

The 13th Scientific Meeting
of the PSAD Study Group

The 4th International DAWN Meeting



Cagliari, Sardinia
11 – 13 April 2008

Dear PSAD Member,

In the spirit of a growing tradition, we are delighted to invite you to a DAWN Youth day focused on pediatric psychosocial diabetes research in connection with our annual PSAD event. The event is hosted by PSAD and the DAWN Youth International Steering Committee involving the IDF and ISPAD and Novo Nordisk.

During 2007, DAWN Youth surveys have been carried out involving more than 6.000 people to understand their attitudes, wishes and needs and 25 countries have been surveyed in regard to the general availability of psychosocial support. In 2008, the Year of the Child with Diabetes, the aim is to unify efforts to improve care for psychosocial needs of families with children with diabetes guided by these efforts.

The PSAD membership has a key role to play nationally in informing and advising on psychosocial policies, practices and interventions that can to be implemented in order to improve the quality of life of youth with diabetes and their families.

This DAWN workshop is aimed primarily at PSAD Members attending the annual PSAD meeting and key experts, organizational representatives and advocacy groups engaged with the promotion of applied psychosocial paediatric research in the DAWN Youth initiative (for more info please visit: www.dawnyouth.com).

Focus will be to discuss implementation of psychological treatment guidelines in pediatric and adolescent diabetes through training of healthcare professionals in diabetes psychology and integration of psychosocial assessments in pediatric diabetes care for improved clinical care.

Sincerely

Norbert Hermanns, Professor, diabetes psychologist, Chair PSAD, Wuerzburg, Germany

Karin Lange, Professor, pediatric diabetes psychology, Hannover, Germany

Henk-Jan Aanstoot, pediatric diabetologist, Chair, Youth Charter, DAWN Youth, NL

Soren Skovlund, Senior Adviser, DAWN Programme, Novo Nordisk, Denmark

DAWN - Scientific Programme

Friday, the 11th April

09:00 - 09:05	Welcome - Opening remarks	N. Hermanns
09:05 - 09:30	DAWN Youth – A global ISPAD/IDF partnership effort to improve conditions for children, youth with diabetes and their families	H.-J. Aanstoot, K. Lange, S. Skovlund
09:30 - 10:00	The Italian DAWN initiative – A model for building national partnerships for psychosocial care	Dr. P. Pisanti, Ministry of Health
10:00 - 10:30	Overview of DAWN Youth Results world wide	M. Peyrot
10:30 - 10:45	Discussion of implications	Moderation: M. Peyrot
10.45 - 11.00	<i>Coffee Break</i>	
11:00 - 11:30	Training of healthcare professionals in diabetes psychology. Experiences from Germany. Discussion	K. Lange
11:30 - 12:00	Training in family-centred pediatric care. Experiences from US. Discussion.	B. Anderson
12:00 - 13:00	<i>LUNCH</i>	
13:00 - 15:30	WP1: Defining international curriculum for training programme for non-diabetes specialized psychologists. WP2: Defining advanced curriculum in pediatric diabetes psychology for diabetes care professionals.	Moderation WP1: B. Kulzer N. Hermanns Moderation WP2: B. Anderson K. Lange
15:30 - 16:00	Feedback and next steps	

After the DAWN Youth Day the Annual Spring Meeting of the PSAD study group begins.

The 13th PSAD Scientific Meeting, Cagliari 2008



Dear members,

Over the last years there is accumulating evidence that the combination of diabetes and depression is burdensome. Depressed diabetic patients seem to have a reduced quality of life, a poorer self-management of their disease, higher A1c levels and a more unfavourable prognosis than non-depressed diabetic patients. Moreover, depression itself seems to be a causative factor to the disease. In our 13th Psycho-social Aspects of Diabetes Study Group (PSAD) Scientific meeting one focal point will be the association of depression and diabetes. During the last PSAD meetings we also focused on the psychological aspects of diabetes education and the psychological impact of new technologies. Research stimulated by the last meetings will also be presented at this meeting.

