



# Coping with DM in Adolescence

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# OUTLINE

1 **Types of Diabetes & Treatment**

2 **Difficulties among adolescent with DM**

3 **Sources of stressors for them**

4 **Types of coping**

5 **How to help**



## **Types of Diabetes & Treatment**

**Difficulties among adolescent with DM**

**Sources of stressors for them**

**Types of coping**

**How to help**

1

2

3

4

5



## *Types of Diabetes*

**Difficulties among adolescent with DM**

**Sources of stressors for them**

**Types of coping**

**How to help**

1

2

3

4

5

# Type I

- IDDM
- 5-10%
- Childhood

**DM**

- NIDDM
- 4 folds (30yrs)
- 8.5 %
- Age

# Type II

# Gestational

## **Treatment of Diabetes**

**Difficulties among adolescent with DM**

**Sources of stressors for them**

**Types of coping**

**How to help**

1

2

3

4

5

**Lifestyle**

- Active
- Weight
- Drugs

**Early diagnosis**

**Insulin Vs. OH**

**Blood pressure control**

**Blood lipid control**



**Types of Diabetes & Treatment**

1

**Difficulties among adolescent with DM**

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3

**Types of coping**

4

**How to help**

5





**80%, Unhygienic administer**

**58% , Wrong dose**

**77%, Glucose level (Test/interpret)**

**75% , Foods ( type / regular )**



**FACTS**



● **Types of Diabetes & Treatment**

● **Difficulties among adolescent with DM**

● **Sources of stressors for them**

● **Types of coping**

● **How to help**



Psychological stress

Difficult to alter lifestyle behaviors



Asymptomatic

Medical information seen as advisory

Pressure to eat





**I HAVE DM**







# Anger





If only I had...

What if I...

**bargaining.**

MAYBE IF I  
JUST....

I promise I'll....





peace



acceptance

# Family conflict:

- one study found that diabetes-specific family conflict had a stronger negative impact on quality of life than the intensity of treatment.
- negative and critical parenting, has been related to poor metabolic control and poorer quality of life in youth



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# What is Coping?





