



Coping with Diabetes Mellitus in Adolescence

{ . . وَمَا تَوْفِيقِي إِلَّا بِاللَّهِ . . }

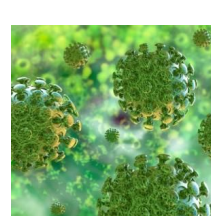
Objective	Color index
<ul style="list-style-type: none">• Difficulties among adolescent with DM type 1• Sources of stressors for them.• Types of coping.• How to help.	<p>Black : Main content. Gray : Notes. Red : important.</p>

[Editing File](#)

Team Leaders

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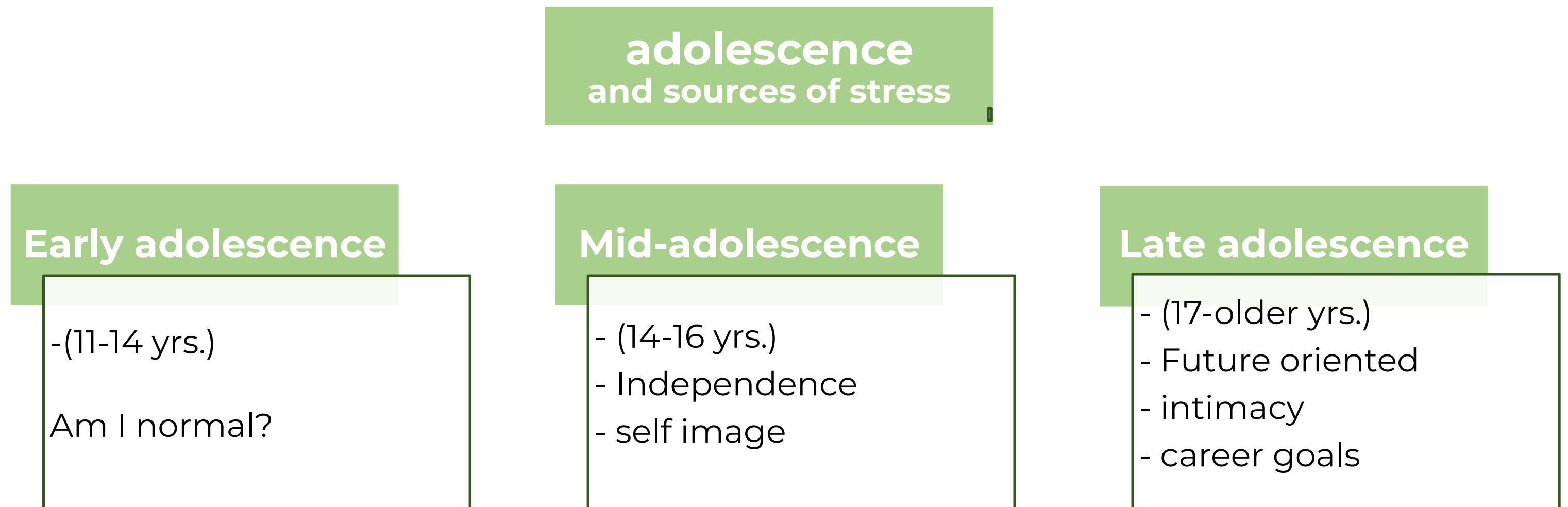
 Abdullah shadid



For the record, This lecture was published during COVID19 outbreak

introduction

- **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**



Types of Diabetes Mellitus	
Type 1	Type 2
<ul style="list-style-type: none"> Insulin dependent DM 5-10% Childhood <p>Facts about Type I patients:</p> <ul style="list-style-type: none"> 80%, Unhygienic administer 58% , Wrong dose 77%, Glucose level (Test/interpret) 75% , Foods (type / regular) 	<ul style="list-style-type: none"> Non Insulin dependent DM increased about 4 folds (last 30yrs) 8.5 % Age – usually more then 18 years
<p>Treatment</p> <p>Lifestyle ·Active ·Weight ·Drugs ·Early diagnosis ·Insulin Vs. OH ·Blood pressure control ·Blood lipid control</p>	

- ❑ **Psychosocial Factors and Diabetes (important)** its play an important role in the course of illness
- **Stress sometimes changes a latent case of diabetes into an active one.**
 - Psychological factors may precipitate the onset of diabetes and influence the timing of symptoms presentation
 - 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.
 - Psychological dysfunction may cause recurrence of acute diabetic episode specially in adolescents.
 - Life experience and emotional factors can have an important bearing on the course of diabetes.

❑ **Diabetes and Comorbidity**

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

- Diabetes mellitus is co-morbid with : **most commonly Anxiety disorders then depression**
- **Other co-morbid behavioral & psychological problems:**
 - Anger - Adjustment disorders - Social withdrawal- Acute organic brain syndrome - Low self esteem
 - Behavioral problems - Eating disorders

❑ Difficulties that they face

- Diet restriction. Always the same food and diet
- Frequent blood testing & injections.
- **Dependency on family. (difficulty in developing independence)** (most important)
- Isolation from peers. And their relationships with peers
- Physical limitations. They feel they can't play and workout.
- Parents can't differentiate between Common anxiety Symptoms of temperament AND hypoglycemia.
- **body image issues**

❑ Sources of stress in DM

- The illness itself.
- Illness-specific stressor such as:
 - Disease-related pain.
 - Medical procedures
 - Stress related to admission.
- Extreme self control (diet)
- Psychological stress
- Difficult to alter lifestyle behaviors
- Pressure to eat
- Medical information seen as advisory
- Asymptomatic (thinks he doesn't have the 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.**

❑ Effects of stress

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

Other effects :

- 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.

Coping

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

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

Types

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.

5 Stage

Denial

Anger

Bargaining

Depression

Acceptance

❑ 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

☐ **Very important notes**

- in the course of illness psychological factor is very important
- anxiety is the most common psychiatric disorder associated with DM, depression is the second
- Dependency is the most common difficulty they face
- Best way of coping is coping with the disease itself

Quiz

Answers Key!
1.D 2.C 3.D 4.C 5.B 6.C

1) Which one of the following a DM patient face?

- A. Frequent blood testing
- B. Diet restriction
- C. Peers Isolation
- D. All Choices

2) Psychological morbidity appears to range from?

- A. 1-5%
- B. 20-50%
- C. 10-30%
- D. 3-4%

3) What is the best way of coping in a child with type 1 diabetes?

- A. Diet restriction
- B. Bargaining
- C. Parent counseling
- D. Coping with illness itself

4): What is the most common disorder associated with diabetes in adolescents?

- A) Schizophrenia
- B) Depression
- C) Anxiety
- D) Anorexia nervosa

5) Sources Of Stress And Worries In Mid-Adolescence?

- A. Career goal
- B. Self image
- C. Future oriented
- D. Intimacy

6) which one of the following Psychosocial Factors is TRUE in regards to Diabetes ?

- A. Stress does not changes a latent case of diabetes into an active one.
- B. no relation between Psychological factors and the onset of diabetes
- C. May cause recurrence of acute diabetic episode
- D. Life experience and emotional factors are not important

Good luck!