

The 14th Scientific Meeting
of the PSAD Study Group

The 5th International DAWN Meeting



Dubrovnik, Croatia
24 – 26 April 2009

*Monitoring Psychosocial Needs of People with Diabetes:
International Experiences and the Way Forward*

Dear PSAD member,

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

This year the meeting will focus on sharing latest research findings and practical experiences with psychosocial monitoring of people with diabetes as part of ongoing diabetes care. In an interactive informal setting we will discuss the experiences with implementation of psychosocial monitoring in diabetes care in different centres and countries, with focus on competency requirements, accessibility of interventions and referral opportunities.

The DAWN workshop is aimed primarily at PSAD Members attending the annual PSAD Spring meeting and key experts, organizational representatives and advocacy groups engaged with the promotion of applied psychosocial research in the DAWN Programme.

Sincerely,

Norbert Hermanns, Diabetes psychologist, Chair PSAD

Soren Skovlund, Senior Adviser, DAWN Programme, Novo Nordisk

Friday, 24th April

9:00 - 9:15	Welcome - Opening remarks	N. Hermanns
9:15 - 9:30	IDF/ISPAD/DAWN partnership efforts to improve access to psychosocial care for people with diabetes world-wide	S. Skovlund
9:30 - 10:00	Overview of the DAWN MIND (Monitoring Individual Needs of People with Diabetes) multi-national translational study to implement psychosocial monitoring of people with diabetes in 10 countries	F. Snoek
10:00 - 10:30	Experiences from a diabetes nurse. Training and competency requirements for healthcare teams conducting psychosocial evaluations as part of ongoing care.	L. Dobson
10:30 - 11:00	Coffee break	

*Monitoring Psychosocial Needs of People with Diabetes:
International Experiences and the Way Forward*

Friday, 24th April (continued)

11:00 - 11:30	Developing psychological interventions and ensuring referral options for people with diabetes with psychosocial support needs. Experiences with DAWN MIND in Croatia	M. Pibernik
11:30 - 12:00	Understanding implications of DAWN MIND results for depression management and educational support needs. Findings and experiences from Germany	N. Hermanns
12:00 - 13:00	Lunch	
13:00 - 14:00	<p>Working Groups</p> <ul style="list-style-type: none"> • Workshop 1: Requirements for healthcare teams who conduct psychosocial assessments and feed back results. What are the minimal competence needs and how can PSAD and diabetes psychologists contribute? • Workshop 2: Establishing interventions and securing referral options for patients with psychosocial support needs. Do we have reliable algorithms to determine patient treatment needs according to WHO-5/PAID thresholds? • Workshop 3: Monitoring QoL/well-being in primary care. How depression screening is incorporated in primary diabetes care – pro's and con's. How can this facilitate more comprehensive QoL assessment? Sharing better practice. 	<p>S. Skovlund</p> <p>N. Hermanns</p> <p>F. Snoek</p>
14:30 - 14:45	Feedback on workshops in the plenum	
14:45 - 15:00	Coffee break	
15:00 - 15:30	<p>DAWN MIND Youth - A new initiative: Overview of multi-centre effort to monitor needs of young people with diabetes (12-18 years) as part of ongoing diabetes care.</p>	M. de Wit
15:30 - 15:45	<p>Plenum Discussion: Standards and strategies for optimising psychosocial health for teenagers with diabetes.</p>	N. Hermanns
15:45 - 16:00	<p>Plenum Wrap Up - Take Home Messages: Better practices and recommendations on psychosocial monitoring in ongoing diabetes care in Europe.</p>	N. Hermanns

Dear members,

Emotional problems associated with diabetes have become more and more recognised in recent years. Research has shown that depressed mood is more common in individuals with diabetes than in those without. We also know that emotional problems like diabetes related distress and depression could be a major barrier for effective self management of the disease. Patients with depression also have a poor prognosis due to a higher risk for late complications and even mortality. Since these negative consequences of the comorbidity of depression and diabetes may well be avoided due to treatment options for depression in diabetes, the assessment of emotional problems and their management is gaining increasing attention. It is, therefore, very timely that one emphasis of our 14th PSAD Scientific Meeting will be dedicated to these issues.

