

Wednesday, 4 March 2020

# Positive emotions and glycaemic control in children with diabetes

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The Royal



The Royal Children's Hospital

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EMERGENCY + P



## Is dispositional optimism or dispositional pessimism predictive of ideal cardiovascular health? The Young Finns Study

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Short communication

### Does high optimism protect against the inter-generational transmission of high BMI? The Cardiovascular Risk in Young Finns Study



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## Short Report: Educational and Psychological Aspects A pilot randomized controlled trial of a gratitude intervention for adolescents with Type 1 diabetes

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### Abstract

**Aim** Cost-effective psychosocial interventions that can feasibly be implemented into busy clinical settings are needed to improve psychological and physical health outcomes in adolescents with Type 1 diabetes. We examined the efficacy of a gratitude journalling intervention to improve psychological well-being and glycaemic control in adolescents aged 10–16 years with Type 1 diabetes.

**Methods** Eighty adolescents were randomized to the 8-week gratitude intervention ( $N = 40$ ) or standard care ( $N = 40$ ). Self-reported measures of stress, quality of life, self-care, depression and gratitude were assessed at baseline and 8 weeks after baseline. Glycaemic control ( $HbA_{1c}$ ) was assessed at baseline and 12 weeks after baseline. A per-protocol analysis was conducted with the adolescents who completed all questionnaires ( $N = 60$ ). Analysis of covariance (ANCOVA) was used to examine differences between treatment arms at follow-up adjusting for baseline scores.

**Results** There was no evidence of any between-group differences in the psychological or behavioural measures at follow-up (all  $P$ -values  $> 0.05$ ). Glycaemic control slightly increased in the control group while remaining stable in the gratitude group, with a between-group difference of 6.1 mmol/mol [95% confidence interval (CI)  $-2.6$  to  $14.7$ ; 0.6%, 95% CI  $-0.2$  to  $1.3$ ] at 12 weeks after baseline. After adjusting for baseline  $HbA_{1c}$ , this between-group difference was significant ( $P = 0.048$ ).

Today, \_\_\_\_\_  
for: \_\_\_\_\_

*"It is a great way to make sad people happier and think more about the world" – Boy, 13*

