



Coping with DM in Adolescence

Mohammed Aljaffer, MD

Assistant Prof & Consultant of Forensic and Neuropsychiatry

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



● **Types of Diabetes & Treatment**

● **Difficulties among adolescent with DM**

● **Sources of stressors for them**

● **Types of coping**

● **How to help**



● **Types of Diabetes & Treatment**

● **Difficulties among adolescent with DM**

● **Sources of stressors for them**

● **Types of coping**

● **How to help**



● **Types of Diabetes & Treatment**

● **Difficulties among adolescent with DM**

● **Sources of stressors for them**

● **Types of coping**

● **How to help**



● **Types of Diabetes & Treatment**

● **Difficulties among adolescent with DM**

● **Sources of stressors for them**

● **Types of coping**

● **How to help**



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**

● **Difficulties among adolescent with DM**

● **Sources of stressors for them**

● **Types of coping**

● **How to help**



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



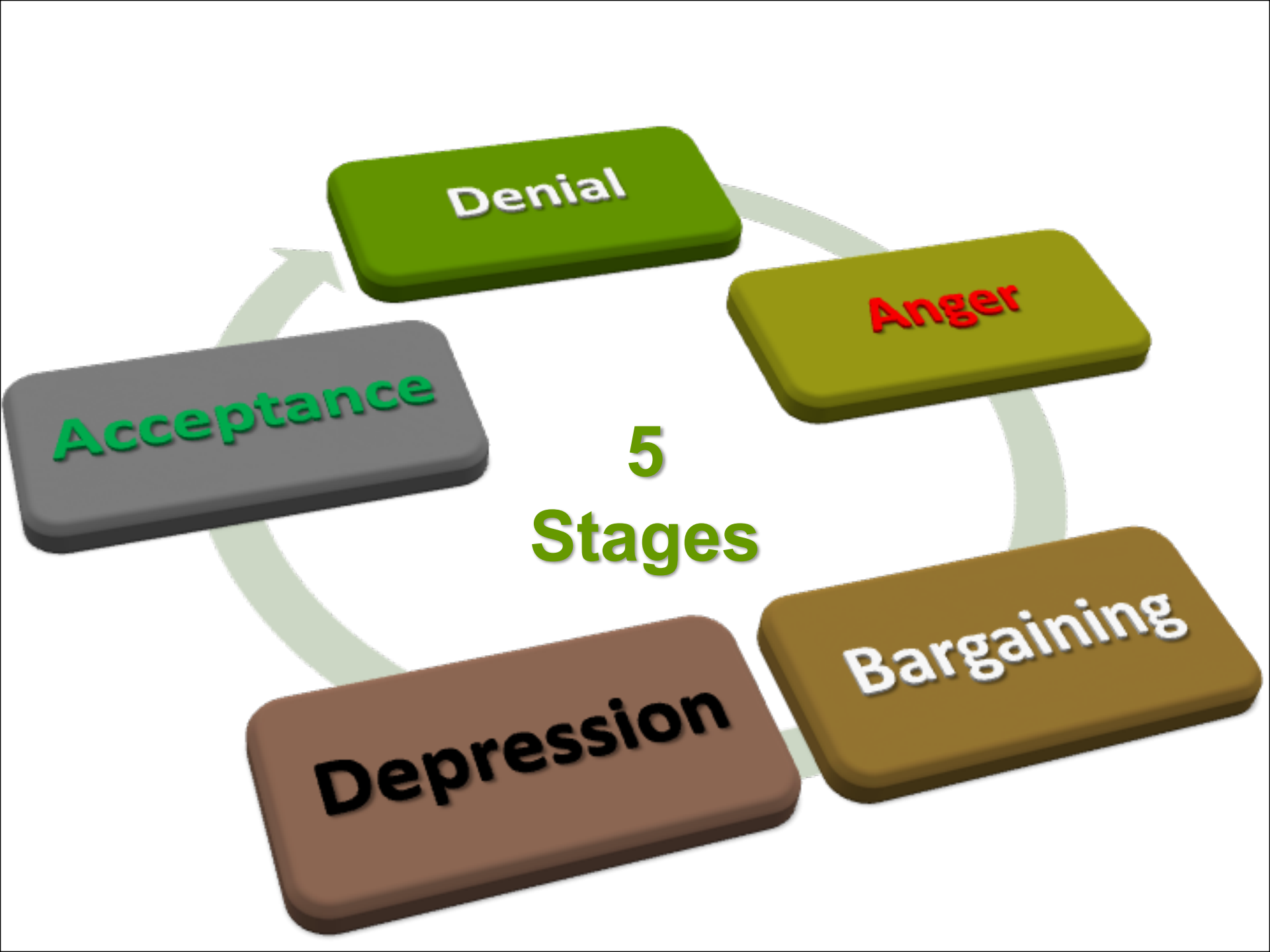
Asymptomatic

Pressure to eat

Medical information seen as advisory



I HAVE DM





Anger



If only I had...