We also have the tradition to have a DAWN meeting in conjunction with our annual scientific meeting. In 2007 we held the third international PSAD-DAWN meeting in connection with the annual conference of the PSAD Study Group of the European Association for the Study of Diabetes (EASD) in Brussels. Here we initiated research efforts to understand the attitudes, wishes and needs of children, youth and parents with diabetes. DAWN Youth surveys have been carried out showing that there is a huge gap between the psychosocial needs of people with diabetes and the support from the health care system and community. The DAWN Youth meeting this year wants to contribute to bridge the large gap between psychosocial needs and psychosocial demands in young diabetic people.

Which place could be more suited for having our PSAD meeting in combination with the DAWN youth meeting than Sardinia? Besides its cultural treasures, Sardinia is an island which is well known for a very high incidence of type 1 diabetes. We are very proud that the organizer this year Dr. Marco Songini will lead us the Sardinian way to IDDM while giving us the Anita Carlson lecture. Of course Sardinia is not only famous for diabetes. Sardinia has a famous history. The capital Cagliari, where we stay, was initially settled 700 BC. Different ancient cultures and multiple influences are mixed in Sardinia. Beginning with phoenician, greek, carthagian as well as roman eras, which were succeeded by mediaeval influences from the Italian maritime republics (Pisa, Venice and Genua), Sardinia is also shaped by French and Italian culture and style. In Cagliari there are numerous buildings and fortification telling us about the changeful history of Sardinia. But also important are the peculiar gastronomic traditions of Sardinia. Many dishes are based on the wide variety of either meat (from mountain traditions) and sea foods (from coast), for example, "burridda" and "porceddu". Very good wines are also part of Casteddai (Cagliaritanians) meals: in fact excellent wines are produced in the nearby vineyards of the Campidano plain.

Having all this in prospect, on behalf of the executive committee we wish you all a very warm Salute!

Norbert Hermanns & Marco Songini

PSAD - Scientific Programme

Friday, the 11th April

17:00 - 18:30	Welcome - Opening remarks	Chair: Norbert Hermanns
17:15 - 18:00	Anita Carlson Lecture : "The Sardinian way to IDDM."	M. Songini
18:00 - 18:30	Discussion	N. Hermanns
19:30 -	Dinner at the Hotel	

Saturday, the 12th April

09:00 - 11:00	Completed work – oral presentations	Chair: Cathy Lloyd
09:00 - 09:25	Depressive symptoms increase the risk of all-cause mortality in men with high post load glucose levels: a 30 year follow-up study.	A. Kruse
09:25 - 09:50	Diabetes-related symptom distress among groups of different glucose tolerance status: cross-sectional findings of the HOORN Study.	M. Adriaanse
09:50 - 10:15	Factors predicting adjustment of adolescents with insulin dependent diabetes mellitus.	J. Malik
10:15 – 10:40	Diabetes associated diet changes responses to food pictures in motivational and emotional brain regions: an fMRI study.	A. Nouwen
10:40 - 11:00	Coffee break	
11:00 - 12:00	Completed work – brief presentations	Chair: Kirsty Winkley
11:00 - 11:12	Patient reported outcomes of continuous glucose monitoring with real time access to glucose values vs. retrospective analysis: a cross over study.	N. Hermanns
11:12 - 11:24	How to master diabetes in court? A case study.	K. Kanc
11:24 - 11:36	In-field assessment and feedback of cognitive performance in type 1 diabetes patients – a means for enhancing hypoglycaemia awareness?	T. Kubiak
10:36 - 11:48	Assessing diabetes support in adolescents: Factor structure of the modified Diabetes Social Support Questionnaire-Friends	J. Malik
11:48 - 12:00	Overcoming barriers to effective diabetes management in Greece: A report on the development of the DAWN assessment form model of psychosocial care	S. Skovlund
12:00 - 13:00	Lunch	

