

PSAD

PsychoSocial Aspects of Diabetes



***Scientific Programme & Book of Abstracts of the 17th PSAD
Spring Meeting, Ljubljana, Slovenia, April 20-22, 2012.***

Dear members,

Welcome to the 17th Scientific Spring Meeting of the PSAD Study Group! Last year in Cambridge, our colleague Dr. Karin Kanc kindly offered to host the next meeting, and as a consequence, our annual meeting now takes place in the beautiful city of Ljubljana, the capital of Slovenia, sometimes referred to as “little Prague”.

According to an old story, this city was founded by the Greek hero “Jason and the Argonauts” (sounds almost like the name of a rock & roll band from the 50’s). The Ljubljana dragon that is depicted on the front cover of this programme may have its origins in this legend. Once upon a time, this hero Jason and his friends the Argonauts stole a golden fleece, the coat of a golden ram, which belonged to the King of Colchis. By boat Jason and his friends escaped the King of Colchis who chased them and went first up the river Danube and then along the River Ljubljanica. They stopped at the source of the Ljubljanica and overwintered there. According to the legend, upon their arrival between what is now Vrhnika and Ljubljana, Jason and the Argonauts came across a large lake with a swamp alongside. Here lived a terrible dragon that was killed by Jason, after a very heroic struggle.

Now, back to our own mutual “struggle”, which is of course *improving the quality of life of people with diabetes*, through both psychosomatic diabetes research and high quality diabetes care. Please take a look at this year’s PSAD scientific programme, which as always looks very interesting.

In line with our tradition, this meeting will start with the Anita Carlson lecture. We are very pleased that our colleague Dr. Julie Wagner from the University of Connecticut Health Center (USA) has accepted our invitation to give the lecture this year. Julie is a licensed clinical health psychologist who is committed to reduce short and long term complications of diabetes through her clinical research. She has published extensively on the effects of psychological states could have on different aspects of diabetes. Her studies are designed to answer the question: “*How do mental experiences get under the skin and damage the blood vessels in people with diabetes?*”

It was a pleasure for the Executive Committee to review the high quality abstracts submitted by the members of our study group and an easy job to develop an interesting programme. On Saturday morning, we will hear about diabetes & depression. In the afternoon, attendants can choose between two parallel sessions: 1) social support/social stigma and self-management and 2) psychosocial functioning, followed by a short session that focuses on psychometric issues. In the late afternoon, the PSAD Science Award 2012 will be awarded, followed by the Business meeting. Saturday evening we will have dinner and will visit an exciting science museum.

Sunday morning starts with the EDID (breakfast) meeting. All participants with an interest in diabetes and depression are invited. The last part of the PSAD programme consists of two parallel sessions on 1) personality issues and 2) new interventions.

On behalf of the Executive Committee, and the local organiser, I wish you a rewarding meeting, with interesting contacts and an opportunity to visit a fascinating, hospitable and attractive city.



Frans Pouwer,
Chair of the PSAD

Friday April 20, 2012

17.00-17.30	Welcome + drinks
17.30-18.30	<p>Anita Carlson Lecture 2012, by Dr. Julie Wagner, University of Connecticut Health Center, USA.</p>  <p>Title: "Heartsick: Depression, Stress and Cardiovascular Risk in Diabetic Women"</p>
19.00	Dinner

Saturday April 21, 2012

Session 1: Depression

chair: Frans Pouwer

9.00-9.15	Andreas Schmitt: Interaction effect of depression and diabetes-related distress on health-related quality of life
9.15-9.30	Jessica Browne: The Diabetes Miles Study: first results from Diabetes MILES – Australia
9.30-9.45	Norbert Hermanns: Is diabetes related distress a risk factor for depression in diabetes?
9.45-10.00	Susan van Dijk: Cost-effectiveness of a nurse-led stepped care program for depression among primary care patients with type 2 diabetes and/or coronary heart disease and subthreshold depression
10.00-10.15	Andreia Mocan: Glycosylated hemoglobin, dysfunctional beliefs and depression in type 2 diabetes
10.15-11.00	Break and coffee – chance to meet colleagues
11.00-11.15	Dea Ajduković: Treating subsyndromal depression: short term results of a randomised controlled comparison of psychoeducation, physical exercise and treatment as usual
11.15-11.30	Adriana Alvarez: Prevalence of depression in type 2 diabetes patients. An Argentinean multicenter study.
11.30-11.45	Marjolein Iversen: Is depression a predictor of diabetes with and without diabetic foot ulcers? – An 11-years follow-up of HUNT Study participants.
11.45-12.00	Discussion