**The process  
of managing  
stressors  
(internal and  
external )**



# Adolescence?

## Early adolescence (11-14 yrs.)

- **Am I normal**

## Mid-adolescence (14-16 yrs.)

- **Independence**
- **self image**

## Late adolescence (17-older yrs.)

- **Future oriented**
- **intimacy**
- **career goals**





# Developmental Complications

Body image issues

Developing  
independence

Relationship with  
peers



# They Don't Ask for Help, Why?

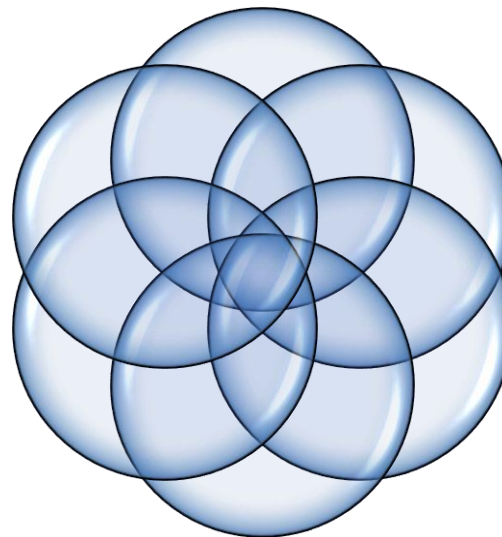
**Dependent Behavior**

**Parental involvement**

**Immaturity**

**Lack of support systems**

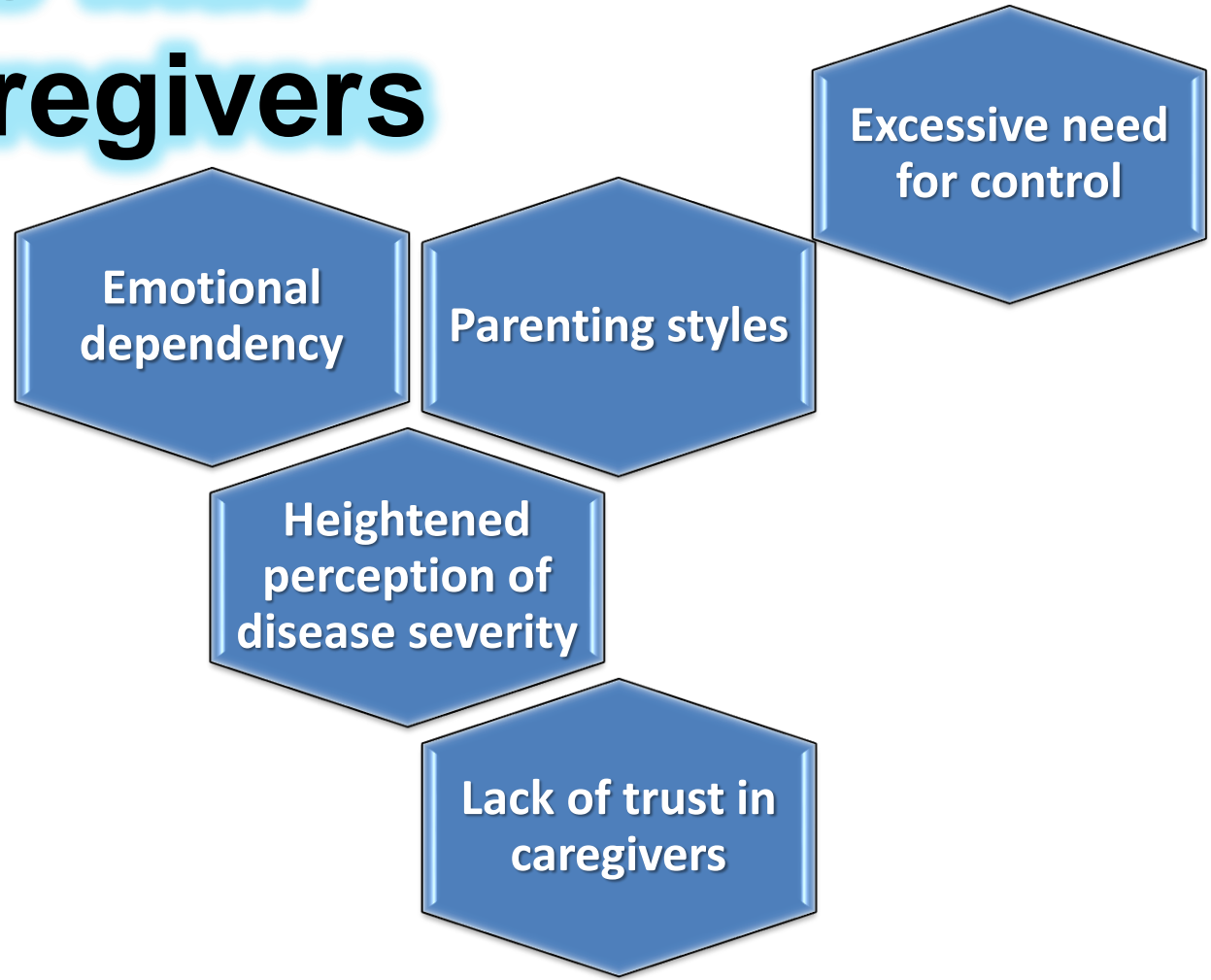
**Severe illness or disability**



**Psychopathology**



# Obstacles with family/caregivers





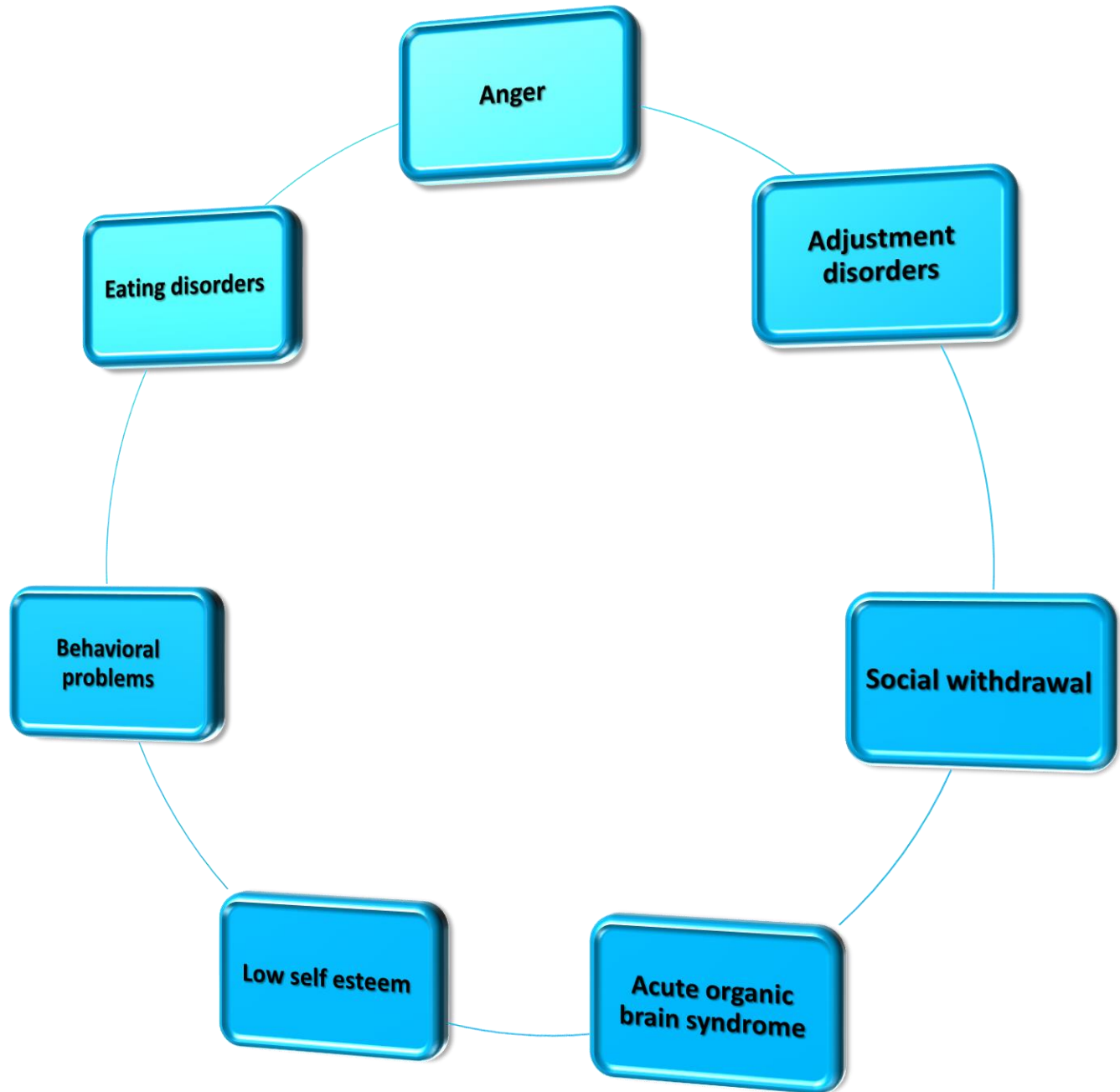
# Psychological Co-Morbidity

10 – 30 %

Diabetes Mellitus is co-morbid with :

Depression.

Anxiety disorders.





