



psychiatry

435

Coping with diabetes mellitus in adolescence.

- ❖ This teamwork includes ONLY the common information in both boys and girls slides, and it covers all the objectives. But it is only a source for revision.
- ❖ Resources: 435's slides and notes.

🎯 Objectives:

- Types of diabetes and treatment.
- Difficulties among adolescent with diabetes mellitus type 1.
- Sources of stressors for them.
- Types of coping.
- How to help.

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Overview:

Coping is: The process of managing stressors (internal and external).

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

Sources of stressors for diabetic patients:

There are negative impact of everyday stressors on health , immune and circulatory system:

- 1- Psychological stress.
- 2- Difficult to alter lifestyle behaviors e.g. diet and pressure to eat.
- 3- Difficult to alter lifestyle behaviors.
- 4- Medical information seen as advisory.
- 5- Disease-related pain.
- 6- Medical procedures.
- 7- The illness itself.

Psychosocial Factors and Diabetes:

› Stress sometimes changes a latent case of diabetes into an active one.¹

› Psychological factors may precipitate the onset of diabetes and influence the timing of symptoms presentation.

› Usually they don't ask for help due to **immaturity, psychopathology** (personality changes), lack of support system, severe illness or disability & **parental involvement** (wants to be an independent).

Stages:



¹ Stress does not cause diabetes but it can change the onset from latent to active.

Diabetes mellitus is co-morbid with :²

- Depression.
- Anxiety disorders (**most common**).

› Other co-morbid behavioral & psychological problems:

- Anger.
- Adjustment disorders Social withdrawal.³
- Acute organic brain syndrome Low self esteem.⁴
- Behavioral problems.
- Eating disorders.
- Learning problems.
- School absence.

Difficulties diabetic patients can face:

- Diet restriction.
- Frequent blood testing & injections. Dependency on family.
- Isolation from peers.
- Physical limitations.
- Parents can't differentiate between common anxiety Sx of temperament AND hypoglycemia.⁵
- Medical advices are given literally by everyone

What factors affect types of adjustment ?

- › Family influences on coping
- › Peer group influences on coping
- › Quality of life
- › Personal meaning of illness⁶
- › Fear for the future
- › Children & adolescents with diabetes show an increased rate of learning problems ⁷.

² Psychological morbidity appears to be from 10 – 30 % with chronic illnesses.

³ They can not cope or accept that they have diabetes.

⁴ Some patients come to the clinic having symptoms of autonomic disturbances, then Doctors can't find a reason for it and it turns out to be diabetes and psychological problems.

⁵ Might be something physiological (hypoglycemia) not psychological.

⁶ What they think of the disease.

⁷ lower IQ

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.⁸

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 Sx of Depression.

Psychosocial Aspects of Management:

- › School and family counseling.
- › Managing psychiatric disorders.
- › Education.
- › Individual psychotherapy.

Important message (Summary)	
Course of illness:	Psychological factors.
Psychiatric disorders:	Anxiety disorders.
Most important difficulty:	Dependency.
Best way of coping:	Coping with the disease itself.

⁸ We deal with each problem separately.

MCQs:

Q1\Patient With DM Often Admitted At Hospital due to?

- 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 Counseling.
- C) The Process Of Contending With Life Difficulties.

1- C 2-C 3-B 4-C 5-C