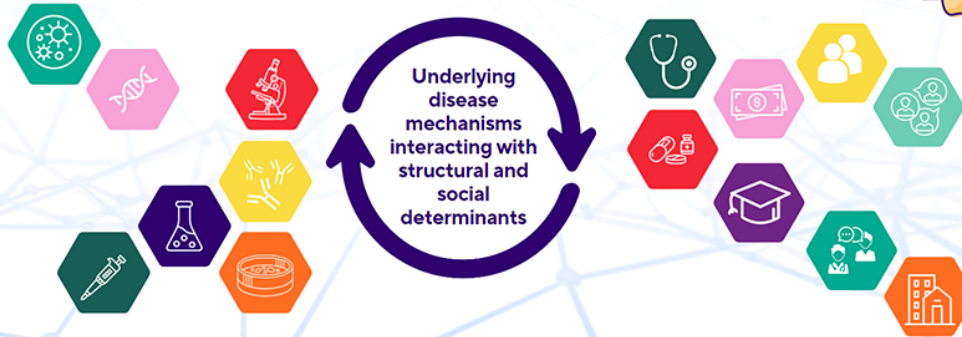




19TH ANNUAL CHILD HEALTH RESEARCH DAYS  
**Outcomes in Child Health**



October 25 + 26, 2023 | RBC Convention Centre, Winnipeg, Manitoba

Abstract Submission Form

## CHR D 2023: Abstract Submission Form

### Submitter Name

Gifty Dzorka

### Presenter Name

Gifty Dzorka

### Presenter Status

PhD Student

### Research Category

Community Health / Policy

### Role in the project

Design  
Analyze Data  
Write Abstract  
coordinator

### Title

A Living Lab for Mental Health in Youth-Onset Type 2 Diabetes

### Background

Type 2 Diabetes (T2D) is a complex chronic disease that disproportionately affects marginalized populations, and its prevalence in youth is growing. Youth-centered engagement approaches that seek to explore and give voice to youth experiences are critical to developing meaningful educational, research and care approaches based on lived experience. This is paramount to mental health in youth onset T2D, as mental health challenges are common yet poorly understood and seldom prioritized in clinical practice guidelines.

### Objective

To attend to this need and informed by partnership with youth and caregivers with lived experience, we are creating Brightspark – Canada's first virtual living lab platform for youth and families with T2D. By establishing an embedded registry of youth with T2D enabling discrete studies and module-based inquiries over time, the platform will provide a sustainable structure to understand and support youths' mental health experiences and priorities for research and care.

### Methods

Once the platform is established, we will conduct a 3-stage longitudinal qualitatively driven mixed methods study with up to 50 English speaking youth (ages 10-25) with T2D (diagnosed at age 18 or younger) in Canada. Youth will be purposively selected from the registry to complete baseline mental health measures, followed by 12 content modules using qualitative and arts-based methods. A subset of 20 youth will be

purposively sampled to identify priorities for mental health research and care, and to co-design arts-based KT resources to communicate critical research findings. Four youth and one parent co-researcher are co-developing Brightspark and the 12 educational and inquiry modules.

## Results

The platform is currently in development. No data has been collected.

## Conclusion

As participant involvement in research grows and challenges in attaining treatment targets for T2D persist, innovative means of sustained research engagement provide new opportunities for collaborative research and knowledge translation based on lived experience.

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