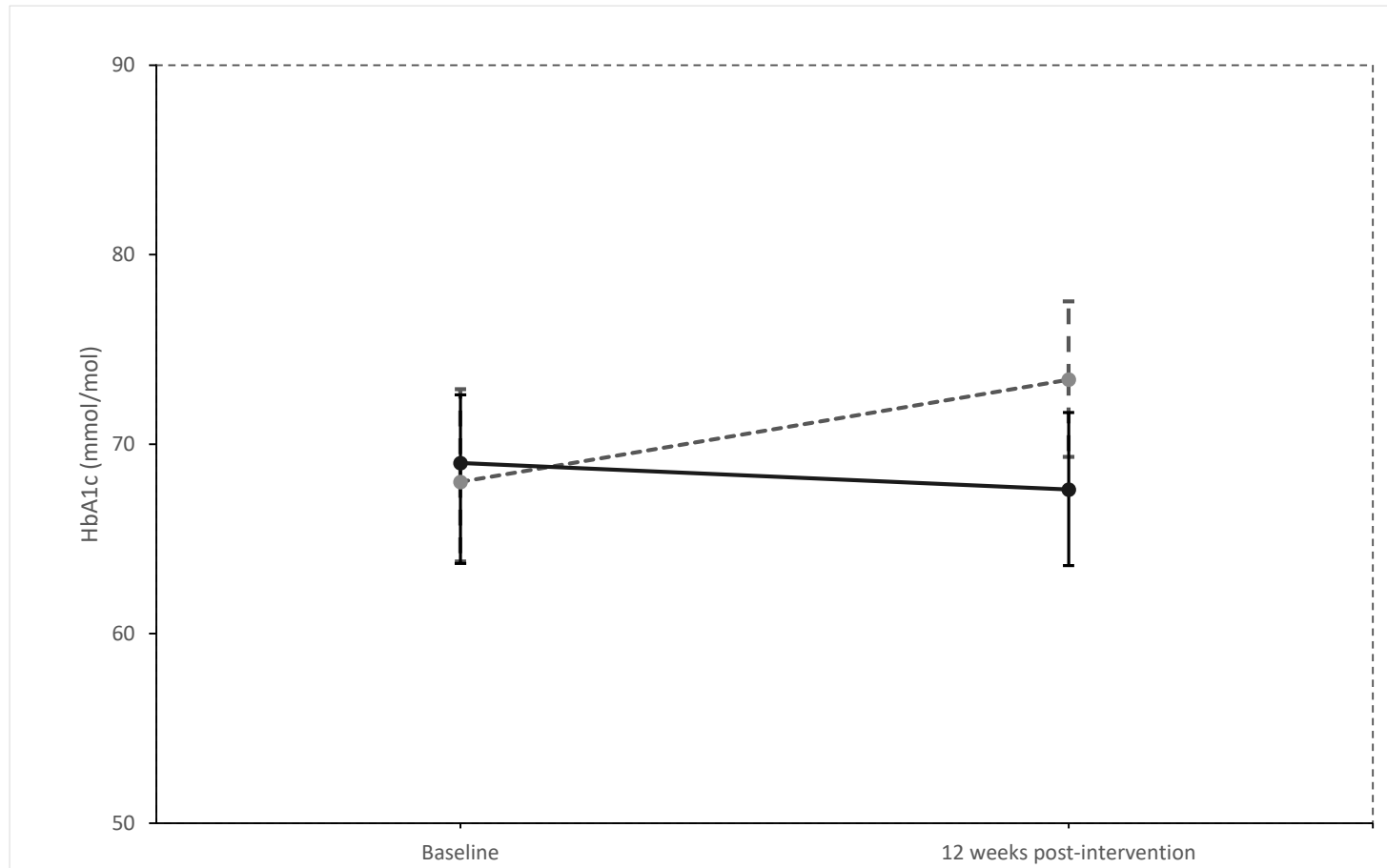
Sunday \_\_\_\_\_ Monday \_\_\_\_\_

*"I found that it made me think quite deeply about what made me appreciate the things that I didn't really think all that much about." – Girl, 13*

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

*He did seem more positive after writing. He occasionally had to be reminded, but for the most part he was quite self-motivated to write. – Mother of boy, 10*

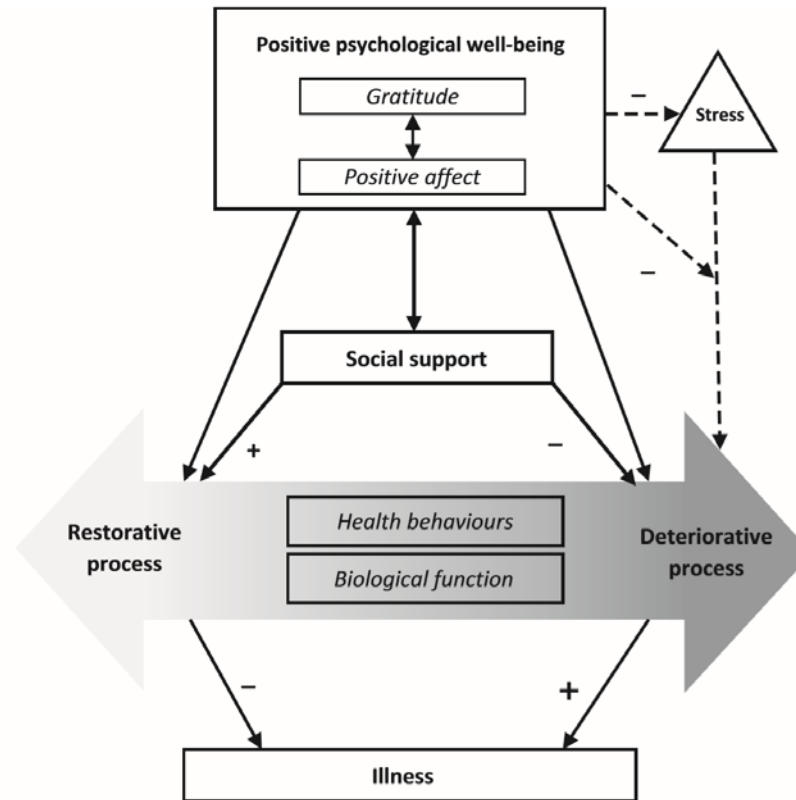
## Change in HbA1c from baseline to 12 weeks





Editorial

## Gratitude – more than just a platitude? The science behind gratitude and health



**Figure 4.** Adapted model of positive psychological well-being. Boehm and Kubzansky (2012) reprinted [or adapted] with permission.