**learning  
problems.**

**School  
absence.**

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● **Types of coping**

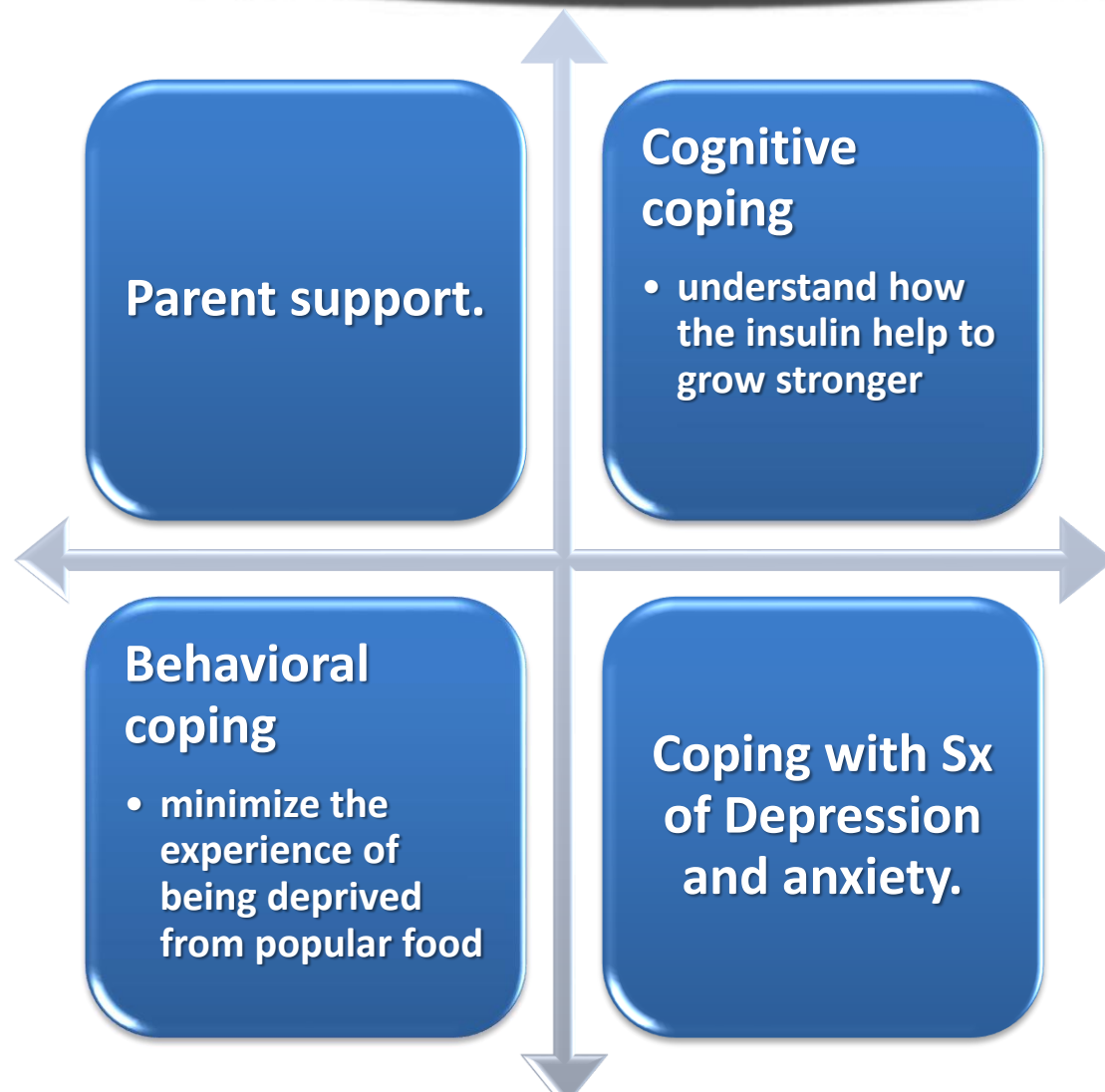
