

Psychological issues and Type 1 diabetes

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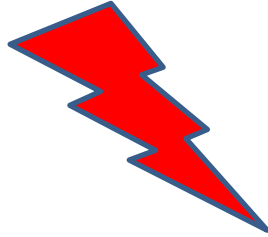
What do you think of in terms of
psychological issues?

Diabetes Distress

- Widespread inconsistencies in reported prevalence of depression
- Self report depression symptom questionnaires such as PHQ-9 reflect general emotional distress that INCLUDES the common stresses of managing Type 1 diabetes and leads to over reporting of depression
- Important to assess diabetes distress (PAIDS) :
'the experience of emotional problems related to living with diabetes and its treatment'
- Fisher et al. (2015) Prevalence of depression in Type 1 diabetes and the problem of over-diagnosis
- Shaban (2015) Psychological themes that influence self-management of type 1 diabetes

What influences behaviour?

DIABETES



THOUGHTS

FEELINGS

BEHAVIOUR

OVER doing

UNDER doing

LIFE



People mismanage their diabetes to
manage distress