## YOUNG ADULTS WITH TYPE 1 DIABETES:

# DOES YOUR MOOD INFLUENCE YOUR BLOOD GLUCOSE CONTROL?

We are looking for young adults aged 17-25 years old with type 1 diabetes to fill out a questionnaire to see if psychosocial factors (e.g. mood, stress, etc.) have an impact on HbA1c. Participating will mean that you will be asked to complete a questionnaire at one time-point. Participants will also receive one \$10 Westfield voucher as a thank you for your time.

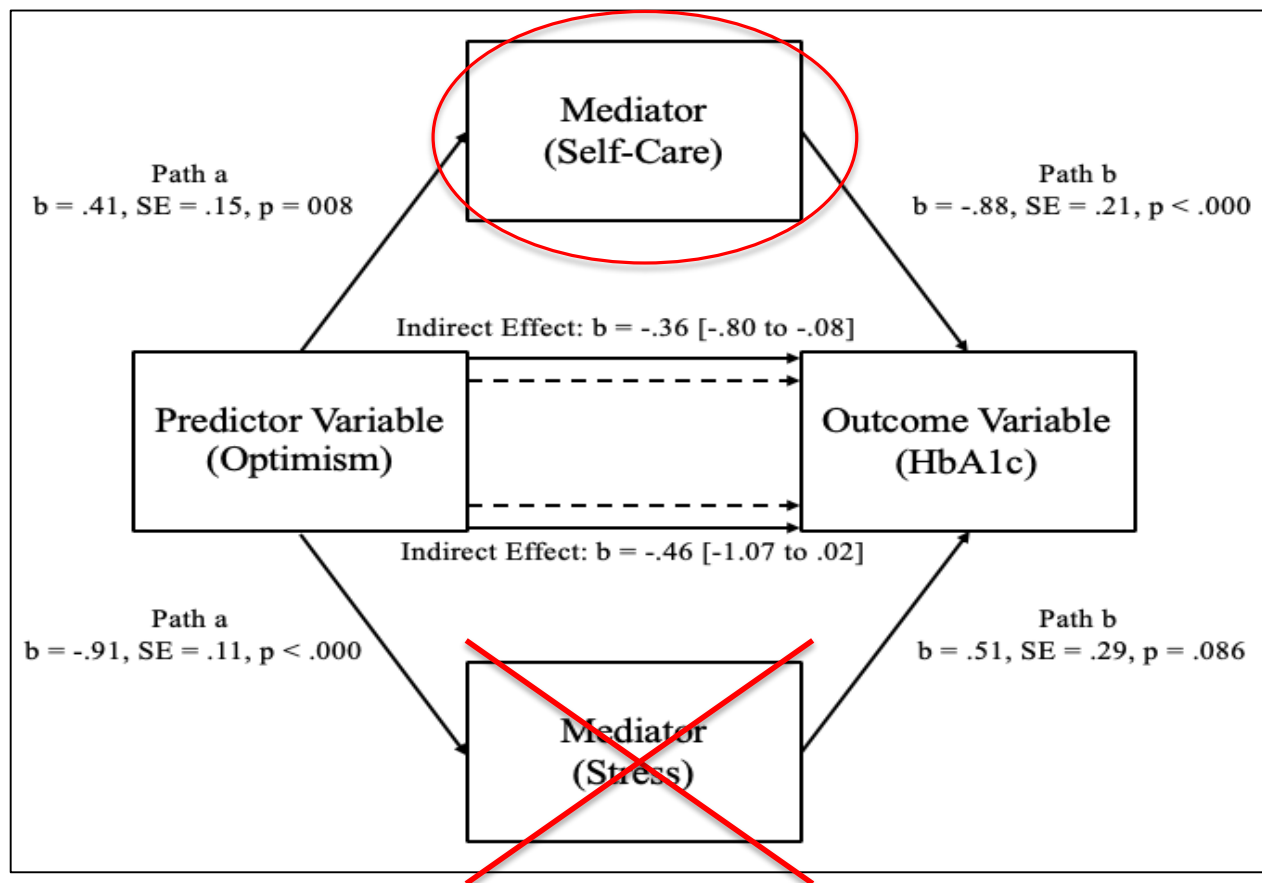
FOR MORE INFORMATION OR IF YOU WOULD LIKE TO TAKE PART CONTACT:

PHILIPPA LOSEBY (MHLTHPSYC STUDENT) [PLOS786@AUCKLANDUNI.AC.NZ](mailto:PLOS786@AUCKLANDUNI.AC.NZ)

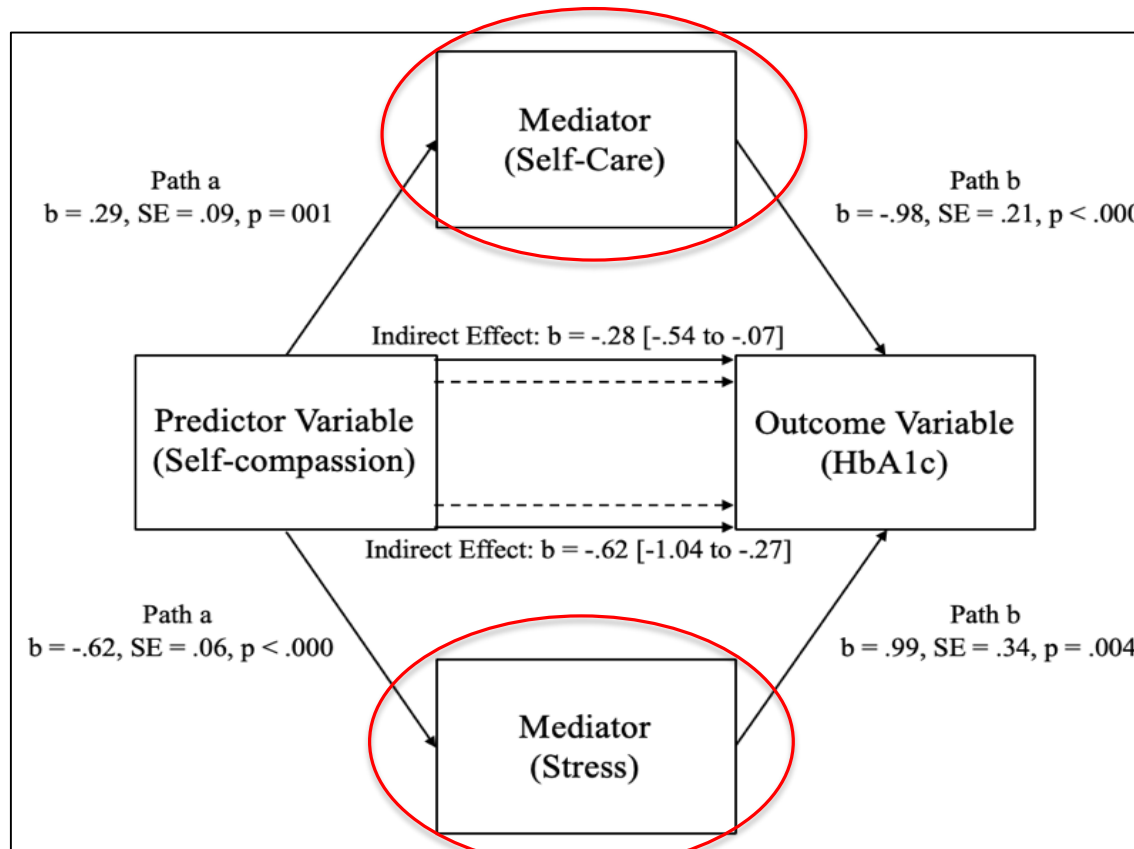
DR ANNA SERLACHIUS (PRINCIPAL INVESTIGATOR) [A.SERLACHIUS@AUCKLAND.AC.NZ](mailto:A.SERLACHIUS@AUCKLAND.AC.NZ) OR  
09 923 3073



## Multiple mediation model illustrating the effect of optimism on HbA1c through self-care and stress





## Multiple mediation model illustrating the effect of self-compassion on HbA1c through self-care and stress



Open access

Protocol

# BMJ Open Protocol for a feasibility study: a brief self-compassion intervention for adolescents with type 1 diabetes and disordered eating

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## ABSTRACT

**Introduction** Adolescents with type 1 diabetes are at a higher risk of developing psychiatric disorders, particularly eating disorders, compared with their healthy peers. In turn, this increases the risk for sub-optimal glycaemic control and life-threatening diabetes-related

## Strengths and limitations of this study

► The study will be the first to examine self-compassion as a potential therapeutic approach to the widespread problem of disordered eating behaviour in adolescents with type 1 diabetes.



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Questions?

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