

# Pilot Program to Screen Adults with Type 1 Diabetes for Diabetes Distress

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## Objectives

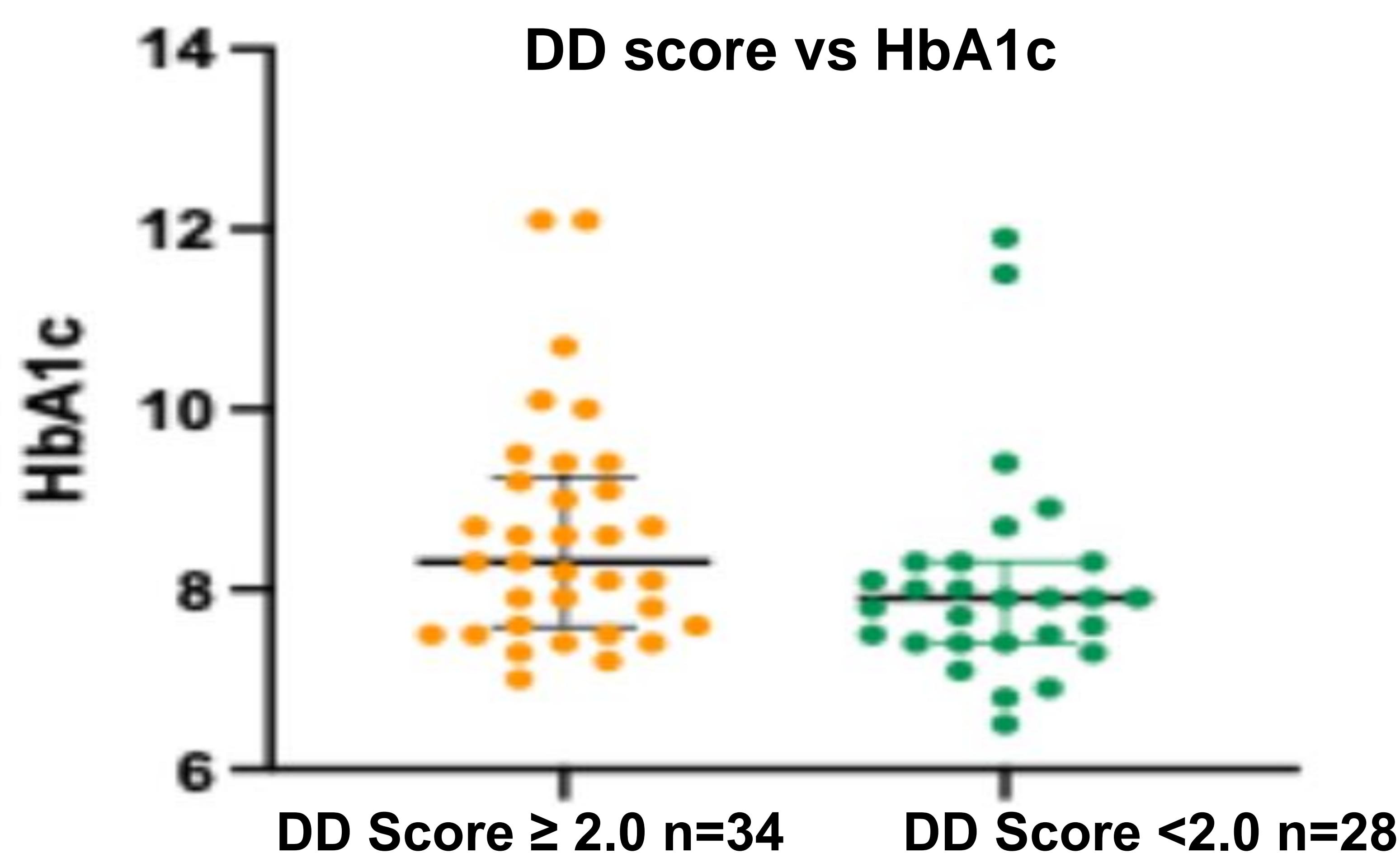
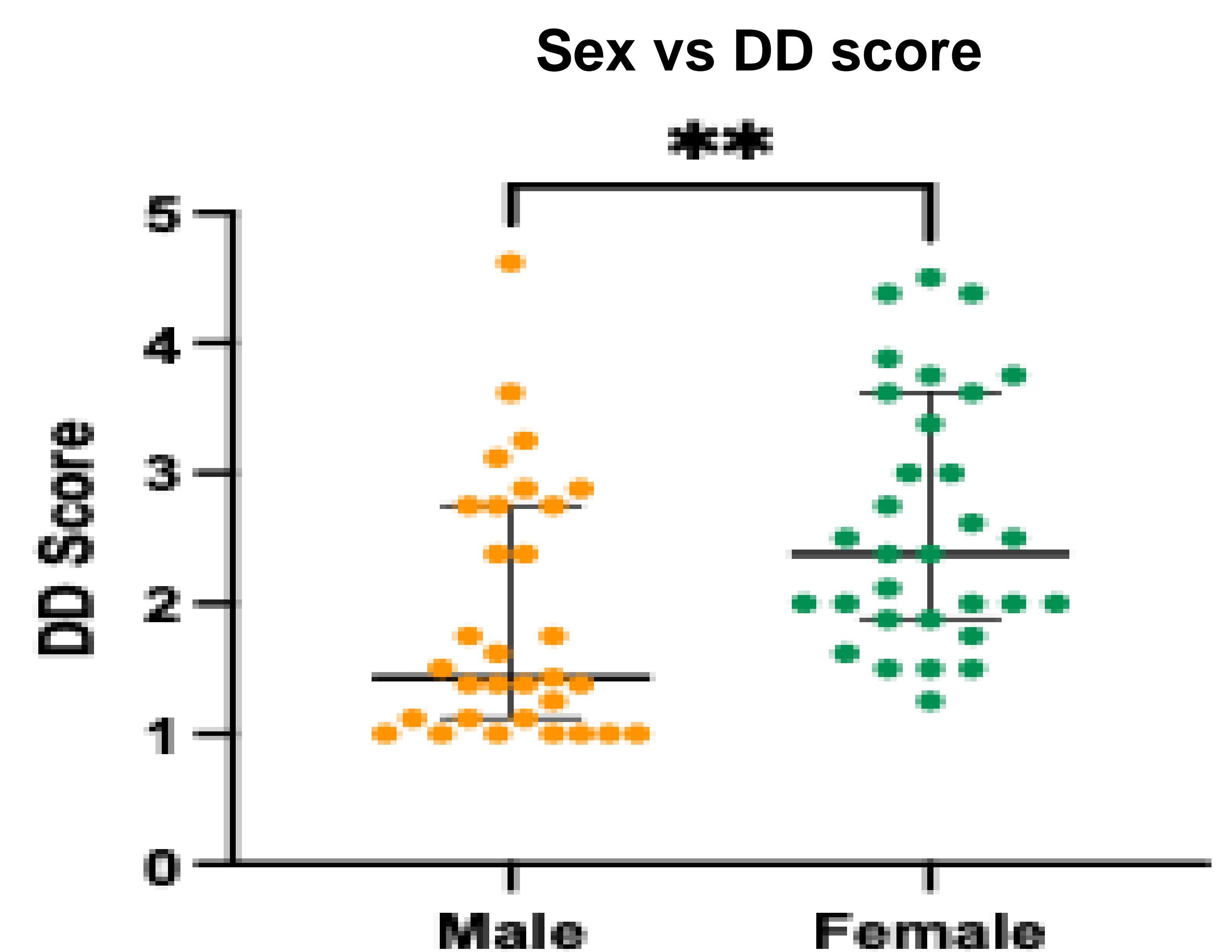
To implement a pilot program to screen adults with type 1 diabetes (T1D) for diabetes distress (DD).