We know from the DAWN project 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 objective of the DAWN MIND project is to identify patients with emotional problems by monitoring of well being and offering them an open communication about living with diabetes. The DAWN MIND project is a great place to put the research findings of the DAWN project into practice, and the first results of the DAWN MIND project will be presented at the 5th International DAWN meeting, which will give us the opportunity to discuss the transfer of this project into our clinical practice.

Another “ever green” of our meeting is diabetes prevention through life style changes. Large studies have shown that life style change is an effective, safe and rather inexpensive way of diabetes prevention and the prevention of cardiovascular disease. However the implementation of prevention strategies into our different health care systems remains challenging. Therefore it is a great honour for our study group that Professor Ann Louise Kinmonth, Cambridge, will deliver the Anita Carlson Lecture entitled: *‘Psychological aspects of prevention and early detection of type 2 diabetes’*.

We hope that this 14th PSAD Scientific Spring Meeting in Dubrovnik, by the Mediterranean Sea, will stimulate our discussion and research about depression and diabetes as well as other psychosocial aspects covered by this meeting. The big Renaissance tradition of this UNESCO World Heritage Site at Dubrovnik might also inspire us to enjoy the “spirit of freedom” and help us to take care of individual needs of people with diabetes.

On behalf of the Executive Committee

Norbert Hermanns, Chair of the PSAD Study group

Mirjana Pibernik-Okanović, Local Organiser of the 14th PSAD Scientific Meeting

PSAD - Scientific Programme

Friday, 24th April

17:00 - 17:15	Welcome - Opening remarks	N. Hermanns
17:15 - 18:00	Anita Carlson Lecture : Psychological aspects of prevention and early detection of type 2 diabetes.	A.L. Kinmoth
18:00 - 18:30	Discussion	
19:45 -	Dinner at the Hotel	

Saturday, 25th April

09:00 - 12:10	Completed work	Chair: Cathy Lloyd & Christel Hendrieckx
09:00 - 09:25	Depression and sense of coherence modify food intake and compliance with dietary recommendations in patients with type 1 diabetes	A. Ahola
09:25 - 09:50	Changes in functional brain connectivity and neuro-cognitive functioning in type 1 diabetes mellitus patients: preliminary findings using magnetoencephalography (MEG)	E. van Duinkerken
09:50 - 10:15	Measuring medication adherence and depression in a translational behavioural intervention study: a public health model	E. Walker
10:15 - 10:30	Coffee break	
10:30 - 10:55	Eicosapentaenoic acid as an add-on treatment for co-morbid major depression in patients with diabetes mellitus: a randomized, double-blind placebo-controlled pilot study	F. Pouwer
10:55 - 11:20	A self-efficacy based intervention for nurses delivering group education for patients with type 2 diabetes	K. Zinken
11:20 - 11:45	Endocrine-metabolic and clinical profile in type 2 diabetic patients with and without major depressive disorder	A. Alvarez
11:45 - 12:10	Diabetes isn't an illness – it's a nuisance	J. Smith
12:10 - 12:40	PSAD/Novo AWARD	
12:40 - 14:00	Lunch	

PSAD - Scientific Programme

Saturday, 25th April (continued)

14:00 - 15:40	Work in progress – parallel sessions	
14:00 - 15:40	Work in progress – session A Chair: Frans Pouwer	
14:00 - 14:25	The impact of switching insulin on quality of life: what mediates improvement in well-being?	T. Hajos
14:25 - 14:50	E-coach for parents of teens with diabetes	M. de Wit
14:50 - 15:15	Development and evaluation of a diabetes specific cognitive behavioral treatment (DS-CBT) for diabetic patients with sub-threshold depression	A. Schmitt
15:15 - 15:40	Relationship of eating disorders with psychological problems in the course of diabetes type 2: cross sectional study	A. Kokoszka
14:00 - 15:40	Work in progress – session B Chair: Julie Smith	
14:00 - 14:25	Web-based cognitive behavioural therapy programme for diabetes patients with co-morbid depression: preliminary findings	K. van Bastelaar
14:25 - 14:50	Does treating subsyndromal depression improve depression and diabetes related outcomes? A randomised controlled comparison of psycho-education, physical exercise and treatment as usual	D. Ajdukovic
14:50 - 15:15	Depression and diabetes: rates and predictors in primary care patients	L. Ruggiero
15:15 - 15:40	The relationship between depression and irrational beliefs about glycaemic values	A. Mocan
15:40 - 16:00	Coffee break	
16:00 - 17:00	EDID meeting	
18:00 -	Social Programme	

