

**Report of the 16th Spring Scientific Meeting of the
EASD Psychosocial Aspects of Diabetes (PSAD)
Study Group**



May 13th – 15th, Cambridge, United Kingdom

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The 16th Spring Scientific meeting of the Psychosocial Aspects of Diabetes (PSAD) Study Group of the European Association for the Study of Diabetes (EASD) took place in Cambridge, United Kingdom this year, following the cancellation of the last Spring meeting due to the eruption of the Icelandic volcano. Forty five PSAD members from different countries, including Denmark, the U.K., , Poland, Belgium, Sweden, The Netherlands, Germany, the U.S., Italy, Finland, Romania , Argentina, Australia and Slovenia, attended the meeting during which an exciting range of presentations were given. The meeting took place immediately after the 7th meeting of the Diabetes Wishes and Needs (DAWN) which focussed on an update on the global DAWN 2 study and included a discussion of strategies to improve accessibility and how to assess the current status of access to psycho – social care and resources in diabetes.

PSAD proceedings commenced on the Friday evening with the thought – provoking and entertaining Anita Carlson Memorial Lecture, delivered this year by Professor Simon Griffin from the University of Cambridge, and was entitled “Reducing the burden of Type 2 diabetes: personal reflections on the contribution of psychology”.

The morning session on Saturday consisted of oral presentations on completed research. Mariska Bot (Netherlands) started the session off with a presentation on depression and insulin sensitivity and insulin secretion in the risk cohort study. Suzanne van Esch (Netherlands) followed with a presentation on determinants of intention to inform family members about family diabetes risk. Frank Petrak (Germany) then presented the first results of the German Diabetes and Depression study. Giesje Nefs (Netherlands) focussed her report on the validation of the Type D scale 14 measuring the ‘distressed’ personality in primary care patients with Type 2 diabetes. This was followed by Richard Holt from the UK, who discussed the 10 year experience of a behavioural treatment programme in relation to intentional weight loss in overweight and obese patients with severe mental illness. Maartje de Wit (Netherlands) then presented the findings from a web-based survey and focus group interviews exploring the psychological needs of parents of teenagers with Type 1 diabetes. Marcel Adriaanses from the Netherlands then presented his paper on diabetes – related symptom distress among elderly in different population groups over a 7 year

period – The Hoorn Study. The final two papers prior to lunch were presented by Karen Lange (Germany) on predictors of well – being of children with Type 1 diabetes and those of their parents and Andreas Schmitt, also from Germany, on the relationship between glycaemic control and depression – preliminary results from the German DIAMOS study. Prior to lunch, the PSAD/Novo award was presented to Mariska Bot from the Netherlands for her work on Eicosapentaenoic acid as an add-on to antidepressant medication for o-morbid major depression in patients with diabetes mellitus – a randomized double-blind placebo-controlled study.

The afternoon session was divided into 2 parallel 'work in progress streams' – each consisting of 5 papers.

In Session A, Kim van Bastellar(Netherlands) gave the first presentation concerned with facilitating factors and barriers in the implementation of web-based depression treatment in routine diabetes care. This was followed by Corinne Stoop's (Netherlands) account of disease management of co-morbid depression and anxiety in primary care patients with diabetes: Design of the DIMACODEA Study. Adriana Alvarez (Argentina) then reported on a multi-centre study in Argentina concerned with the clinical and metabolic profile of the prevalence of depression in Type 2 diabetes. This was followed by Saima Ali's (UK) presentation on depression and anxiety and the 10 year risk for cardiovascular morbidity and mortality in a multi-ethnic population with Type 2 diabetes in primary care. The final presentation in this stream was given by Dan Cox (US) who reported on depression and diabetes: possible mechanisms, treatment implications and investigational strategies.

