

# The 11<sup>th</sup> Scientific Meeting of the PSAD Study Group



Florence, Italy  
25 – 27 April 2006

## Welcome to Florence



Florence (Italian: Firenze) is the capital city of the region of Tuscany, Italy. From 1865 to 1870 the city was also the capital of the Kingdom of Italy. Florence lies on the Arno River and has a population of around 400,000 people, plus a suburban population in excess of 200,000 persons.

The greater area has some 956,000 people. A center of medieval European trade and finance, the city is often considered the birthplace of the Italian Renaissance and was long ruled by the Medici family. Florence is also famous for its fine art and architecture. It is said that, of the 1,000 most important European artists of the second millennium, 350 lived or worked in Florence.



Florence is called the capital of arts; according to statistics produced by UNESCO, 60% of the world's most important works of art are located in Italy and approximately half of these are in Florence. From the 13th to the 16th century it was a seemingly endless source of creative masterpieces and Italian genius. Both Dante and Michelangelo were born here. Boccaccio wrote his 'Decameron' in Florence. The Italian Renaissance, Europe's richest cultural period, began in Florence when the artist Brunelleschi finished the Duomo, with the huge dome. He created between 1420 and 1446 a group of works which were to represent one of the most important moments in the history of Florentine architecture and town-planning. It is then thanks first of all to

Brunelleschi and secondly to the other exponents of the architectural culture of the early 15th century that Florence was to present itself from then on as the "Renaissance city" idealized by the humanists.

During the Italian Renaissance Florence acquired its renaissance palaces and squares, turning it into a living museum. Many squares, such as Piazza della Signoria exhibit famous statues and fountains. Florence is also a city of incomparable indoor pleasures. Its chapels, galleries and museums are an inexhaustible treasure, capturing the complex, often elusive spirit of the Renaissance more fully than any other place in the country.



The most famous museum in Florence

is the Uffizi which houses works by Botticelli, Leonardo da Vinci, Michelangelo, Titian and Rubens. Other great art museums include the Pitti Palace, Galleria dell'Accademia and Palazzo Vecchio. Florence is also home to some of the biggest churches in Italy, including the famous Duomo of Florence, San Lorenzo, Santa Maria Novella and Santa Croce.



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Dear members,

diabetes is a chronic disease, in which psychological factors play an eminent role for the manifestation, course and outcome of the illness. Behavioural factors, like obesity or a sedentary lifestyle, are crucial for the growing epidemic of type 2 diabetes. If diabetes is diagnosed, the patients face a multitude of challenges. They have to cope with the emotional and cognitive impact of suffering from a chronic disease, the risk of getting acute and late complications, complex treatment regimens and lifestyle changes.

Diabetes education, designed to support people with diabetes, has become an integral part of diabetes treatment. However, the past few decades have seen a development from primarily didactic interventions that focus on the acquisition of knowledge and skills about diabetes towards more self-management oriented approaches. Selfmanagement means to support people with diabetes to set and pursue their own realistic targets for diabetes treatment and support them to reach their individual aims. Therefore, modern diabetes education focuses on individual lifestyle modifications, personal attitudes, and motivational processes of behaviour change instead of simply teaching people what they should do or what they should avoid. This implies that self-management oriented diabetes education has also become a psychological task. Thus, it is consequent that this year's PSAD meeting, which is prior to the TPE event, will reflect psychological aspects of diabetes education as well as quality of life aspects, which are a central outcome variable of diabetes treatment.

It is a great honour for our study group that Jaakko Tuomilehto, the principal investigator of the Finish Diabetes Prevention Study, which is a landmark study about the effectiveness of behaviour modification for the prevention of diabetes, will deliver the Anita Carlson lecture about psychosocial dimensions of prediction and prevention of type 2 diabetes.

We hope that this 11th PSAD meeting in Florence will encourage us to research and implement psychological knowledge and competencies in diabetes education. After the last years introduction into the baroque lifestyle in Wuerzburg, the big humanistic tradition of Florence, which is articulated in the renaissance art, will surely stimulate us to pursue this.