What if I...

bargaining.

MAYBE IF I
JUST....

I promise I'll...





peace



acceptance

● **Types of Diabetes & Treatment**

● **Difficulties among adolescent with DM**

● **Sources of stressors for them**

● **Types of coping**

● **How to help**



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

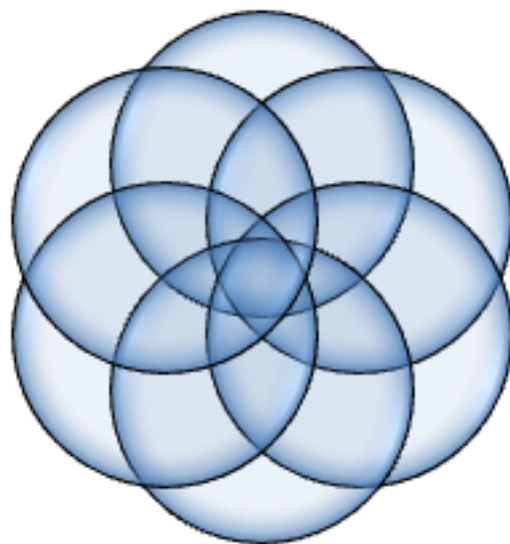
Parental involvement

Immaturity

Lack of support systems

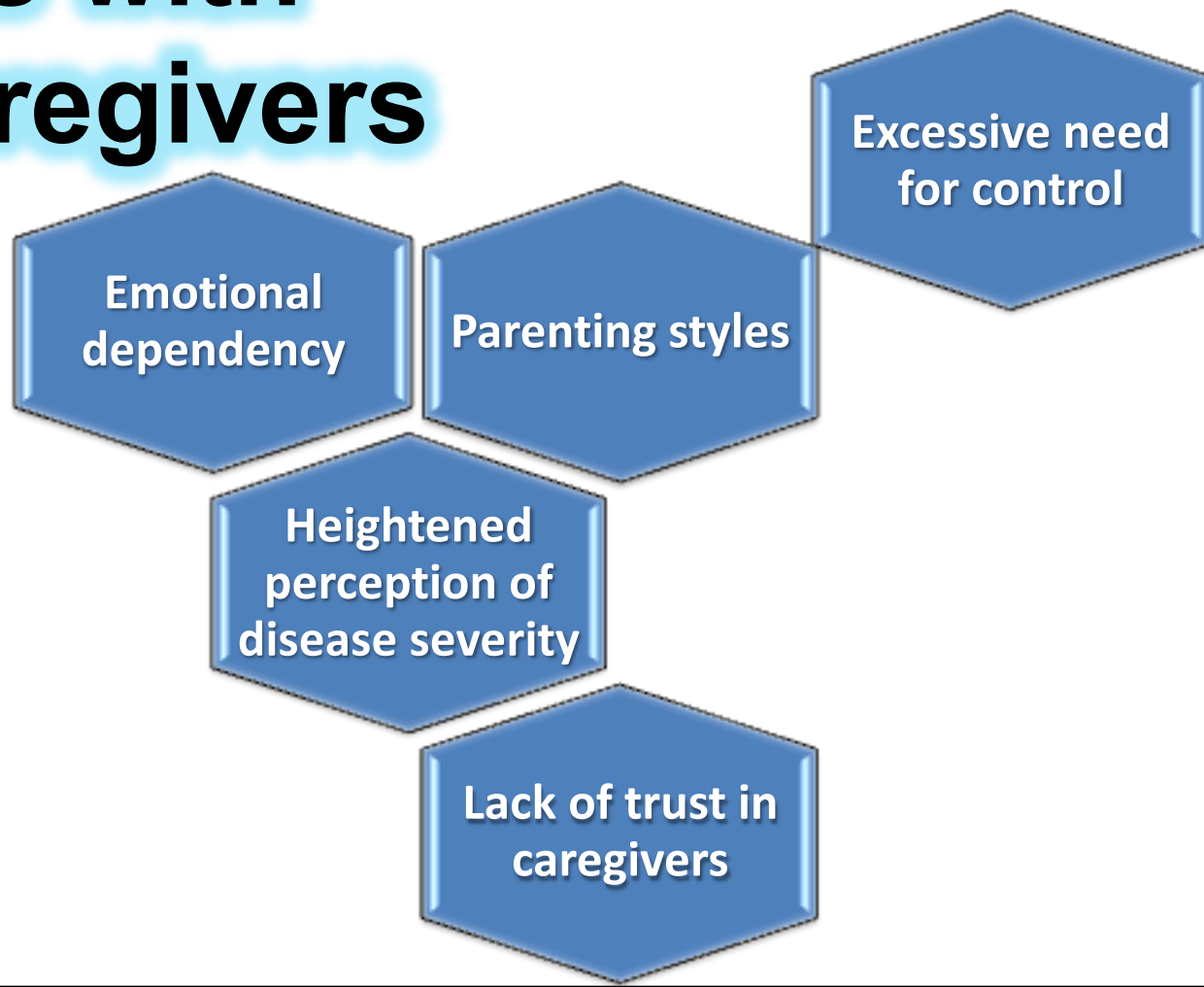
Severe illness or disability

Psychopathology





Obstacles with family/caregivers





Psychological Co-Morbidity

10 – 30 %

Diabetes Mellitus is co-morbid with :

Depression.

Anxiety disorders.