PSAD - Scientific Programme

Saturday, the 12th April – continued

13:00 - 15:20	Work in progress – oral presentations	Chair: Pibernik-Okanovic
13:00 - 13:25	Nurse-led motivational enhancement therapy for people with Type 2 diabetes.	K. Winkley
13:25 - 13:50	The experiences of pregnancy and childbirth in women with diabetes; development of a research protocol.	C. Lloyd
13:50 - 14:15	Motivation for diabetes management based on autonomy. A program for young adults with type 1 diabetes in connection with status appointments at Steno Diabetes Centre	V. Zoffmann
14:15 - 14:30	Coffee break	
14:30 - 14:55	The influence of psychosocial variables on adherence, diabetes regulation and quality of life in children and adolescents with diabetes.	L. Kristensen
14:55 - 15:20	European guidelines for preventing diabetes: recommendations on achieving behaviour change.	C. Greaves
15:20 - 16:00	PSAD MEETING	
16:00 - 17:30	EDID MEETING	
18:00 -	SOCIAL PROGRAMME	

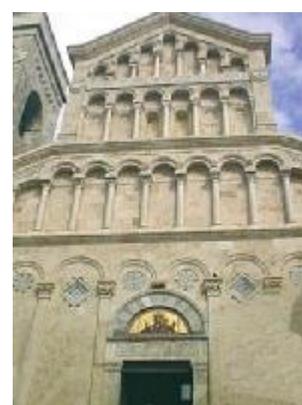
Social Programme

Guided walking tour in Cagliari's historical centre and bus sightseeing tour of Cagliari.

Dinner at Lillicu's Restaurant.

Meeting at the Lobby of the Hotel Regina Margherita at 18:00 (6:00 p.m.)

- 18.00 from Hotel Regina Margherita to Viale Buon Cammino by bus (10 minutes driving)
- 18.20 one hour guided walking tour in Cagliari's historical centre
- 19.30 bus sightseeing tour of Cagliari
- 20.00 back to hotel
- 20.10 meeting in the hotel hall and walking to the restaurant
- 20.15 dinner at Lillicu's restaurant



PSAD – Scientific Programme

Sunday, the 13th April

09:00 - 10:30	Work in progress – oral presentations	Chair: Frans Pouwer
09:00 - 09:25	The effects of psycho-education on treatment outcomes in mildly to moderately depressed diabetic patients: a pilot study.	M. Pibernik-Okanovic
09:25 - 09:50	Depression and cognitive function among diabetic patients.	S. Primožič
09:50 - 10:15	Diabetes self-care coaches: using medical assistants to support diabetes care in primary care clinics.	L. Ruggiero
10:15 - 10:30	Coffee break	
10:30 - 12:15	Work in Progress - brief presentations	Chair: Norbert Hermanns
10:30 - 10:42	Diabetes Attitudes Wishes and Needs (DAWN) Youth Study.	M. Peyrot
10:42 - 10:54	Level of depression and anxiety in the main stages of Type 2 diabetes: the pilot study.	A. Kokoszka
10:54 - 11:06	The SOUL-D Study: The role of psychological and social factors on diabetes outcomes in people with newly diagnosed Type 2 diabetes in South London.	K. Winkley
11:06 - 11:18	Preventing Type 2 diabetes after gestational diabetes: a qualitative study with postnatal women to inform intervention development.	K. Stothard
11:18 - 11:30	Community based diabetes screening: an innovative method of reaching underserved populations.	L. Ruggiero
11:30 - 11:42	Establishing validity of The Analysis System for Self-Efficacy Training.	K. Zinken
11:42 - 11:54	Cognitive behavioural therapy in elderly type 2 diabetes patients with minor depression (MIND-DIA-Study): study design of a randomised controlled trial	F. Petrak
11:54 - 12:00	Closing remarks	N. Hermanns
12:00 -	Lunch	
END OF MEETING		

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Participants of the PSAD/DAWN Meeting 2008

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Welcome to Cagliari

Cagliari is the capital of the island of Sardinia, a region of Italy. Cagliari's Sardinian name Casteddu literally means the castle. It has about 160,000 inhabitants, or about 500,000 including the suburbs. Under the name of Karalis it was established around the 7th century BC as a Phoenician trading colonie. Its foundation is assigned to the Carthaginians. No mention of it is found on the occasion of the Roman conquest of the island. After the fall of the Western Roman Empire it was subsequently ruled in turn by the Vandals and the Byzantine Empire, Cagliari became the eponymous capital of an independent kingdom, ruled by a giudice or judike (literally "judge").