● **How to help**



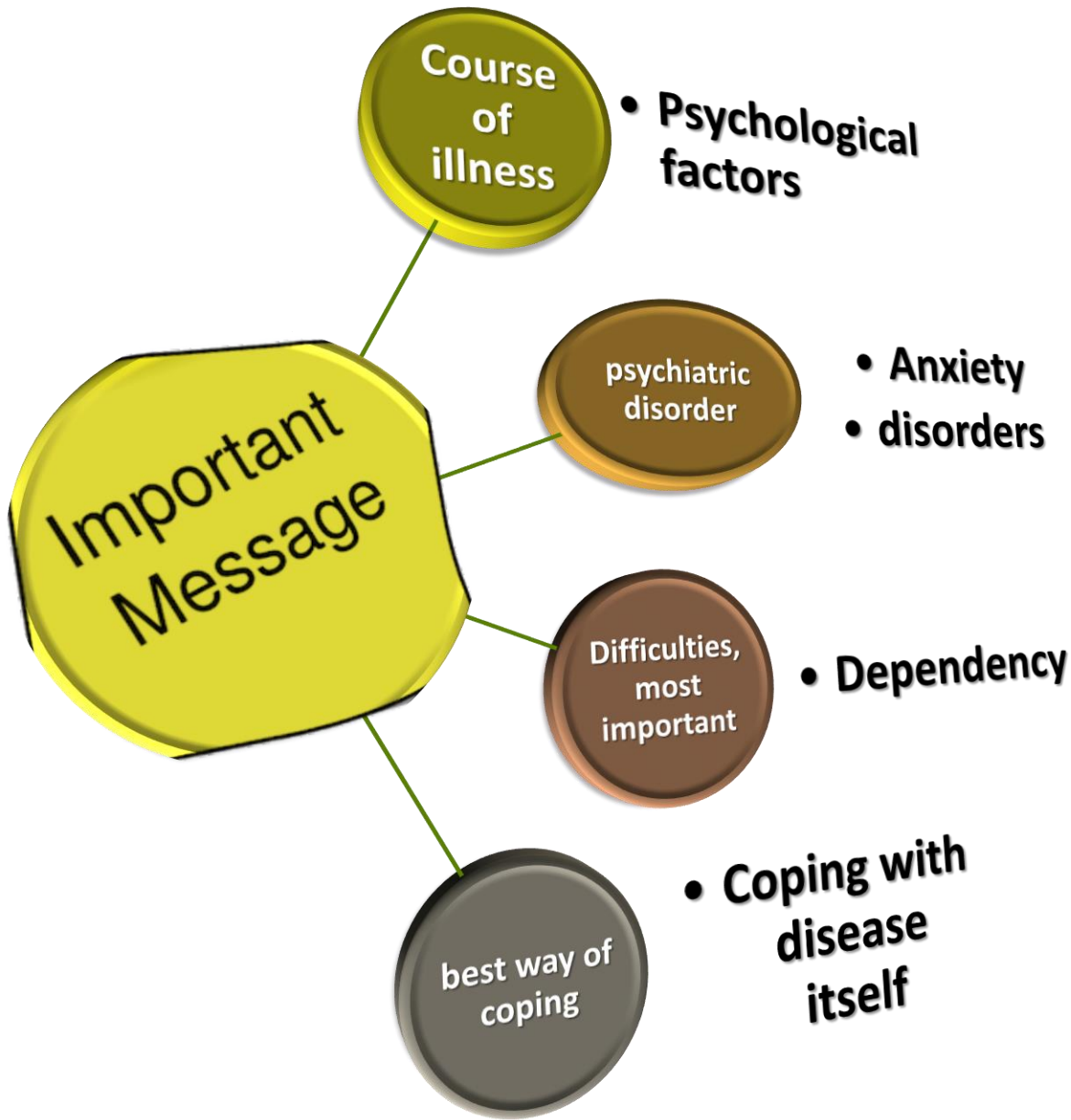


**Coping of adolescents with chronic illness focus on coping with illness itself**









T H A N K

Y O U S O

M U C H !