

The 10th Scientific Meeting
of the PSAD Study Group

The 2nd International DAWN Meeting



Wuerzburg, Germany

22 – 24 April 2005

Welcome to Wuerzburg

The history of Wuerzburg goes back to the year 1000 B.C. when a Celtic stronghold was built atop the Marienberg. In 742 A.D. St. Boniface founded the bishopric of Wuerzburg and named St. Burkard the first bishop. Marienberg Fortress is the symbol of the city. Built on the original stronghold in 704 was the Marienkirche and, around it at the start of the 13th century, the first fortified castle. The medieval fortress was the seat of the Prince bishops for more than 500 years. Last year Wuerzburg celebrated his 1300th anniversary.



Everywhere such renowned artists as Riemenschneider, Neumann and Tiepolo left behind masterworks. First and foremost, Balthasar Neumann with his splendid Baroque edifice, the onetime Palace of the Prince bishops. As one of Europe's most precious architectural treasures, it is listed in the UNESCO "World Heritage" catalogue. Also well worth seeing is the Cathedral of St. Kilian – Germany's fourth-largest Romanesque church. The artistic highlight here is the sepulchre of Prince bishop von Scherenberg created by Riemenschneider. Art and culture have always been an integral part of life in Wuerzburg.



The fortune of Wuerzburg is inextricably associated with its university. The first foundation of the University was 1402 by Prince bishop Johann von Egloffstein. Wuerzburg has one of the oldest universities in Germany. Since then the University has a changeful history. Because of financial disputes the first vice chancellor was slain and this University has to be newly founded in 1582 by Prince bishop Julius Echter von Mespelbrunn.



Also one of the oldest Psychological Institutes is domiciled in Wuerzburg. Oswald Külpe, an assistant of Wilhelm Wundt, founded the Institute of Psychology already in 1894. Today the Julius-Maximilians-Universität of Wuerzburg belongs to the top ten universities in Germany. Eight Nobel Prize winners came from Wuerzburg, amongst them Konrad Röntgen, the discoverer of the X-Rays. Rudolf Virchow, founder of modern cell physiology and pathology, is another famous researcher from Wuerzburg. Nowadays there are more than 20,000 students studying at this University. Given the total number of inhabitants of 130,000 people, the imprinting of the University on this town is manifest.

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Dear members,

Diabetes is fast becoming epidemic. It is a costly disease, both in terms of health care provision with potential increases in co-morbidity and mortality, but also with regard to the negative impact on quality of life. Fortunately this dramatic development is not an unavoidable fate. Research has shown that we are able to reduce the risk of developing diabetes through changing the lifestyle of people who are at risk for diabetes. Emotional, motivational and cognitive factors are all involved in helping people change their life patterns. Thus lifestyle changes are a matter of importance for which psychological aspects should be considered and psychological principles and techniques applied.

Depression rates in diabetic patients are twofold higher than in non-diabetic people. Depression is a major complication in diabetes, since elevated depressive symptoms are associated with poorer quality of life, higher risk for diabetes complications and mortality as well as with higher health care expenditures. Thus the recognition and treatment of depression in diabetes is an eminently important matter in clinical diabetes care.

Since diabetes therapy is aiming at an optimal quality of life, which implies prevention of acute and late complications as well as psychological well being, knowledge about both measurement and the determinants of quality in life in diabetic patients is an important consideration for clinical diabetology.

Prevention of diabetes, depression in diabetes and quality of life are key issues of modern diabetology. This 10th PSAD conference will deal with these key issues in highlighting the state of the art knowledge of these topics and presenting the most recent psychological findings in the prevention of diabetes, depression and quality of life.

The Editor of Diabetologia, Edwin Gale MD, will give the Anita Carlson Lecture "Ten thousand people with diabetes and me: Medication versus motivation in the management of diabetes".

We hope that this 10th PSAD Meeting will be stimulating for your research and help us to integrate psychological aspects into diabetes care. We also wish you a nice stay in Würzburg, which celebrated recently its 1300th anniversary, which may set an example to the PSAD, celebrating its 10th anniversary this year.

On behalf of the Executive Committee

Norbert Hermanns, PhD, Chair of the PSAD Study Group

Dear delegates,

We look forward to your participation in the 2nd International DAWN meeting on implementation of psychosocial care guidelines in diabetes.

The purpose of the meeting is to define and hopefully initiate concrete projects to facilitate the implementation of psychosocial treatment guidelines into diabetes practice in the countries represented by the delegates.

Most of the time is spent in workshops and with discussion to share ideas and reach agreement on feasible new initiatives and projects.

To facilitate this process, please consider these issues prior to the meeting:

- What are the needs for psychological diabetes care in your country?
- What are the barriers and solutions to addressing these in your country?
- What are your personal opportunities for supporting implementation of new psychosocial treatment guidelines in diabetes in your area?

The ongoing DAWN (Diabetes Attitudes Wishes and Needs) Programme to improve psychosocial support for people with diabetes started with the DAWN study in 2001. The DAWN study demonstrated a huge need for improved psychosocial care in diabetes across 13 countries and led to the world-wide DAWN Call to Action (<http://www.dawnstudy.com>).

