

**Report of the 13th Spring Scientific Meeting of the EASD
Psychosocial Aspects of Diabetes (PSAD) Study Group
April 11th - 13rd 2007, Cagliari, Sardinia**



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

The 13th 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 Cagliari, Sardinia this year. Thirty-four PSAD members from 9 different countries, including Denmark, the U.K., Croatia, Poland, The Netherlands, Germany, the U.S., Italy and Slovenia, attended the meeting during which an exciting range of presentations were given, including papers on diabetes in childhood as well as a focus on diabetes and depression.

The meeting commenced on the Friday evening with the Anita Carlson Memorial Lecture, delivered this year by our host Dr Marco Songini and entitled "The Sardinian way to IDDM". Dr Songini gave a fascinating insight into the unusually high rates of Type 1 diabetes in Sardinia and some of the epidemiological studies that have attempted to discover the reasons for this high incidence.

The first session on Saturday morning consisted of oral presentations on completed research. Johannes Kruse (Germany) started the session off with a discussion on the impact of depressive symptoms on all-cause mortality, with evidence from a 30 year follow-up study. Marcel Adriaanse (The Netherlands) followed with a presentation on diabetes-related distress and glucose tolerance, citing data from the well-known HOORN Study. Jamil Malik (The Netherlands) focussed his report on adolescents and the factors predicting adjustment to diabetes. The final paper given in this session was an interesting presentation by Arie Nouwen (U.K.), on responses to food pictures in motivational and emotional brain regions, a study using fMRI scanning.

A second session of completed work followed and included five excellent presentations examining a range of important psychosocial issues related to blood glucose control. Norbert Hermanns (Germany) gave the first paper reporting on the use of real time vs retrospective reporting of continuous blood glucose monitoring. Karin Kanc (Slovenia) followed with a fascinating case-study report entitled "How to master diabetes in court". The third presentation was given by Thomas Kubiak (Germany), who discussed ways of enhancing hypoglycaemia awareness. Jamil Malik (The Netherlands) then reported on ways of measuring diabetes support in adolescents. Finally the last presentation before a traditional Sardinian lunch was given by Soren Skovlund (Denmark) who presented data from the Greece centre for the Diabetes Attitudes Wishes and Needs (DAWN) study.

The afternoon session consisted of five 'work in progress' presentations, the first of which was given by Kirsty Winkley (U.K.), who reported on a nurse-led motivational enhancement programme for people with Type 2 diabetes. Cathy Lloyd (U.K.) followed this with a discussion of the development of a research protocol designed to examine the pre and post-natal experiences of women with gestational diabetes. Vibeke Zoffmann (Denmark) then gave us an insight into a diabetes management programme for young adults with Type 1 diabetes. The fourth presentation was given by Lene Kristensen (Denmark) who discussed her plans for a study of quality of life in children and adolescents with diabetes. Finally, the last presentation of the afternoon was by Colin Greaves (U.K.) who outlined the development of European Guidelines for the prevention of diabetes.

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 tour of Cagliari was next on the agenda, followed by an excellent dinner and lively entertainment, which completed the day's events very satisfactorily.

Two sessions of 'work in progress' presentations were on the agenda for the Sunday morning. The first session commenced with an interesting account of a pilot study on the effects of psycho-education in mildly or moderately depressed individuals with diabetes, given by Mirjana Pibernik-Okanovic (Croatia). This was followed by an excellent presentation by Simona Primožic (Slovenia) on depression and cognitive function among individuals with diabetes. The final paper of the session was presented by Laurie Ruggiero (U.S.) who reported on the development of a new study of the use of medical assistants to support diabetes care in primary care settings. After a break, the final session of the meeting began, with Mark Peyrot (U.S.) reporting on developments in the DAWN study. A pilot study of depression and anxiety measured at different stages after diagnosis of Type 2 diabetes was then discussed by Andrea Kokoszka (Poland). Kirsty Winkley (U.K.) then presented her plans for a study of psychosocial factors in relation to diabetes outcomes in people with newly diagnosed Type 2 diabetes. This was followed by an interesting report on the design of an intervention study to prevent Type 2 diabetes in women with gestational diabetes, given by Katherine Stothard (U.K.). Laurie Ruggiero (U.S.) then outlined exciting plans for a community based diabetes screening project, which included ways of reaching underserved populations. The penultimate paper was given by Katarzyna Zinken (U.K.) who presented her work on the development of a new tool to measure self-efficacy training techniques. Finally, Frank Petrak (Germany) reported on his research in older people with Type 2 diabetes and the efficacy of cognitive behavioural therapy to treat depression and improve quality of life.

As usual the business meeting of the PSAD took place. The PSAD convened an official symposium at the EASD in September 2007, entitled Diabetes and depression - extent and implications for clinical care. This was an extremely successful occasion which had huge support and an extremely high level of attendance. As the Honorary Secretary's term of office was coming to an end Julie Smith was voted in unanimously as the new incumbent. The current post holder (Cathy Lloyd) wished Julie all the very best in her new role. PSAD Chair, Norbert Hermanns, thanked Cathy for her efforts over the past six years on behalf of all the study group members. At the end of the meeting Norbert Hermanns expressed, on behalf of PSAD, his thanks to Novo Nordisk for their generous support of this 13th 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, which will be held in Croatia, April 2009. 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.