During the 11th century, the Pisan republic conquered the Giudicato of Cagliari and re-built the town itself. Pisa was one of the four Italian "maritime republics" that during the Middle Ages fought for control of the Mediterranean Sea and its commercial routes. During the 14th century the kingdom of Aragon conquered Cagliari after a battle against the Pisans. When Sardinia was finally conquered by Aragon, Cagliari, became the administrative capital of the vice-kingdom of Sardinia, which later came under the rule of the Spanish empire. During the 18th century, after a brief rule of the Austrian Habsburgs, Cagliari and Sardinia came under the House of Savoy in 1720. As ruler of Sardinia, the Savoys took the title of kings of the Sardinian kingdom. Although Sardinian by name, the kingdom had its capital in Turin, in mainland Italy, where the Savoys resided. By the end of the 18th century, after the French Revolution, France tried to conquer Cagliari because of its strategic role in the Mediterranean sea, but the French were defeated by Sardinians who decided to defend themselves against the revolutionary army. When the Savoys refused any concession to the Sardinians, inhabitants of Cagliari rose up against the Savoys and expelled all representatives of the kingdom and people from Piedmont. This insurgence is celebrated in Cagliari during the "Die de sa Sardigna" (Sardinian Day) on the last weekend of April. However the Savoys regained control of the town after a brief period of



autonomous rule. From the 1870s, with the unification of Italy, the city experienced a century of rapid growth. Many outstanding buildings were erected by the end of the 18th century. Many of these buildings combined influences from Art Nouveau together with the traditional Sardinian taste for flower decoration: an example is the white marble City Hall near the port.

The old part of the city (called Castello, the castle) lies on top of a hill, with a wonderful view of the Gulf of Cagliari. Most of its city walls are intact, and feature the two 13th century white lime-stone towers, St. Pancras Tower and the Elephant Tower. The local white lime-stone was used to build the walls of the city and many buildings. The Cathedral was restored in the 1930s turning the former Baroque façade into a Medieval Pisan style façade, more akin to the original appearance of the church.



Near the Cathedral is the palace of the Provincial Government (which used to be the island's governor's palace before 1900). In Castello is also the Sardinian Archaeological Museum, the biggest and most important regarding the prehistoric Nuragic civilisation of Sardinia.

The Basilica di San Saturnino is one of the most important Palaeo-Christian monuments in Sardinia. Dedicated to the martyr killed under Diocletian's reign, it was built in the 5th century. Of the original building the central part remain and the dome, to which two arms (one with a nave and two aisles) was added.

The Sanctuary of Our Lady of Bonaria was built by the Aragonese in 1324-1329 during the siege to the Castle in which the Pisan had took shelter. It has a small Gothic portal in the façade and in the interior houses a wooden statue of the Madonna, which was thrown off by a Spanish ship and landed at the feet of the Bonaria hill. The cloister of the convent is home to the Marinery Museum.



Considerable other remains of the ancient city are still visible at Cagliari, the most striking of which are those of the Roman Amphitheatre and of an aqueduct; the latter a most important acquisition to the city, where fresh water is scarce.

The districts built in the 1930s spot some nice examples of Art Deco architecture and some controversial examples of Fascist neoclassicism, such as the Justice Court (Palazzo di Giustizia) in the Republic Square. The Justice Court is close to the biggest town park, Monte Urpinu, with its pine trees and artificial lakes. The park includes a vast area of a hill. The Orto Botanico dell'Università di Cagliari, the city's botanical garden, is also of interest.



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The 4th International DAWN Meeting



Cagliari

- the Capital of the island of Sardinia -
Cagliari's Sardinian name Casteddu literally means the castle. It occupies a favourable position between the sea and a fertile plain, and is close to high and green mountains.



Conference Hotel:

Hotel Regina Margherita
Viale Regina Margherita
44 - 09124 Cagliari, Sardinia
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Fax: +39 (0)70668325
www.hotelreginamargherita.com

The Hotel Regina Margherita is situated in the center of Cagliari, in a modern building totally restructured, with visual on the Gulf of Cagliari.

Organisation:

Dr. M. Songini

C. Lloyd, honorary secretary

N. Hermanns, Chair of the PSAD Study Group