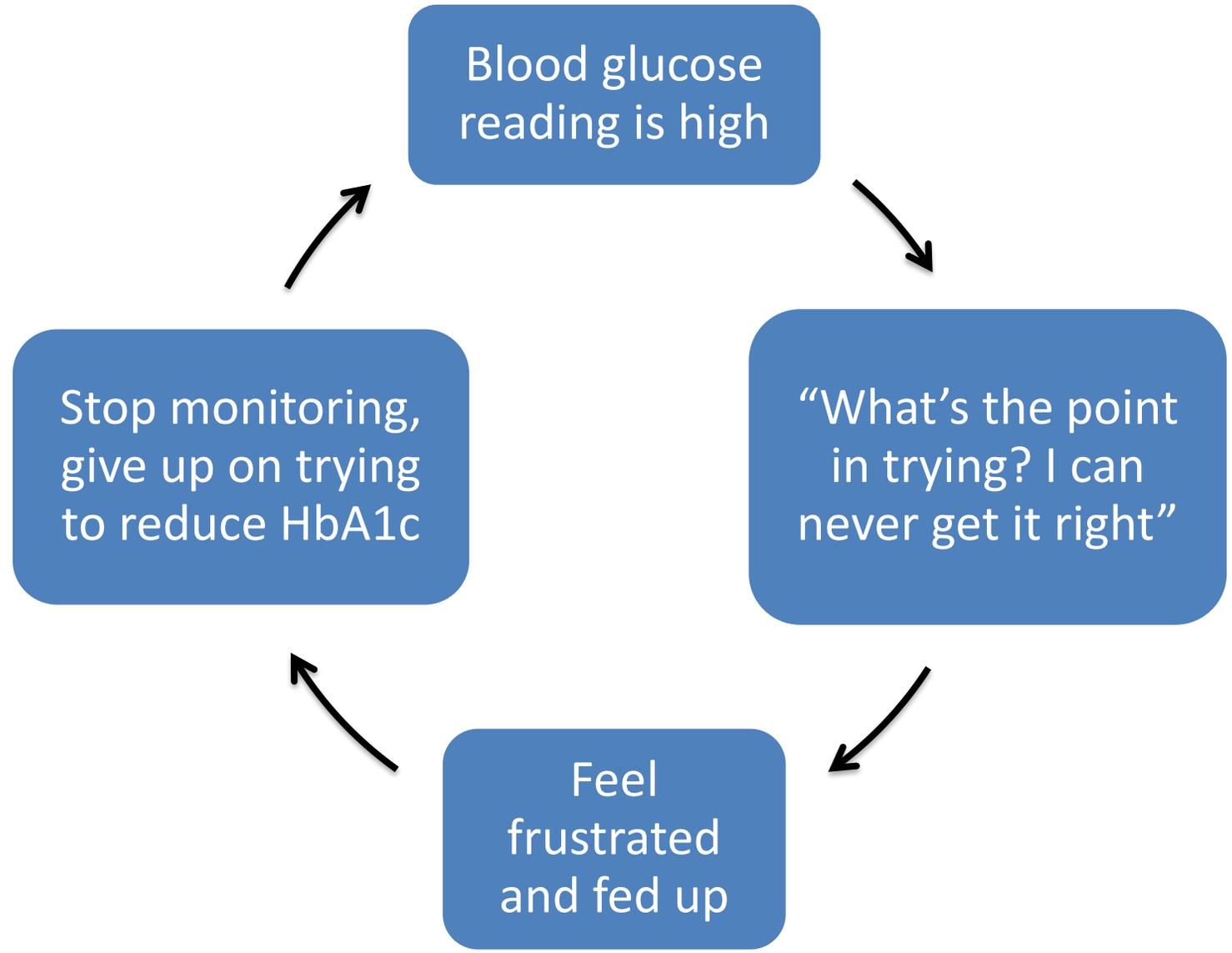
Type 1 Diabetes Psychology

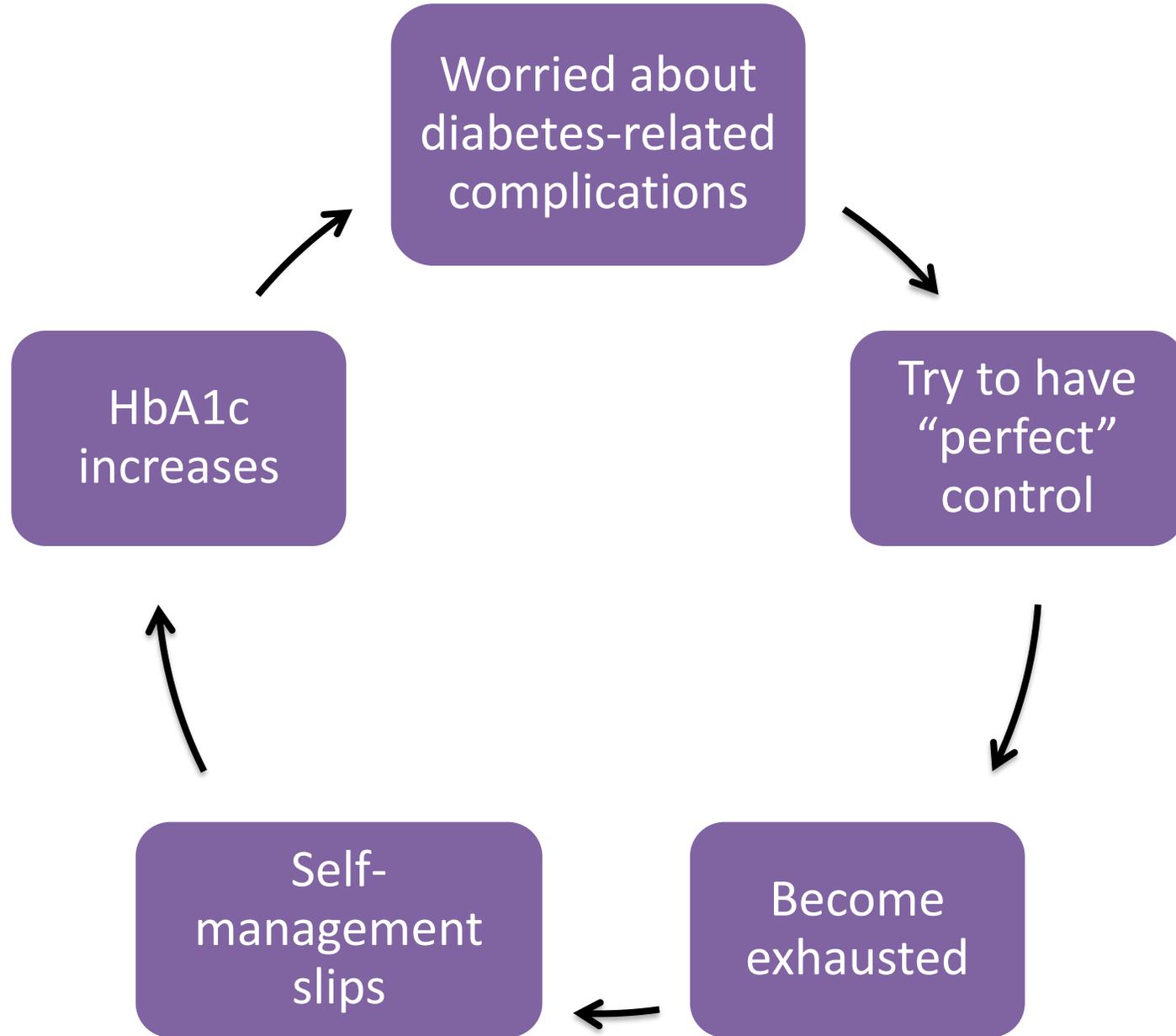
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Overview

- Psychological aspects of living with type 1
- What do I need?
- What can I do as:
 - Someone with type 1
 - A parent/carer/partner/friend
 - A healthcare professional
- What is a diabetes psychologist?
- Questions





Diabetes



**Emotional
wellbeing**

What is diabetes distress?

The emotional distress resulting from living with diabetes and the burden of relentless daily self-management.

Diabetes burnout – physical or emotional exhaustion caused by continuous distress of diabetes, and its self-management.

These are different to depression.

Other common difficulties

- Anxiety or worry about:
 - Hypoglycaemia
 - Hyperglycaemia
 - Injections
 - Possible future complications
- Difficulties around food and eating
- Difficulties around the social aspects of diabetes
- Adjusting to diagnosis
- Adjusting to, and coping with, complications

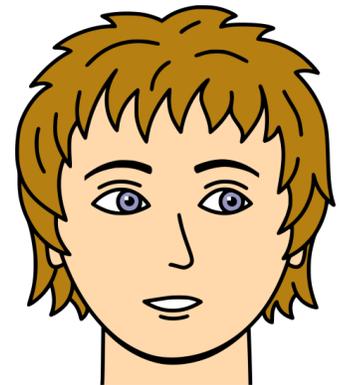
What do I need?

- Educational or practical support from diabetes team
- Support from work / school / place of study
- Peer support
- Support from friends and family
- Mental health or talking therapies services
- Diabetes specialist psychologist



What can I do as someone with diabetes?

