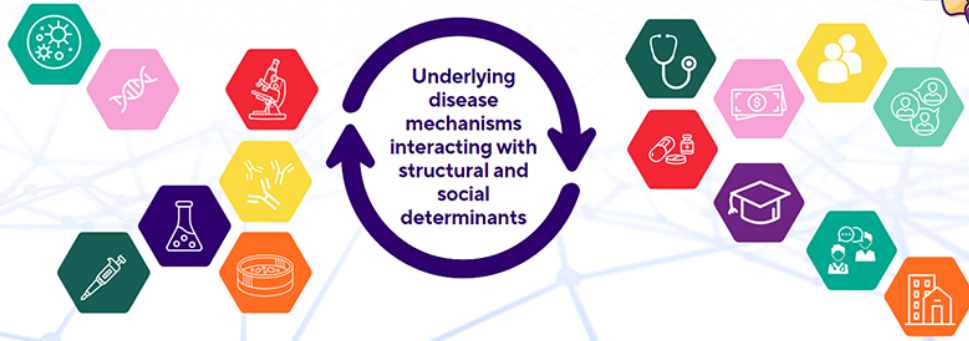




19TH ANNUAL CHILD HEALTH RESEARCH DAYS
Outcomes in Child Health



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Abstract Submission Form

CHR D 2023: Abstract Submission Form

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Presenter Status

Non-Trainee

Research Category

Community Health / Policy

Role in the project

Design
Write Abstract

Title

Dialectal Behavioural Therapy and Lifestyle Change to Prevent Type 2 Diabetes in Adolescents living with Obesity: A feasibility study

Background

Pediatric obesity affects over 1.5 million Canadian youth and few interventions have proven successful for weight management. Little is known about the efficacy of adding Dialectical Behavioural Therapy (DBT) for improving the adherence to lifestyle change and improving the biopsychosocial health of adolescents living with obesity.

Objective

The aim of the current pilot trial was to address this gap.

Methods

We enrolled 6 adolescents 14-17 years of age with a BMI Z-score >1.6 and mild to moderate depressive symptoms to participate with a caregiver in a pilot of a novel DBT and behaviour change intervention. Adolescents received two sessions weekly for 16 weeks focused on (1) developing DBT skills (2) supporting behavioural lifestyle change. The main outcomes were enrollment rates, adherence to the intervention, and retention rates for follow-up measurements. The secondary outcome was changes in quality of life (PedsQL) and depressive symptoms. Adolescents and caregivers also participated in focus group sessions informed by photo elicitation.

Results

Overall, we screened 83 adolescents and enrolled 6 into the pilot. The adherence to the intervention sessions was 83% and 92% for DBT and Lifestyle sessions respectively, and the retention rate was 83%.

Several themes identified in the focus group sessions revealed that the invention (1) improved relationships with caregivers, led to new skills for communication and behaviour change and control over emotions. Negative aspects of the intervention included the virtual delivery of DBT, time commitment for the sessions and the lack of personalized skill development.

Conclusion

Delivering DBT skills in conjunction with a behavioural lifestyle intervention for adolescents is possible and was well received but could be improved to personalize skill development.

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