12.10-13.15 Lunch

Session 2 in parallel

	<p>Parallel session A</p> <p>Chair: Julie Smith</p> <p>Social support/stigma and Self-management or self-care</p>	<p>Parallel session B</p> <p>Chair: Christel Hendrieckx</p> <p>Psychosocial functioning</p>
13.15-13.30	<p>Ingrid Willaing: Social support and self-management behaviour among patients with type 2 diabetes</p>	<p>Robert Priharjo: Investigation of elements of empathy within nurse patient diabetes consultation</p>
13.30-13.45	<p>Jessica Browne: Social stigma in diabetes: a framework for understanding a growing problem for an increasing epidemic</p>	<p>Meike Eisele: Expressive writing about diabetes: emotional problems in adolescents with type 1 diabetes mellitus</p>
13.45-14.00	<p>Arie Nouwen: Longitudinal Testing of a Dietary Self-Care Motivational Model in Adolescents with Diabetes</p>	<p>Andrzej Kokoszka: Experience of values motivating to lifestyle changes: a pilot study.</p>
14.00-14.15	<p>Daniela Zahn: Do interindividual differences in glucose regulation predict self-regulatory behaviour?</p>	<p>Tim Skinner: Provision of personalised risk for complications: A pilot study</p>
14.15-15.15	<p>Discussion followed by break</p>	<p>Discussion followed by break</p>

Session 3: New measures and their validity Chair: Frans Pouwer

15.15-15.45	Mark Peyrot: Development of the Diabetes Medication System Rating Questionnaire-Short Form (DMSRQ-SF) in Adults with type 2 Diabetes
15.45-16.00	Clea Bruun Johansen: Qualitative validation of Diabetes Distress Scale 2 items (DDS2)
16.00-16.30	Discussion

16.30-17.00 PSAD/Novo Nordisk Award and Business meeting

Business meeting agenda:

- EC: election of honorary secretary
- PSAD Newsletter
- EASD: suggestions for symposium 2013
- Venue for next year PSAD meeting
- PSAD position statement (Diabetologia)
- Other issues

18.00 Evening: Social Event

Sunday April 22, 2012

8.00-9.00 EDID meeting

Sunday Parallel sessions

	Chair: Karin Kanc Parallel session A What is the role of personality in predicting diabetes outcomes?	Chair: Arie Nouwen Parallel session B New interventions for people with diabetes
9.00-9.15	Giesje Nefs: Type D personality as a vascular risk factor: a role for suboptimal health behaviors? Results from the Diabetes MILES Study (The Netherlands)	Mark Peyrot: Gender disparities in physical, psychological and behavioral outcomes in the multi-national DAWN study
9.15-9.30	Monika Grivnova and/or Jorg Huber: Resilience and its association with personality, self-efficacy, self-care, everyday worries and low moods in type 2 diabetes patients and a community sample	Vibeke Zoffmann: Young adults with type 1 diabetes: how are they doing? Cross-sectional study of glycemic control and psychosocial functioning in 18-35 year old young adults
9.30-9.45	Thomas Kubiak: Trait self-focused attention predicts accuracy in blood glucose perception: a continuous glucose monitoring study	Lene Eide Joensen: Mapping of psychosocial health characteristics of patients with type 1 diabetes and the subsequent development of methods for psychosocial patient support

9.45-10.00	Tim Skinner: Personality traits, self-care behaviours and glycaemic control in type 2 diabetes: The Fremantle Diabetes Study Phase II	Christel Hendrieckx: An audit of psychological outcomes in people with type 1 diabetes attending tertiary diabetes clinics in Melbourne
10.00-10.15		Tanja Pate: How do parents of children and adolescents with type 1 diabetes feel? Stress regarding the child's diabetes and parental psychosocial well-being
10.15-11.30	Plenary discussion	
<u>Plenary: Closing of meeting</u>		