

CHRD 2024: Abstract Submission Form

Presenter Name

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Presenter Status

Non-Trainee

Role in the project

Analyze Data
Write Abstract
Project Manager

Research Category

Clinical

Title

Feasibility of a Virtual Dialectical Behaviour Therapy Program for Youth Living with Type 2 Diabetes in Manitoba, Canada

Background

Youth living with type 2 diabetes (T2D) have identified mental health as an important factor in diabetes management. Dialectical Behavior Therapy (DBT) is an evidence-based program that includes teaching mindfulness, emotion regulation, and distress tolerance.

Objective

This pilot project examines the feasibility and tolerability of virtual DBT skills training as a mental health intervention in youth with T2D.

Methods

Youth (14-22 years old) were approached by email, telephone, or in-person. Individuals were screened for eligibility using the Kessler-6 (K6) and Patient Health Questionnaire-9 (PHQ-9). Eligibility included a diagnosis of T2D and clinically elevated mental health symptoms (K6 of 5-13 and PHQ-9 of 5-19) . Recruitment, enrollment, and adherence rates to the DBT program were determined.

Results

Of the youth approached, 34/76 (44.7%) completed screening. Screened youth were 50% female with a mean age of 15.9 (SD=1.83) years. Mean K6 and PHQ-9 scores were 10.2 (5.32) and 13.2 (7.76) respectively. 73.5% (25/34) of screened youth required a follow-up with the psychology team. Thirteen of 18 eligible youth were enrolled. Eight youth (61.5%) completed the 16-week program. Feasibility was impacted by lack of access to Wi-Fi and functional devices and challenges in finding group times that worked for youth.

Conclusion

Successful enrollment and retention rates were low. Logistical barriers to enrollment and completion of the DBT sessions need to be further assessed to improve uptake to the full DBT training.

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No

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