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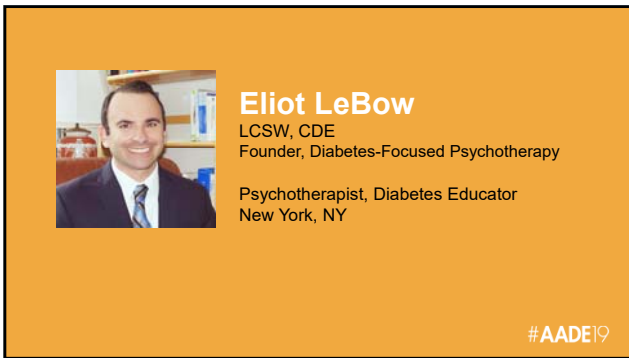
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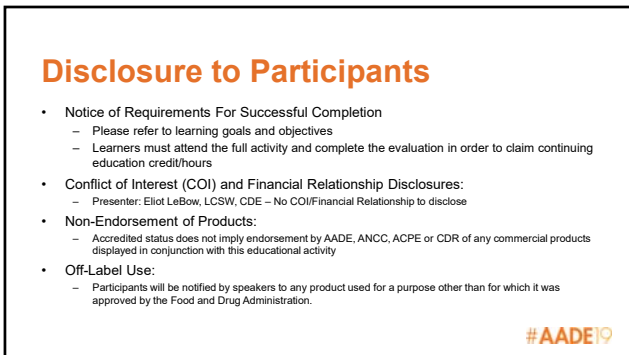
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**Interventions to Help Overcome the Impact of Diabetes Distress**

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**Diabetes Distress**

A combination of depressive symptoms including problematic glycemic control and difficulties with self-care behaviors, caused by emotional burdens and worries that are related to the experience of living with and managing diabetes.

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**Symptoms of Diabetes Distress**

- Psychological
  - Feeling victimized “Poor Me”
  - Negative emotions
  - Negative internal dialog

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### Symptoms of Diabetes Distress

- Behavioral
  - Struggling with ADL's
  - Poor diabetes self-management
  - Missing medical appointments

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### Micro-Trauma

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140  
7,280

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### Underlying Causes of Diabetes Distress

- Micro-Trauma
  - Micro-traumas in your patients' lives can be anything that is related to managing diabetes that prevents or interrupts what they are doing at that moment. Essentially, anything deviating your patient from their plan.

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**Underlying Causes of Diabetes Distress**

- Internal Sources
  - Feeling powerless
  - Excessive worry
  - Negative internal dialogue
  - Lack of confidence and motivation
  - Frustration with management tasks

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**Underlying Causes of Diabetes Distress**

- Environmental Sources
  - Diabetes self-management tasks
  - Social pressure
    - Interaction with peer group
    - Negative social perceptions
    - Family and friends

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**Underlying Causes of Diabetes Distress**

- Medical Resources
  - Multiple doctor appointments
  - Insurance problems
  - Availability of resources

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### Impact on Diabetes Self-Management

- Psychological Interference
  - Depression
  - Distress
  - Attention Deficit Disorder (ADHD)

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### Tools

- Instruments
  - DDS (Diabetes Distress Screening Scale)
  - MMS (Modified Mini Screen)
  - BDI (Beck's Depression Inventory)
  - BAI (Burn's Anxiety Inventory)

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### Coping Strategies

- Internal
  - Acceptance of events
  - Meaning of blood glucose number's
  - Stop and Think
  - Need for flexibility
  - "Here & Now"

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### Coping Strategies

- External
  - Planning ahead
  - Relaxing activities
  - Diabetes education
  - Exercise related activities
  - Support groups and psychotherapy

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### Referrals

- Psychotherapist
- Psychiatrist
- Support Groups

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