In 2004, the first guideline meeting (PSAD/IDF/DAWN) was held in conjunction with the 9th PSAD meeting in Amsterdam to seek consensus on key psychosocial recommendations for the upcoming global IDF Type 2 guidelines.

The IDF psychosocial guidelines, now inspired by PSAD, will be launched at EASD 2005, and the task now is how we as experts in diabetes psychology can actively support the implementation of these guidelines into diabetes care.

PSAD members may play a vital role in the education of diabetes professionals in psychological assessment and counselling of patients, facilitate awareness and policy change through cross-national psychosocial research, and development of practical methods and tools for integrating psychosocial issues in daily care.

For this meeting, we have organized three exciting workshops to each define concrete projects and initiatives that could be supported by PSAD, IDF, and DAWN to facilitate practical implementation of psychosocial guidelines into each of the countries represented by the delegates and beyond.

We look forward to an exciting day and to seeing you there!

Sincerely

Norbert Hermanns, Chair of the PSAD Study Group

Soren Skovlund, DAWN program, Novo Nordisk

DAWN - Scientific Programme

Friday, the 2nd

10:00 - 10:05	Welcome - Opening remarks	N. Hermanns
10:05 - 10:25	DAWN: Implementing national activities to overcome the psychosocial barriers to better treatment outcomes: Where are we in Europe?	S. Skovlund
10:25 - 10:45	Key findings of DAWN and consequences for research	M. Peyrot
10:45 - 11:05	Update on the IDF Psychosocial Guideline for diabetes	F. Snoek
11:05 - 11:25	From study to practice: Translating DAWN into action in Europe	B. Kulzer & N. Hermanns
11:30 - 11:45	Coffee break	
11:45 - 13:00	<p>Working Groups:</p> <ul style="list-style-type: none"> • Project 1: How to translate psychosocial diabetes guidelines into improved clinical practice (Transfer of skills for better psychosocial care to diabetes specialists, diabetes educators, GPs, psychologists) • Project 2: How to implement psychological assessments and follow-up into general diabetes care on a larger scale • Project 3: How to raise awareness and advocacy for policy change: A cross-national research framework to evaluate benefits of psychosocial diabetes guidelines. 	<p>F. Snoek & B. Kulzer</p> <p>F. Pouwer & C. Skinner</p> <p>M. Peyrot & N. Hermanns</p>
13:00 - 14:00	Lunch	
14:00 - 15:15	Continuing with working groups	
15:15 - 16:00	Presentation of the results to the plenum and plans for further action	Moderator: N. Hermanns

PSAD - Scientific Programme

Friday, 22 April

17:00 - 17:15	Welcome - Opening remarks	N. Hermanns
17:15 - 18:00	Anita Carlson Lecture : "Ten thousand people with diabetes and me: Medication versus motivation in the management of diabetes"	E. Gale
18:00 - 18:30	Discussion	
19:00 - 19:45	Guided city tour by a night watchman	
19:45 -	Dinner and wine tasting in the historic wine cellars of the Wuerzburg residence	

Saturday, 23 April

09:00 - 10:15	Prevention of diabetes	Chair: Mirjana Pibernik-Ovanovic
09:00 - 09:25	Relationships of comparative risk perceptions, health behaviours and outcomes in the Diabetes Prevention Program	E. Walker
09:25 - 09:50	Perspectives of health care providers toward diabetes prevention in the international DAWN Study	M. Peyrot
09:50 - 10:15	The effectiveness of brochure information on symptoms and risk factors for Type 2 Diabetes in encouraging increased risk perception and screening behaviour in high-risk groups.	M. Kritz
10:15 - 10:30	Coffee break	
10:30 - 11:45	Quality of life in diabetes	Chair: Cathy Lloyd
10:30 - 10:55	The network of psychological variables in patients with diabetes and their importance for quality of life and metabolic control	M. Rose
10:55 - 11:20	Psychological consequences of early detection and treatment of patients with Type 2 diabetes	B. Thoolen
11:20 - 11:45	Initial reaction to Type 1 Diabetes diagnosis predicts metabolic control in the 3-year follow-up. Results of the German Multi-center Diabetes Cohort study (GMDC-Study)	F. Petrak
11:45 - 12:15	PSAD/Novo AWARD	Chair: Chas Skinner
12:15 - 13:15	Lunch	