**learning
problems.**

**School
absence.**

● **Types of Diabetes & Treatment**

● **Difficulties among adolescent with DM**

● **Sources of stressors for them**

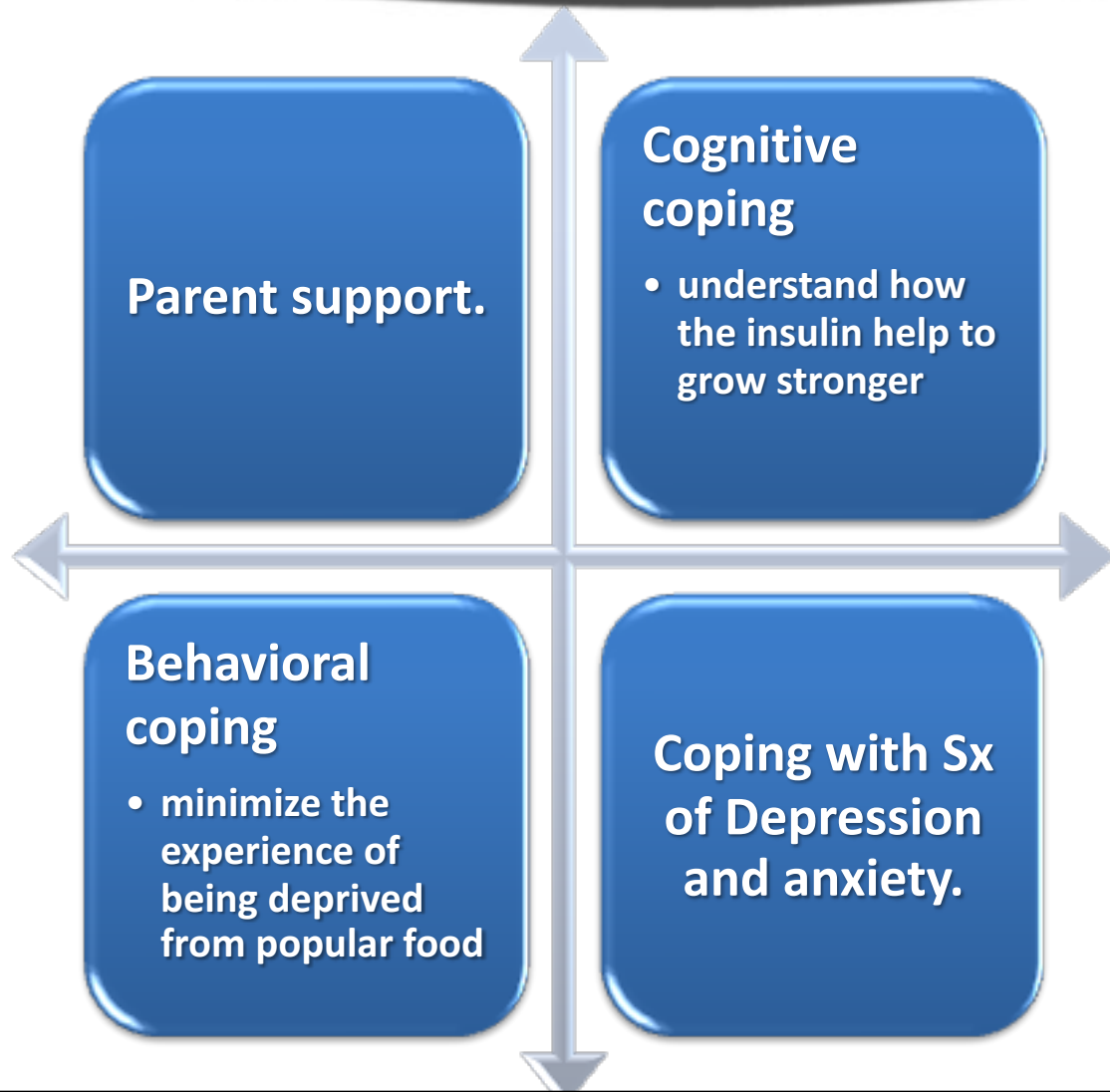
