



Coping with Diabetes Mellitus in Adolescence

Lecture outlines:

- › Difficulties among adolescent with DM type 1
- › Sources of stressors for them.
- › Types of coping.
- › How to help.

■ Reference: FEMALES' SLIDES ONLY!

- ▶ Slides
- ▶ Important
- ▶ Explanation/Extra



Psychiatry
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■ DM usually causes psychological disturbance in **children.**

■ Psychological morbidity appears to be from 10-30% with chronic illnesses.

■ Diabetes Mellitus is **co-morbid** with:

- **Depression**
- **Anxiety disorders**
- **Adjustment disorder**

Difficulties they face:

- Diet Restriction
- Frequent blood testing and injections
- Dependency on the family
- Isolation from peers
- Physical limitations
- hypoglycemic symptoms include irritability, so parents can't differentiate between common anxiety symptoms, temperament and hypoglycemia. This leads to frequent hospital check-ins.

Factors affecting types of adjustment:

- Personal strength and interpersonal skills.
- Child temperament – مزاجية الطفل
- Parental support

Sources of Stress in DM:

(Important, Dr. Noor says it's "an area of questions in exams")

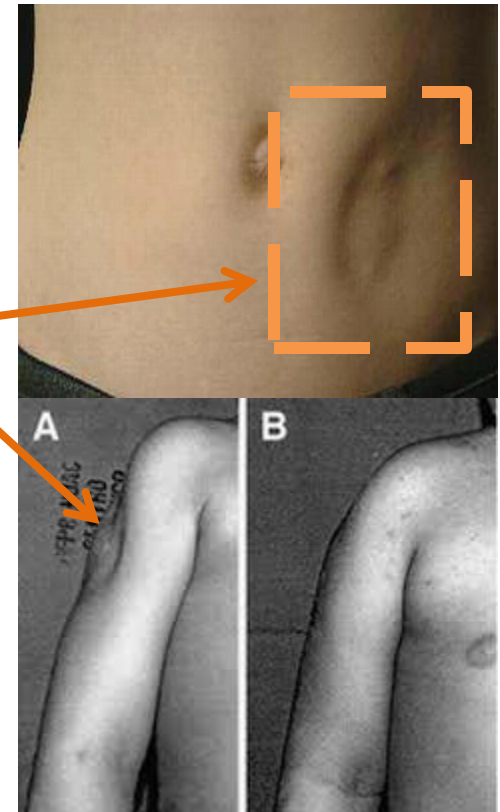
① The illness itself

Because it's a chronic disease that causes damage to different organs (Kidneys, liver, eyes.. Etc.)

② Illness-specific or Illness-related stressors:

- Disease-related pain → **Neuropathy**
- Medical procedures
- Insulin injections causes **lipodystrophy at the site of injection. This may cause embarrassment to the patient.**
- Stress related to hospital admission
- Extreme self control (diet)

There are negative impacts of every day stressors on health , **immune** and **circulatory system**.



Coping:

■ Coping is the process of managing stressors (internal and external):

- Internal= How the patient feels towards a specific stressor
- External= Environment, family.. Etc.

■ Coping of adolescents with chronic illness focus on the illness itself:

- Do not focus on the psychological disturbances only without looking at the actual disease that caused them.
- A well-controlled disease = Psychological improvement.

Types of Coping:

- 1) **Additive (main) effect model:** focus on well-being regardless amount of stress.
- 2) **Interactive model:** coping moderates the impact of stressor to varying degree depends on severity of stressor.

How to help?

■ **Parent support. (Most important)**

■ **Cognitive coping:**

Understand how the insulin help to grow stronger.

■ **Behavioral coping:**

Minimize the experience of being deprived from popular food (For example, find sugar-free substitutes)

■ **Coping with Symptoms of Depression.**

- Symptoms of depression are common in all chronic diseases patients.
- These symptoms include low mood, loss of pleasure in activities they used to enjoy.

QUIZ!

Q1-Which one of the following a DM patient face?

- ① Irritability ② Diet Restriction ③ Peers Isolation ④ All choices

Q2-DM usually causes psychological disturbance in?

- ① Children ② Adults ③ Infants ④ All choices

Q3-With chronic illnesses psychological morbidity appears to range from?

- ① 1-5% ② 10-30% ③ 7-9% ④ 40-50%

Q4-Which one of the following factors affecting types of adjustment in DM patients?

- ① Parental support ② Isolation from peers ③ Child temperament ④ 1&3 choices

Q5-Which one of the following is the most important in helping DM patients to improve?

- ① Peers & Media ② Parent support ③ Health Care Team ④ School & Work

Q6-Emerging adults have a certain type of thinking which is?

- ① Here & Now thinking ② long term thinking ③ Creative thinking ④ Fast thinking



Additional Slide – Very helpful ?

- 1 
- 2 
- 3 
- 4 
- 5 
- 6 



★★★BEST WISHES★★★



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