On behalf of the executive committee

Norbert Hermanns, Chair of the PSAD Study group



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## PSAD - Scientific Programme

### Tuesday, 25 April

17:00 - 18:30	Welcome and Anita Carlson Lecture	Chair: Norbert Hermanns
17:00 - 17:15	Welcome and Opening remarks	N. Hermanns
17:15 - 18:00	Anita Carlson Lecture : "Psycho-social dimensions of prediction and prevention of type 2 diabetes"	J. Tuomilehto
18:00 - 18:30	Discussion	
19:00 -	Social programme	

### Wednesday, 26 April

09:00 - 10:40	Psychosocial Interventions	Chair: Frans Pouwer
09:00 - 09:25	Beyond good intentions: evaluation of a proactive self-management intervention for screen-detected patients with Type 2 diabetes	B. Thoolen
09:25 - 09:50	Efficacy of a new developed education programme (HyPOS) to treat hypoglycaemia unawareness	N. Hermanns
09:50 - 10:15	A systematic review and meta-analysis of randomised controlled trials of psychological interventions to improve glycaemic control in patients with Type 1 diabetes	K. Ismail
10:15 - 10:40	A multi-centre randomised controlled trial delivering motivational interviewing to adolescents with Type 1 diabetes	M. Huws-Thomas
10:40 - 11:00	Coffee break	
11:00 - 12:15	Quality of life / Depression / Cognitive Functions	Chair: Norbert Hermanns
11:00 - 11:25	Increased risk for depression in patients with type 2 diabetes, but also in women with impaired glucose metabolism: the Hoorn Study	F. Pouwer
11:25 - 11:50	A comparison of diabetes-related cognitive and social perceptions of type 2 diabetes patients and their non-diabetic spouses in a Canadian and an UK sample	A. Nouwen
11:50 - 12:15	Memory functioning in Type 2 diabetes	S. Miclea
12:15 - 12:45	PSAD/Novo AWARD	
12:45 - 13:45	Lunch	

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### Wednesday, 26 April

13:45 - 15:30	Work in progress	Chair: Chas Skinner
13:45 - 14:20	Susceptibility to Type 2 diabetes: perceptions and family communication regarding inheritance and primary prevention	S. van Esch
14:20 - 14:55	Diabetes prevention: reaching diverse populations where they live	L. Ruggiero
14:55 - 15:30	Quality of life – can we make it person-centred and more flexible?	C. Skinner
15:30 -	Coffee break	
19:00 -	Social programme	

### Thursday, 27 April

09:00 - 10:45	Work in progress - continued	Chair: Chas Skinner
09:00 - 09:35	The role of psycho-social factors in metabolic syndrome: a cross-sectional survey	M. Bogatean
09:35 - 10:10	Study design of the diabetes and depression study (DAD)	F. Petrak
10:10 - 10:45	Identifying successful interventions for enhancement of self-efficacy	K. Zinken
10:45 - 11:00	Coffee break and time to read posters	
11:00 - 11:45	Interactive poster session	Chair: Mirjana Pibernik-Ovanovic
11:00 - 11:15	The personal experience of diabetes and self-care	K. Stothard
11:15 - 11:30	Does glycated haemoglobin vary according to young diabetics' life styles or attitudes towards diabetes?	P. Bregani
11:30 - 11:45	Qualitative study into quality of life benefits associated with insulin pump use	K. Barnard
11:45 - 12:45	PSAD business meeting	
12:45 -	Lunch	
14:00 - 16:00	EDID meeting	

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## PSAD –Social Programme

### Tuesday, 25 April

Drinks and Apperitives in the garden of Hotel Londra.  
Dinner at the restaurant 'One', located in Hotel Londra.

Time for drinks: 19.00 (7.00 pm)

Time for dinner: 19:30 (8.00 pm)



### Wednesday, 26 April

Guided walking Tour starting from Hotel Londra taking us around Florence's most charming and historic quarters, see the riverside and the picturesque view of the Ponte Vecchio and end at Restaurant Borga San Jacopo, where dinner is served.

Meeting at the Lobby of Hotel Londra

Time 19.00 (7.00 pm)



Dinner at the Restaurant Borga San Jacopo



'The setting at the Restaurant Borga San Jacopo is a beautiful one, as it could only be for those who make the image their business. The main room, decorated in light colours in striking contrast to an enormous, dark, ceiling-high credenza stretches toward the river Arno. The restaurant also features a mezzanine, a great window over the river with an incomparable view of the Ponte Vecchio. The cuisine is traditional, but lightened and enhanced by a creative flair'.

Time 20.30 (8.30 p.m)

Meeting at the restaurant: end of the guided city tour

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## Participants of the PSAD Meeting 2006

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is a mid-italian town on the Arno River. Florence is the capital city of the region of Tuscany and the province of Florence. From 1865 to 1870 the city was also the capital of the Kingdom of Italy. Due to its cultural importance – particularly to its fine arts – Florence is called also the “italian Athens”.



Conference Hotel:

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Hotel Londra is located in the business- and congress-center, near to many points of interest: Basilica Santa Maria Novella, Bibliotheca Medicea Laurenziana, Fortezza da Basso.