

**Report of the 12th Spring Scientific Meeting of the EASD
Psychosocial Aspects of Diabetes (PSAD) Study Group
April 20th - 22nd 2007, Brussels, Belgium.**



by Cathy E. Lloyd PhD, Honorary Secretary, on behalf of the PSAD Executive Committee

The 12th 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 Brussels, Belgium this year. Thirty-six PSAD members from 12 different countries, including The Netherlands, the U.K., Denmark, Croatia, Germany and Slovenia, attended the meeting which included papers on new technologies and ways of providing diabetes care for children and young people.

The meeting commenced on the Friday evening with the Anita Carlson Memorial Lecture, delivered this year by Sue Cradock, Senior Clinical Nurse Specialist in Diabetes at Portsmouth Hospitals, and entitled "A nurse, a psychologist and a journey in diabetes care". Her fascinating lecture provided an important opportunity for us to reflect on how we deliver care within multidisciplinary teams and our relationships with services users as well as other health care professionals.

The following morning the day began with a session of completed research on psychological well-being, commencing with a paper presented by Frans Pouwer (the Netherlands) which demonstrated the relationship between depression and the negative appraisal of insulin therapy. Kirsty Winkley (UK) then presented her research which has highlighted the importance of depression as a risk factor for increased mortality in people with diabetic foot ulcers. The third paper of the session was given by Noortje Zandbelt (The Netherlands). She presented findings from the DAWN MIND Study, which has measured well-being and diabetes-related distress in adults with diabetes. The final paper in this session was given by Karin Lange and was a fascinating look at the emotional well-being of adolescents and young adults with diabetes attending a nationwide diabetes camp in Germany.

A second session of completed work followed and included four papers which examined different issues related to technology and diabetes care. The first paper was presented by Matt Reaney (UK), who reported on a pilot study of clinicians' attitudes to insulin pump therapy. This was followed by Katharine Barnard's presentation on UK children's reports of quality of life when on pump therapy. Both these excellent papers highlighted the need for greater information and understanding of the issues perceived to be of greatest importance when making decisions about insulin pump therapy. In a very different vein, Cathy Lloyd (UK) presented the results of her research on alternative modes of data collection in people whose main language does not have an agreed written form. This was followed by Jane Speight's paper on the long-term results of the DAFNE trial (UK), which showed how the benefits of this type of care could be sustained over time. Before lunch the chairperson of PSAD, Norbert Hermanns (Germany), presented the PSAD/Novo Nordisk award to Kirsty Winkley, for her article entitled Psychological interventions to improve glycaemic control in type 1 diabetes: systematic review and meta-analysis of randomised controlled trials. This award is given for the original article identified as having the most clinical significance, scientific quality, innovativeness and clarity of presentation.

During Saturday afternoon a 'work in progress' session was held, which included four presentations of research currently being conducted. The first paper was presented by Suzanne van Esch (The Netherlands), and was a thought-provoking consideration of the utility of awareness-raising of the risk of diabetes in family members of people with type 2 diabetes. Maartje de Wit (The Netherlands) then presented her on-going research on monitoring the quality of life in adolescents with Type 1 diabetes and the impact this has on glycaemic control. Kim van Bastelaar (The Netherlands) gave us a fascinating insight into the use of web-based cognitive behavioural therapy for people with diabetes with minor/moderate levels of depression. Finally in this session Julie Smith (UK) asked the delegates to consider ways of integrating data from personal diaries with interview data in her mixed methods research into womens' experiences of stress and diabetes. A well-earned break in the proceedings was followed by a visit to the Horta Museum and an excellent dinner completed the days events perfectly.

On the Sunday morning a second 'work in progress' session was held, and commenced with an interesting account of some ongoing research conducted into the relationship between dietary self-care and brain activation, presented by Magda Chechlaczk (UK). Mark Peyrot (U.S.A.) followed this with his report on diabetes education and his plans for analysing both his qualitative and quantitative data which will help identify factors that can be targeted to increase access to diabetes self-management education. The final presentation in this session was given by Christel Hendrieckx (Belgium) who discussed her innovative study following-up adults who have received islet cell transplantation.

During a break, delegates had a final chance to view the poster presentations, before the last session of the meeting commenced. This was an 'interactive poster session' during which presenters gave a five minute talk on the research they had also presented in their posters. Each speaker has a further five minutes to take questions from the audience. The session started with a second paper from Magda Chechlaczk (UK) on the cognitive processing of food stimuli in people with Type 2 diabetes. This was followed by a report from Marie Clark (UK) on her work on personal models of diabetes and beliefs about medication taking. Thomas Kubiak (Germany) then gave his presentation on the development of a new questionnaire designed to measure treatment satisfaction, which is now being used in a large-scale multi-centre trial to gain further insights into its validity. Julie Pelicand (France) gave an excellent portrayal of her innovative work using hand puppets in the education of children with diabetes. Karin Lange (Germany) then presented the results of a prospective study of quality of life and emotional well-being in newly diagnosed children with diabetes, which indicated positive levels of well-being in children but potentially negative effects on their mothers' psychological status. Alison Woodcock (UK) reported on the development of parent and teenage versions of a diabetes treatment satisfaction questionnaire which shows good face validity and is now ready for data collection. The penultimate paper was given by Katharine Stothard (UK) who gave an account of her research on illness representations and diabetes management self-efficacy which has considered the differences between people with Type 1 and Type 2 diabetes. Finally Vibeke Zoffmann (Denmark) discussed her research investigating the transition from youth to adulthood, using both participatory research and a randomised controlled trial to test out a new version of the Guided Self-determination Questionnaire.

At the end of this final scientific session the PSAD business meeting took place. As Chas Skinner (UK) has now stepped down as vice-chair of PSAD the meeting voted to instate Frans Pouwer (The Netherlands) in

this position. This left a vacancy on the Executive Committee and Christel Hendrieckx was voted unanimously to join the committee. Norbert Hermanns remains as Chair of the Executive Committee for a further term of office, as does Mirjana Pibernik-Okanovic as Treasurer. The PSAD will convene an official symposium at the EASD in September 2007, entitled Diabetes and depression - extent and implications for clinical care. This will take place on 20th September 2007 in Amsterdam.

At the end of the meeting Dr Norbert Hermanns (Germany), expressed, on behalf of the PSAD, his thanks to Novo Nordisk for their generous support of this 12th Scientific Spring Meeting of the PSAD.