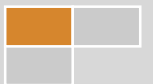


**Good Luck ..**

## Coping with diabetes mellitus in adolescence

### Lectures outlines :

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



# Adolescent with DM type 1

- Type 1 diabetes mellitus is the absence of insulin due to the destruction of beta cells of pancreas, and it normally develops in childhood and those who are affected need to inject insulin as a treatment, besides the restrictive diet and exercise.
- Adolescence can be a difficult period of life. The need to become more independent, to create an identity and to adopt a new lifestyle can influence the way that adolescents with diabetes cope with their disease.
- The freedom to make one's own choices about lifestyle is seen as important in this age group. Taking increasing responsibility for diabetes self-care is part of the process.

## IDDM - continued :

- ◆ Ketoacidosis - main acute complication. High levels of fatty acid in blood leads to kidney problems and subsequent toxic build-up of wastes in the blood.
- ◆ Symptoms are:
  - Chronic thirst, frequent need to urinate, nausea, vomiting, abdominal pain, and difficulty breathing. Can lead to coma and death.

# Adolescent with DM type 1

## Psychosocial Factors and Diabetes:

Psychological factors may precipitate the onset of diabetes and influence the timing of symptoms presentation, stress for example sometimes change a latent case into an active one.

Also it has been established that there is an excess of life events in the few months preceding the onset of the condition particularly in older children & adolescents.

Life experiences and emotional factors can have an important role on the course of diabetes, so any psychological dysfunction may cause reoccurrence of acute diabetic episode especially in adolescents.

## Stress sources and worries at each level of Adolescence



## Diabetes Mellitus co-morbid behavioral & psychological problems:

**Psychological morbidity appears to be from 10 – 30 % with chronic illnesses.**

- **Depression**
- **Anxiety disorders.**
- **Anger**
- **Adjustment disorders** a group of symptoms, such as stress, feeling sad or hopeless, and physical symptoms that can occur after you go through a stressful life event. The symptoms occur because you are having a hard time coping.
- **Social withdrawal**
- **Acute organic brain syndrome** a general term that describes decreased mental function due to a medical disease other than a psychiatric illness.
- **Low self esteem**
- **Behavioral problems**
- **Eating disorders** e.g. anorexia nervosa

## Difficulties that adolescent diabetes mellitus patients face:

- **Diet restriction.**
- **Frequent blood testing & injections.**
- **Dependency on family.** This opposes the freedom that an adolescent would have in this period.
  - **Isolation from peers.**
- **Physical limitations.** The child won't be able to play as much as his friends, fear of hypoglycemia.
  - **Parents can't differentiate between Common anxiety Symptoms** ( tremors, sweating, palpitations ) **of temperament AND hypoglycemia.** so they won't think that their child has a co-morbid psychological problem....

Social support (adherence) , believing in self efficacy and stress control are important psychological factors in the process of handling chronic disease.



## What factors affect types of adjustment ?

- Personal strength & interpersonal skills. > Child temperament
- Family influences on coping > Peer group influences on coping
- Feelings and attitudes about how they cope > Quality of life and how this affected coping
- Personal meaning of illness > Fear for the future and how this affected coping.
- Children & adolescents with diabetes show an increased rate of learning problems.
- Cognitive impairment on intelligence scales have been noticed.
- School absence.
- The majority of school personnel has inadequate understanding of diabetes and its management.



There are negative impact of every day stressors on health , immune and circulatory system

Coping is :

The process of managing stressors  
(internal and external )

Coping of adolescents with chronic illness focus on **coping with illness itself ..**

## Types of coping in adolescents

Additive ( main ) effect model which focus on well-being regardless amount of stress.

Interactive model : coping moderates the impact of stressor to varying degree depends on severity of stressor.

# How to help

- › Parent support.
- › Cognitive coping ( understand how the insulin help to grow stronger )
- › Behavioral coping ( minimize the experience of being deprived from popular food ..)
- › Coping with Symptoms of Depression.

# Psychosocial Aspects of Management

- › Most of youngsters with diabetes and their families will cope well with the social and psychological stresses imposed by the illness.
- › Education
- › When to refer the patient to a child and adolescent psychiatrist?
- › School counseling
- › Individual psychotherapy
- › Family counseling
- › Managing psychiatric disorders



# MCQs

Q1\Patient With DM Often Admitted At Hospital ?

- A) Depression
- B) Acute Organic Brain Syndrome
- C) Due To Reduces In Immunity

Q2\Coping Of Adolescent With Chronic Illness Focus On ?

- A) Additive Effect Model
- B) Interactive Model
- C) Coping With Illness Itself

Q3\Sources Of Stress And Worries In Mid-Adolescence ?

- A) Career Goal
- B) Self Image
- C) Future Oriented

Q4\Patient 15 Year Old Who Use Insulin Pump It Could Develop Which Of These Psychological Problems ?

- A) Behavioral Problem
- B) Anger
- C) Low Self Esteem

Q5\Coping Is ?

- A) Parent Support
- B) Family Consoling
- C) The Process Of Contending With Life Difficulties

Q6\Example Of Cognitive Coping ?

- A) Minimize The Experience Of Being Deprived From Popular Food
- B) Understand How The Insulin Help To Grow Stronger
- C) School Counseling



1-C

2-C

3-B

4-C

5-C

6-B



# Good Luck ..



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