## Methods

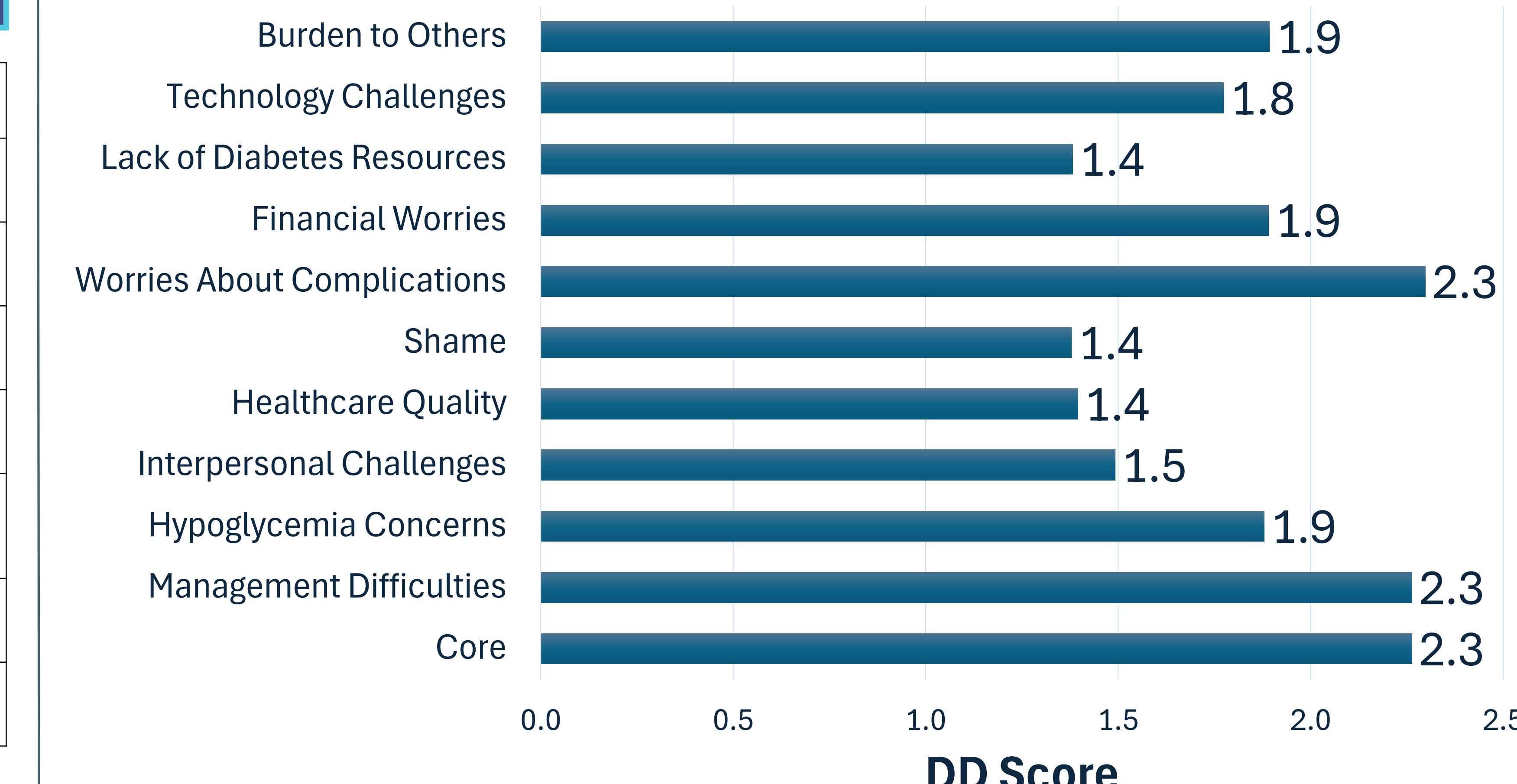
A pilot program to screen for DD using the 30-item T1-DDAS was initiated (10/2024-4/2025). Total and 7 DD source scores were assessed. Eligibility was age  $\geq 21$  living with T1D for  $\geq 1$  year and most recent HbA1c  $\geq 7.5\%$ . Those eligible received a survey link online prior to their scheduled visit. Those who did not complete the survey before their visit received a tablet in clinic to electronically complete the survey. Clinicians discuss survey results during visit and will conduct interventions as needed based on which sources of distress scored high. Clinicians may refer out to specialized staff (e.g. social work, education, psychologist). A score of  $\geq 2.0$  indicates moderate DD. Demographic comparisons and HbA1c were collected from the EMR.

## Results

	Completed DD Survey n=62
Age [mean]	49.7
Female n(%)	31 (50.0)
NH White n(%)	55 (88.7)
NH Black n(%)	4 (6.5)
Public Insurance n(%)	25 (40.3)
CGM Use n(%)	61 (98.6)
Pump Use n(%)	36 (58.3)



## Mean DD Scores Core and Source Scores n=62



## Summary

Of 136 eligible, 62 (45.6%) completed the survey. Mean DD overall score was 2.3; 55% (n=34) had scores  $\geq 2.0$ . Highest source scores were management difficulties (2.3) and worries about complications (2.3).

## Limitations

- Limited clinic time to complete 30 question survey
- Comparisons are limited by small n.

## Conclusion

Approximately half of those screened had at least moderate DD, which is associated with higher HbA1c. Future work will focus on assessing effectiveness of interventions to reduce DD, use of a shorter DD survey, and revising eligibility criteria.

## Acknowledgements

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