● **Types of coping**

● **How to help**

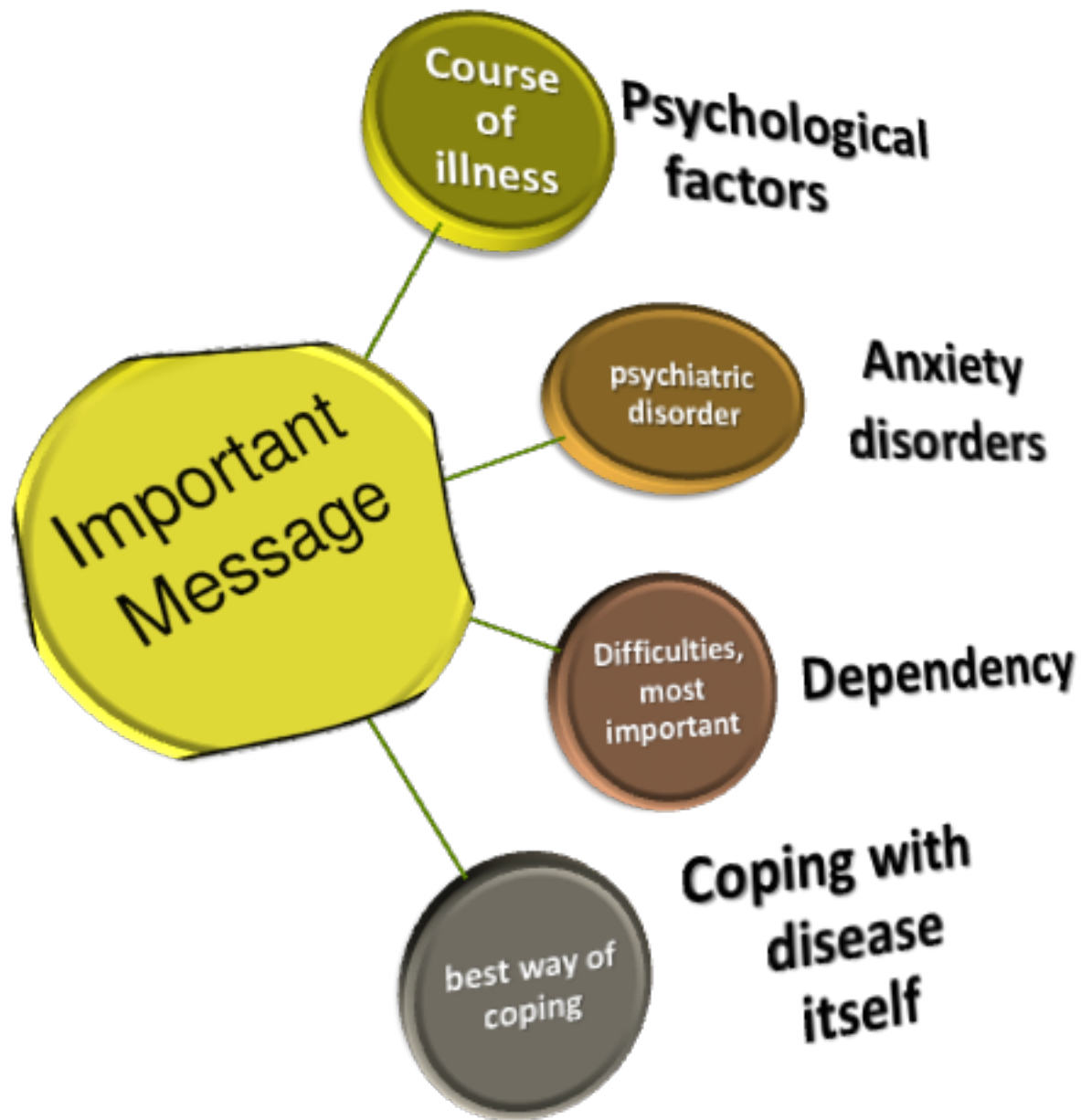




Coping of adolescents with chronic illness focus on coping with illness itself







T H A N K

Y O U S O

M U C H !