Social Programme:

- 18:00 *Boat-trip to the old city of Dubrovnik*
- 18:45 *Guided sight-seeing tour*
- 19:30 *Dinner at the "Nautika" Restaurant*
- 23:00 *Bus transfer to the hotel*



PSAD - Scientific Programme

Sunday, 26th April

09:00 - 11:05	Work in progress	Chair: Mirjana Pibernik-Okanovic
09:00 - 09:25	The DDD Initiative: a work in progress	C. Lloyd
09:25 - 09:50	Type 2 diabetes mellitus as a risk factor for the onset of depression: a systematic review and meta-analysis	A. Nouwen
09:50 - 10:10	Coffee break	
10:10 - 12:10	Brief presentations	Chair: Norbert Hermanns
10:10 - 10:20	Expectations and experiences of transplant: a qualitative study of people with type 1 diabetes undergoing pancreatic islet transplantation	J. Speight
10:20 - 10:30	Treatment quality of diabetes mellitus in geriatric patients	A. Braun
10:30 - 10:40	Cognitive functions and self-management in type 2 diabetic patients	S. Primožic
10:40 - 10:50	CSII use in early adolescents with type 1 diabetes after a school camp	M. Colombini
11:50 - 12:00	Young adults with type 1 diabetes – how are they doing?	V. Zoffmann
12:00 - 12:10	Fear of hypoglycaemia – how big of a problem in Slovenia?	K. Kanc
12:10 - 12:30	PSAD business meeting	
12:30 -	Lunch	
END OF PSAD SCIENTIFIC SPRING MEETING		

Participants of the PSAD/DAWN Meeting 2009

- Adriaanse Marcel, Dr, Faculty of Earth and Life Sciences, Institute of Health Sciences, VU University Amsterdam, Amsterdam, The Netherlands
- Ahola Aila, Biomedicum Helsinki, University of Helsinki, Helsinki, Finland
- Ajdukovic Dea, Vuk Vrhovac University Clinic for Diabetes, Endocrinology and Metabolic Diseases, Vuk Vrhovac Institute, Zagreb, Croatia
- Alvarez Adriana, Servicio de Endocrinología, Metabolismo y Medicina Nuclear del Hospital Italiano de Buenos Aires, Buenos Aires, Argentina
- Anderson Bob, Prof EdD, Diabetes Research and Training Center, University of Michigan, Michigan, United States of America
- Belendez Vasquez Marina,
- Braun Anke, PhD, Bethanien Hospital Heidelberg, Department of Geriatrics at the University of Heidelberg, Heidelberg, Germany
- Colombini Maria Iole, Paediatric Department and Endocrine Unit, Scientific Institute H. S. Raffaele, Università Degli Studi di Milano, Milan, Italy
- de Witt Maarjite, Department of Medical Psychology, VU University Medical Center, Amsterdam, The Netherlands
- Dobson L,
- Hajós Tibor, Department of Medical Psychology, VU University Medical Center, Amsterdam, The Netherlands
- Hendrieckx Christel, Diabetes Research Centre, Brussels, Belgium
- Hermanns Norbert, PhD, Research Institute of the Diabetes-Academy Mergentheim, Bad Mergentheim, Germany
- Kanc Karin, jazindiabetes (me&diabetes), Private Diabetes Centre, Ljubljana, Slovenia
- Khagram Leena,
- Kinmonth Ann Louise, Prof, CBE - Head of Primary Care Research Unit, NIHR School for Primary Care Research, University of Cambridge, Cambridge, United Kingdom
- Kokoszka Andrzej, II Department of Psychiatry, Medical University of Warsaw, Warsaw, Poland
- Kubiak Thomas, PhD, Institute of Psychology, University of Greifswald, Greifswald, Germany
- Lloyd Cathy, PhD, Faculty of Health and Social Care, The Open University, Milton Keynes, United Kingdom
- Malik Jamil, Department of Developmental Psychology, Faculty of Psychology and Education, Vrije Universiteit, Amsterdam, The Netherlands
- Mocan Andreia, Clinical Center of Diabetes, Nutrition & Metabolic Diseases, University of Medicine & Pharmacy, Cluj-Napoca, Romania