In Session B, Marion van der Heijden (The Netherlands) presented her work on the effects of a self-efficacy based exercise intervention on physical activity, cardiovascular risk factors and health status in inactive people with Type 2 diabetes mellitus. This was followed by Wieke Heideman (Netherlands) discussing the development and pilot study of DiAlert – a lifestyle education programme in Dutch and Turkish-Dutch 1st degree relatives of patients with Type 2 diabetes – a pragmatic randomised controlled trial. This was followed by Paula Trief (US) discussing the design and implementation of a couples-focused lifestyle

intervention for adults with Type 2 diabetes – The Diabetes Support Project. Dominic Ehrmann (Germany) continued the session with an evaluation of a treatment and education programme for patients with Type 1 diabetes (PRIMAS). The final presentation in this stream was given by Jenny van Son (Netherlands) who reported on the treatment of co-morbid emotional problems in people with diabetes: an evaluation of a mindfulness-based psychological intervention.

Whilst most members enjoyed a brief respite from the proceedings before the social programme commenced, members of the European Depression in Diabetes (EDID) group met to consider their current activities, which include collaborative research and publications. A guided punting trip along the River Cam was followed by dinner at St Catharine's College which completed the day's events very satisfactorily.

A 'work in progress' session was on the agenda for the Sunday morning before coffee and consisted of 10 brief presentations. Karin Kanc (Slovenia) commenced with an account of a pilot study of first administration of a hypoglycaemia fear survey and problem areas in diabetes questionnaire in Slovenian Type 1 and 2 diabetic subjects. This was followed by Simona Primožič's (Slovenia) account of the development of the psychological treatment programme for young patients with Type 1 diabetes and a co-morbid eating disorder. Ann Morris (Australia) presented clinical insights about the feasibility and value of routine monitoring of diabetes related distress (using the PAID) in a regional Australian diabetes clinic. Tibor Hajos (Netherlands) continued with an assessment of the psychometric qualities of the Dutch version of the WHO 5 in adult patients with Type 1 and Type 2 diabetes. Jessica Browne (Australia) followed this with a brief assessment of diabetes-related distress in which PAID short forms were not confirmed in an unselected Type 2 diabetes sample in regional Australia. Andrzej Kokoszka (Poland) then discussed results of the baseline study and project follow up in terms of problems with implementation of the treatment with insulin analogues among patients with Type 2 diabetes.

Gitte Husted (Denmark) then posed the question 'How do we investigate if Guided Self – Determination- Young improves life skills in adolescents?', which

was followed by a discussion of psychological, behavioural and social aspects of living with diabetes, again by Jessica Browne. Laurie Ruggiero (US) followed this with a presentation relating to diabetes self-care in low income priority populations attending primary care clinics in the United States. The final presentation of the meeting was given by Vibeke Zoffmann (Denmark) who discussed the screening profile of young adults joining a flexible rehabilitation programme using Guided Self – Determination.

As usual the business meeting of the PSAD took place and the following officers were appointed, following a review of the previous 6 years of office by the outgoing Chair – Norbert Hermanns.

Chair – Frans Pouwer (2014)

Vice – chair – Christel Hendrieckx (2014)

Treasurer – Cathy Lloyd (2014)

Secretary – Julie Smith (2012)

Ordinary member – Arie Nouwen (2014)

Norbert Hermanns (outgoing chair) and Mirjana Pibernik (outgoing treasurer) were thanked for their input during the previous 6 years of office.

Richard Holt also suggested that one member of PSAD should be on the organizing committee of EASD.

Discussion took place as to potential ways of disseminating the outcomes of the PSAD meeting more widely and the future format for the meeting. The venue for PSAD 2012 will be in Slovenia from the 20th – 22nd April. At the end of the meeting Norbert Hermanns expressed, on behalf of PSAD, his thanks to Novo Nordisk for their generous support of this 16th Scientific Spring Meeting of the study group.

The PSAD provides an excellent forum for presentations and discussion by experienced and more junior researchers alike. New members are welcome to apply for membership at the same time as the abstract deadline for our next Spring Scientific Meeting. For further information, go to the PSAD website

(www.psad-easd.org), where details of travel awards to attend the meetings can also be found.