- Be kind to yourself! Living with diabetes is hard and you are trying your best
- Look at, and challenge, unhelpful thoughts
- Set SMART goals
- Ask for help



How do we challenge our thoughts?



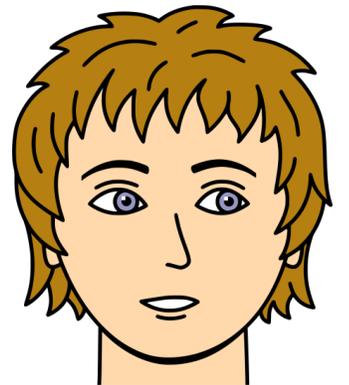
Are there any other ways I could look at this situation?

What would I say to a friend who was thinking this?

What is the evidence for and against this thought?

Am I jumping to conclusions?

A thought is not a fact!



SMART Goals

Specific

Broken down into smaller steps

Measurable

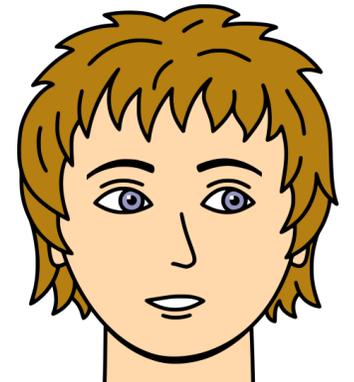
Achievable

Maintainable

Relevant

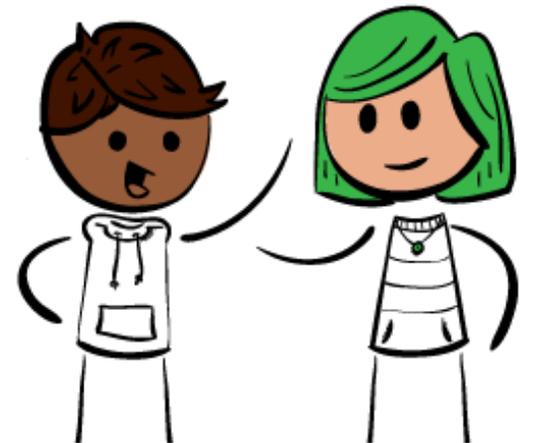
Talk to your diabetes team

Time-bound



What can I do as a parent / carer / partner / friend?

- Remember that type 1 diabetes will affect you too – practically, emotionally, and in your relationship with the person. Make sure you get the support you need
- Talk about it! Ask the person with diabetes what would be a useful way to support them



What can I do as a parent / carer?

- Think about how diabetes could be made to feel a little less “unfair” for your child
- Risk-taking and boundary testing happens in adolescence...
 - Try to maintain open and supportive channels of communication
 - Acknowledge that living with diabetes is hard
 - Watch out for support being experienced as “nagging”, which can be met with further disengagement



What can I do as a healthcare professional?

- Remember – information provision is necessary, but rarely sufficient, for “good” self-management of diabetes
- Ask the person how they are getting along with their diabetes
- Acknowledge that living with diabetes is challenging and it’s understandable that it sometimes feels really difficult
- Take a collaborative approach



**Opening
up
conversations**

“Can you say a little
bit more about that?”

“Whose idea
was it for you
to consider
insulin pump
therapy?”

“I wonder
what’s led you
to ask that
question?”
(said in a
curious, non-
defensive way!)

“Is there
anything else
that you feel you
need in order to
make this as
successful as
possible?”

“People can have all sorts
of concerns, and I am
interested to know if you
have any that we’ve not
spoken about today”



Behaviour change – important things to remember

These healthcare professional behaviours are likely increase resistance:

- Arguing for the benefits of change (persuasion-resistance trap)
- Telling people exactly what they should do
- Being overly reassuring, consoling

Dangerous beliefs to hold:

- People are either motivated or not
- If they do not agree to change the intervention has failed
- A tough approach is always best



What is a diabetes psychologist?

- Part of the diabetes multidisciplinary team
- Offers psychological support to people with type 1 diabetes, and their families – for psychological difficulties linked to diabetes and its management

What is a diabetes psychologist?

- Helps the diabetes team to support people under their care through:
 - Offering a psychological perspective on someone's situation and their care needs
 - Team training
 - Consultation
 - Supervision of other healthcare professionals

Why do you need a diabetes specialist psychologist in a type 1 service?

- Most psychological difficulties associated with living with type 1 diabetes are not “mental health difficulties”
- Psychologist is part of the diabetes team – essential for safe and effective care
- Psychologist also supports and trains the rest of the team
- Self-management is inextricably linked to psychological factors

It's normal to feel upset, frustrated, anxious and low from the challenges of living with diabetes

and

there are things that be done to help this to feel better.



Any questions or comments?