Participants of the PSAD/DAWN Meeting 2009

Nouwen Arie, PhD, School of Psychology, University of Birmingham, Birmingham, United Kingdom

Petrak Frank, PhD, Department of Psychosomatic Medicine, Ruhr-University Bochum, Germany

Pibernik-Okanošić Mirjana, PhD, Vuk Vrhovac University Clinic, Croatia

Pouwer Frans, PhD, EMGO Institute VU University Medical Center, The Netherlands

Primožič Simona, University Psychiatric Hospital Ljubljana, Ljubljana, Slovenia

Ravnik-Oblak Maja, MD PhD, University Medical Centre Ljubljana, Ljubljana, Slovenia

Ruggiero Laurie, School of Public Health, Institute for Health Research and Policy, University of Illinois at Chicago, United States of America

Saleh-Stattin, Nuha, BSc MPH PhD, Diabetes Research and Teaching Center (LUCD), Center for Family Medicine, Huddinge, Sweden

Schmitt Andreas, Research Institute of the Diabetes-Academy Mergentheim, Bad Mergentheim, Germany

Skovlund Soren, Novo Nordisk, Bagsvaerd, Denmark

Smith Julie, MSc, Homerton College - School of Health Studies, Education Centre, Peterborough District Hospital, Peterborough, United Kingdom

Snoek Frank, PhD, EMGO Institute, VU University Medical Center, Amsterdam, The Netherlands

Songini Marco, MD, Center for Diabetes and Metabolic Diseases, S. Michele Hospital, Cagliari, Italy

Speight Jane, MSc PhD, AHP Research, Brunel Science Park, Uxbridge, United Kingdom

van Bastelaar Kim, Department of Medical Psychology, VU University Medical Center, Amsterdam, The Netherlands

van Duinkerken Eelco, MSc, Department of Medical Psychology, VU University Medical Center, Amsterdam, The Netherlands

Walker Elizabeth, DNSc RN, The Diabetes Research and Training Center, Albert Einstein College of Medicine, Bronx, New York, USA

Winkley Kirsty, Institute of Psychiatry, King's College London, London, United Kingdom

Zoffmann Vibeke, RN MPH PhD, Institute of Public Health, Department of Nursing Science, University of Aarhus, Aarhus, Denmark

Zinken Katarzyna, School of Psychology, University of Southampton, Southampton, United Kingdom

Welcome to Dubrovnik – The Pearl of the Adriatic

Although the story of its beginnings remains unknown, Dubrovnik, or Ragusa by its historic name, was a city in the Byzantine Empire from its establishment in the 7th century. After the Crusades, Dubrovnik came under the sovereignty of Venice (1205-1358); and by the Peace Treaty of Zadar in 1358, it came under Hungaro-Croatian reign. However, through its skilled diplomacy, Dubrovnik ruled itself as a free state between the 14th century and 1808, when the city was conquered by Napoleon's forces.

For centuries, Dubrovnik was one of the centers of the development of primarily the Croatian language and literature, home to many notable poets, playwrights, painters, mathematicians, physicists and other scholars.



The economic wealth of the Republic was partially the result of the land it developed, but especially of the seafaring trade it did. With the help of skilled diplomacy, Dubrovnik's merchants traveled lands freely, and on the sea the city had a huge fleet of merchant ships that traveled all over the world. One of the keys to success was not conquering, but trading and sailing under a white flag with the word freedom (Latin: Libertas) prominently featured on it.

The Republic was very inventive regarding laws and institutions. As early as 1301, Dubrovnik had medical services, and one of the first quarantine hospitals in Europe was established there in 1377, to protect the population from the plague. A pharmacy, the third oldest in Europe, was opened in 1317 - and it is the oldest still working today. Dubrovnik had a refuge for old people in 1347, and an orphanage was opened in 1432. The oldest arboretum in the world, Trsteno, was established in Dubrovnik before 1492. The Republic gradually declined after a crisis of Mediterranean shipping - and especially a catastrophic earthquake in 1667 that killed over 5000 citizens, leveling most of the public buildings - ruined the well-being of the Republic.