PSAD - Scientific Programme

Saturday, 23 April

13:15 - 15:45	Work in progress	Chair: Frans Pouwer
13:15 -13:40	Adherence to medication in patients with type 2 diabetes	M. Clark
14:05 -14:30	Monitoring health-related quality of life in adolescents with Type 1 diabetes prior to periodic outpatient consultation	M. de Wit
14:30 -14:55	The development and evaluation of alternative methods of data collection in South Asian people with Type 2 Diabetes	C. Lloyd
14:55 -15:20	The experience of diabetes: how does it affect self-care behaviour?	K. Stothard
15:20 -15:45	Psychodiabetic kit and its application in the management of patients with diabetes or at risk for diabetes	A. Kokoszka
15:45 -16:00	Coffee break	
16:00 - 17:20	Interactive poster session	Chair: Norbert Hermanns
16:00 - 16:10	Serum cortisol and daily cortisol levels in saliva do not correlate with HbA1c levels of healthy persons	A. Braun
16:10 - 16:20	The Warwick Diabetes Care User Group. A case study in consumer involvement in research	H. Hearnshaw
16:20 - 16:30	Adherence to lifestyle modification in overweight and obese people: are the irrational beliefs an important piece in the puzzle?	M. Bogatean
16:30 - 16:40	The development of a resource pack to assist practice nurses in promoting uptake and maintenance of dietary self-care behaviours	R. Povey
16:40 - 16:50	Coping strategies in men and women with Type 2 Diabetes in Swedish	C. Gafvels
16:50 - 17:00	Positive and negative expectations of type 1 diabetes patients toward insulin pump therapy	T. Kubiak
17:00 - 17:10	Pattern interruption in disease prevention through grounded theories?	V. Zoffmann
17:10 - 17:20	Predicting outcomes in the Dose Adjustment For Normal Eating (DAFNE) Trial	J. Speight
17:20 - 19:30	Free time	
20:00 -	Dinner at the Art Museum in Wuerzburg	

PSAD - Scientific Programme

Sunday, 24 April

09:00 - 11:05	Depression in diabetes	Chair: Arie Nouwen
09:00 - 09:25	Predictors of depressive symptoms in adolescents with Type 1 Diabetes	G. Law
09:25 - 09:50	Recognition and registration of depression and diabetes-specific emotional problems by diabetes nurse specialists working in an outpatient diabetes clinic.	F. Pouwer
09:50 - 10:15	Can depression simply be screened by the PAID?	N. Hermanns
10:15 - 10:40	Effectiveness of a psycho-educational intervention to increase treatment acceptance and improve depressive symptoms in patients with diabetes mellitus	M. Pibernik-Okanovic
10:40 - 11:05	Suicidal ideation and depression among patients with diabetes mellitus	M. Dernovsek
11:05 - 11:20	Coffee break	
11:20 - 12:15	PSAD business meeting	
12:15 -	Lunch	
14:00 - 16:00	EDID meeting	

PSAD - Social Programme

Thursday, 21 April

Dinner in the „Bürgerspital zum hl. Geist“
Häcker Stube
Theaterstraße 19
Phone: 0931/35030

Meeting at the Lobby of the Hotel Rebstock
time: 20.00 (8:00 p.m.)



Friday, 22 April

Guided City Tour by a night watchman

Meeting at the Lobby of the Hotel Rebstock
time: 19:00 (7:00 p.m.)



Friday, 22 April

Wine tasting and dinner in the wine cellar
of the Court Bishop in the Wuerzburg
Residence

Meeting at the fountain in front of the
Residence (Residence Place):
End of the guided City Tour

time: 19:45 (7:45 p.m.)



Saturday, 23 April

Dinner in the Art Museum „Kulturspeicher“
Veitshöchheimer Str. 5
Phone: 0931/322 250
www.kulturspeicher.de

Meeting at the Lobby of the Hotel Rebstock
(10 minutes walking distance)

time: 19:15 (7:15 p.m.)



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Participants of the PSAD/DAWN Meeting 2005

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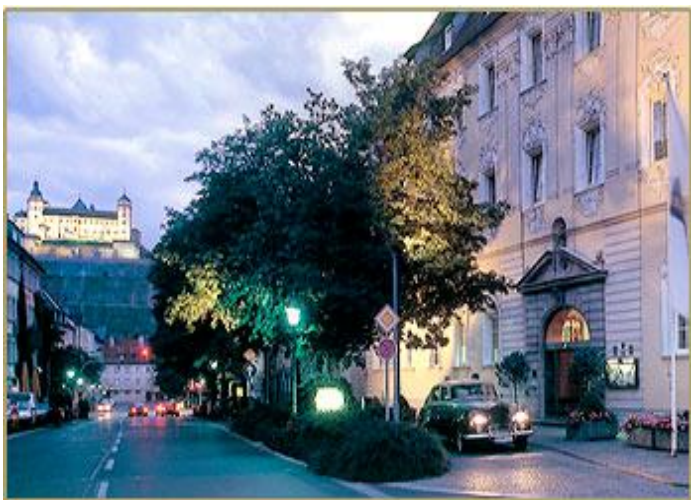
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Würzburg

- the Capital of Lower Franconia -
is located on both sides of the River Main, amid huge parks and wine covered hills. The lively university and congress city of Würzburg, gateway to the Romantic Road, is dominated by its most prominent landmark, the Fortress Marienberg.



Conference Hotel:

Hotel Rebstock
Neubastr. 7
97070 Würzburg
Fon: 0931/3093-0
Fax: 0931/3093-100
www.rebstock.com

Hotel Rebstock is located in the city center, near to many points of interest: Prince Bishops's palace, cathedral, university and congress center.

Organisation:

C. Lloyd, honorary secretary
N. Hermanns, Chair of the PSAD Study Group