

**Report of the 14th Spring Scientific Meeting of the EASD
Psychosocial Aspects of Diabetes (PSAD) Study Group
April 24th - 26th 2009, Dubrovnik, Croatia**



by Julie Smith, Honorary Secretary, on behalf of the PSAD Executive Committee

The 14th 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 Dubrovnik, Croatia this year. Thirty-eight PSAD members from different countries, including Denmark, the U.K., Croatia, Poland, Belgium, Sweden, The Netherlands, Germany, the U.S., Italy, Finland, Romania, Argentina and Slovenia, attended the meeting during which an exciting range of presentations were given, with a focus on diabetes and depression. The meeting took place in connection with the 5th international meeting DAWN meeting (Diabetes Attitudes Wishes and Needs), which focussed on the DAWN MIND initiative. The DAWN MIND initiative aims at the monitoring of psychosocial needs to overcome the psychosocial barriers to optimal health and quality of life of people with diabetes. Working groups focused at the psychosocial skills of health care professionals to address psychosocial aspects of people with diabetes, on referral options of patients with social support needs as well as on patient reported outcomes and cons of depression screening.

PSAD proceedings commenced on the Friday evening with the Anita Carlson Memorial Lecture, delivered this year by Professor Ann Louise Kinmonth from the University of Cambridge, and was entitled "Psychological aspects of prevention and early detection of Type 2 diabetes". Professor Kinmonth gave a thought provoking presentation relating to the empirical findings of theory driven interventions based on health psychology to promote diabetes prevention strategies and lifestyle changes.

The morning session on Saturday consisted of oral presentations on completed research. Aila Ahola (Finland) started the session off with a discussion on how depression and sense of coherence modify food intake and compliance with dietary recommendations in patients with Type 1 diabetes. Eelco van Duinkerken (The Netherlands) followed with a presentation on changes in functional brain connectivity and neuro-cognitive functioning in Type 1 diabetes patients, using magnetoencephalography. Elizabeth Walker (USA) discussed measuring medication adherence and depression in a translational behavioural intention study: a public health model. Frans Pouwer (The Netherlands) focussed his report on the effectiveness of eicosapentaenoic acid (found in fish) as an add on treatment for co morbid major depression in patients with diabetes mellitus. This was followed by Katarzyna Zinken from the UK, who presented the results of a self-efficacy based intervention for nurses delivering group education for patients with Type 2 diabetes. Adriana Alvarez (Argentina) then presented endocrine-metabolic and clinical profiles in patients with Type 2 diabetes with and without major depressive disorder. The final paper given in this session was a poetic representation of 'diabetes as an illness, rather than a nuisance' by Julie Smith (UK). Prior to lunch, the PSAD/Novo award was presented to Marcel Adriaanse from the Netherlands for his work on diabetes-related symptom distress in association with glucose metabolism and co morbidity – The Hoorn Study.

The afternoon session was divided into 2 parallel 'work in progress streams' – each consisting of 4 papers.

In Session A, Tibor Hajos (The Netherlands) gave the first presentation concerned with the impact of switching insulin on quality of life: what mediates well-being? This was followed by Maarjite de Wit's (The Netherlands) account of an E-coach for parents of teens with diabetes. Andreas Schmitt (Germany) then introduced the development and evaluation of a diabetes specific cognitive behavioural treatment (DS-CBT)

for diabetic patients with sub-threshold depression. The final presentation in this stream was given by Andrzej Kokoszka (Poland) who reported on the relationship of eating disorders with psychological problems in the course of diabetes Type 2: a cross sectional study.

In Session B, Kim van Bastelaar (The Netherlands) presented preliminary findings from a web-based behavioural therapy programme for diabetes patients with co morbid depression. This was followed by Dea Ajdukovic (Croatia) discussing whether treating subsyndromal depression improves depression and diabetes related outcomes, in a randomised controlled comparison of psycho-education, physical exercise and treatment as usual. Laurie Ruggiero (USA) followed this by discussing depression and diabetes: rates and predictors in primary care patients. The final presentation in this stream was give by Andreia Mocan (Romania) who reported on the relationship between depression and irrational beliefs about glycaemic values.

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 boat trip to the old city of Dubrovnik and a guided sight – seeing tour was followed by dinner at a sea food restaurant which completed the day's events very satisfactorily.

A 'work in progress' session was on the agenda for the Sunday morning before coffee. Cathy Lloyd (UK) commenced with an entertaining update of the Dialogue on Depression on Diabetes (DDD). This was followed by Arie Nouwen's (UK) account of Type 2 diabetes mellitus as a risk factor for the onset of depression: a systematic review and meta-analysis.

The session after coffee consisted of 6 brief presentations. Jane Speight (UK) began the session with an account of expectations and experiences of transplant: a qualitative study of people with Type 1 diabetes undergoing pancreatic islet cell transplantation. This was followed by Anke Braun's (Germany) account of treatment quality of diabetes mellitus in geriatric patients. Simona Primožic (Slovenia) continued the session with a presentation regarding cognitive functions and self-management in Type 2 diabetic patients. The emphasis for the next two presentations was on young people, with Maria Colombini (Italy) discussing CSII use in early adolescents with Type 1 diabetes after a school camp, and Vibeke Zoffmann posing the question "Young adults with type 1 diabetes – how are they doing?" The final presentation of the meeting was given by Karin Kanc (Slovenia) who asked "Fear of hypoglycaemia; how big of a problem in Slovenia?"

As usual the business meeting of the PSAD took place. There were no changes within the Executive Committee as all terms of office remained current, and the finance report was presented. Discussion took place as to potential ways of disseminating the outcomes of the PSAD meeting more widely. The venue for PSAD 2010 will be within the UK – date and precise venue to be confirmed. At the end of the meeting Norbert Hermanns expressed, on behalf of PSAD, his thanks to Novo Nordisk for their generous support of this 14th 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 UK, April 2010. 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.