In 1806 the city surrendered to French forces, as that was the only way to cut a month's long siege by the Russian-Montenegrin fleets. Later French forces blockaded the harbors, forcing the government to give in and let French troops enter the city. When the Habsburg Empire gained these provinces in 1815, the new imperial authorities installed a bureaucratic administration, which retained the essential framework of the Italian-speaking system. In 1815, the former Ragusan Government, i.e. its noble assembly, met for the last time. Once again, heavy efforts were undertaken to reestablish the Republic, however it was all in vain. After the fall of the Republic, most of the aristocracy died out or emigrated overseas.



In 1848, inspired by other European nationalist movements, Dubrovnik requested to be unified with Dalmatia and the rest of Croatian lands (primarily with Austro-Hungarian Kingdom of Croatia). However, the Emperor Franz Joseph prohibited unification of Dalmatia and Croatia and also any further political activity with this end in view. With the fall of Austria-Hungary in

1918, the city was incorporated into the new Kingdom of Serbs, Croats, and Slovenes (later the Kingdom of Yugoslavia). The name of the city was officially changed from Ragusa to Dubrovnik. In World War II, Dubrovnik became part of the Nazi puppet Independent State of Croatia, occupied by an Italian army first, and by a German army after September 1943. In October 1944 Tito's partisans entered Dubrovnik, which consequently became part of Yugoslavia.

In 1979, the city of Dubrovnik joined the UNESCO list of World Heritage Sites. In 1991 Croatia and Slovenia, which at that time were republics within Socialist Federal Republic of Yugoslavia, declared their independence. Serbian-Montenegrin remains of Yugoslav People's Army attacked Dubrovnik on October 1, 1991 and the city was under siege for seven months. Following the end of the war, damage caused by the shelling of the Old Town was repaired in accordance with UNESCO guidelines.



Today, Dubrovnik remains one of the most important historical towns of the Mediterranean. Although few of its Renaissance buildings survived the earthquake of 1667, fortunately enough remain to give an idea of the city's architectural heritage. The finest Renaissance highlight is the Sponza Palace which dates from the 16th century and is currently used to house the National Archives. The St Saviour Church is another remnant of the Renaissance period. Dubrovnik's most beloved church is St Blaise's church, built in the 18th century in honor of Dubrovnik's patron saint.

The city's Dominican Monastery resembles a fortress on the outside but the interior contains an art museum and a Gothic-Romanesque church. A special treasure of the Dominican monastery is its library with over 220 incunabula, numerous illustrated manuscripts, a rich archive with precious manuscripts and documents and an extensive art collection. The beauty and appeal of Dubrovnik also known as "the Pearl of the Adriatic" (which is what Lord Byron called it) is perhaps best expressed in the words of George Bernard Shaw, who visited the city in 1929 and said:

"If you want to see heaven on earth, come to Dubrovnik."



The 14th Scientific Meeting of the PSAD Study Group

The 5th International DAWN Meeting



Dubrovnik

- the Pearl of the Adriatic -

is a city on the Adriatic Sea coast in the extreme south of Croatia. It is one of the most prominent tourist destinations on the Adriatic and the centre of Dubrovnik-Neretva county. In the 2001 census, 88.39% of its citizens declared themselves as Croats. Its population was 43,770 in 2001.



Conference Hotel:

Hotel Dubrovnik Palace
Masarykov put 20
20000 Dubrovnik
Fon: +385 20 430 000
Fax: +385 20 430 100
www.dubrovnikpalace.hr

The Dubrovnik Palace Hotel, Conference Centre and Spa, is situated a short drive from the historic Old City of Dubrovnik. Everywhere you look your gaze is drawn to the crystal blue sea of the Adriatic in a panoramic view.

Organisation:

Mirjana Pibernik-Okanovic, Honorary Secretary
Norbert Hermanns, Chair of the PSAD Study Group