



Symposium of the Psychosocial Aspects of Diabetes (PSAD) Study Group

**'BEHAVIOURAL DIABETES AND
TECHNOLOGY: WHERE IS IT
GOING?'**

**Wednesday 3rd October from 08.15-09.45, Hall 6A
54th EASD Annual Meeting in Berlin**

Presenters:



Prof. Katherine Barnard

Psychological impact of diabetes apps and diabetes blogs



Prof. Frank J. Snoek

Online psychosocial interventions for persons with diabetes



Prof. Norbert Hermanns

Psychological aspects of continuous glucose sensing technology and artificial pancreas

Symposium Chair:



Prof. Arie Nouwen

Chair Psychosocial Aspects of Diabetes Study Group (PSAD)



We're on the web at

<http://www.psad-easd.eu/>

Twitter Account

https://twitter.com/PSAD_Group

Background

Scientists, clinicians and people with diabetes have witnessed tremendous progress in the field of diabetes technology in the last few years. Key developments are e-health based interventions and technological innovations such as novel glucose sensing systems and artificial pancreas systems.

Internet-based interventions can support people with diabetes in their daily self-management as well as for treatment of comorbid mental health problems. E-health interventions are user friendly and can help to reach larger groups of patients in need and at relatively low costs. There are however several challenges including uptake, attrition and reimbursement issues. New developments such as mobile technology and blending face-to-face with internet are promising and can enhance patient engagement

Continuous glucose monitoring devices provide glucose values every five to 15 minutes providing a comprehensive overview of the course of blood glucose allowing better stratification of hypo- and hyperglycaemic risk. Information about current and previous glucose trends support informed treatment adjustments as opposed to adjustments based on-spot blood glucose values.

Most continuous glucose monitoring systems are also able to alert people with diabetes if critical glucose values are exceeded or undercut. Combining continuous glucose monitoring systems with insulin pumps opens the window for artificial pancreas systems. The hope is that artificial pancreas systems will be able to control glucose autonomously in the future.

In this symposium the scientific evidence for the role and impact of psychological factors on the adoption, use, benefit and challenges of e-health interventions, continuous glucose monitoring and artificial pancreas systems will be reviewed. Current evidence for the efficacy of diabetes technology and e-health interventions designed to support people with diabetes will be evaluated.

A new and under researched phenomenon is the use of diabetes blogs, apps and technological developments exclusively driven by people with diabetes. These developments and associated research will also be reviewed and criteria proposed for the scientific evaluation of them.

Professor Katharine Barnard PhD CPsychol AFBPsS

Chartered Health Psychologist, Visiting Professor and internationally renowned expert on the psychosocial aspects of diabetes. Prof Barnard has extensive experience in developing the evidence base and theory behind psychological interventions, in clinical trials design, management, analysis, reporting, dissemination and exploitation of project outcomes. Her research portfolio spans psychosocial aspects of diabetes management, human factors, health technology assessment, translational medicine and impact of technologies on the lives of people with diabetes. Leading the psychosocial investigation on several clinical trials including the impact of artificial pancreas systems, the impact of a lifestyle intervention for adults with severe mental illness at risk of T2D, longitudinal comparison of diabetes therapies, web-based interventions, minimizing the impact of risk taking behaviors for young adults with T1D, and improving communication between healthcare professionals and people with diabetes.

She is an Expert Adviser to NICE and the All Party Parliamentary Group on Diabetes, past Chair of the Diabetes UK Annual Professional Conference Organizing Committee. Professor Barnard is an expert member of several global advisory boards and is an editorial board member of three international diabetes medical journals. She has published over 200 scientific articles and is co-author on national and international guidelines. Professor Barnard's goal is to minimize the burden of diabetes and improve the quality of life for people living with diabetes.

Professor Frank J. Snoek PhD

He earned a Master in clinical psychology at the University of Amsterdam and received his PhD from the Faculty of Medicine at the Vrije Universiteit (VU) Amsterdam, The Netherlands. He is a chartered clinical health psychologist and head of the Medical Psychology department at the Amsterdam University Medical Centers.(locations AMC and VUMC). His research interest lies in behavioral medicine, with a focus on diabetes self-management and mental health. He is founder and chief of the specialised diabetes mental health outpatient clinic at VUMC. Snoek and his team have developed validated assessment tools and innovative psychological interventions specifically for people with diabetes, including online depression treatment and a blended internet/ group program for hypo unawareness. He was co-investigator in a number of trials evaluating the impact of diabetes technology and is currently developing a self-help app for people with diabetes to foster mental vitality. Prof Snoek was the founding chair of the EASD study group Psychosocial Aspects of Diabetes (PSAD), and chair of the Dutch guideline committee for the management of depression in diabetes. He was the first recipient of the Dutch Diabetes Research Award. Professor Snoek is a frequent speaker at international conferences and has published extensively on diabetes psychology in peer-reviewed journals and book chapters, and is co-editor of the handbook Psychology in Diabetes Care.

Professor Norbert Hermanns PhD

He is Professor of Clinical Psychology at the Otto Friedrich University of Bamberg since 2007. His current active research is focused on psychological aspects of technology use in diabetes, measurement of patient reported outcomes and inflammation and depression in diabetes. His research interests include behavioral modification and the development and evaluation of diabetes self-management-programs for people with diabetes, acute emotional effects of hypoglycemia, treatment of hypoglycemia unawareness and depression and diabetes. Professor Hermanns was also involved as a co-principal investigator in the DAWN 2 study and the European Image project, on prevention of type 2 diabetes. He was also involved in the HypoDE study as -principal investigator studying the impact of continuous glucose monitoring on incidence of clinical hypoglycemia in people with type 1 diabetes and hypoglycemia problems. He was chair of the Psychosocial Aspects of Diabetes Study Group (PSAD) of the European Association for the study of Diabetes (EASD) and being a member of several scientific association including BRIDGE of the American Diabetes Association (ADA).

Prof. Hermanns is author of several publications in Journals such as Diabetologia, Lancet, Diabetology and Endocrinology, Diabetes Care and Diabetic Medicine He has authored 355 articles, 10 books and 6 book chapters. His current H-index is 30. He is also member of the editorial board of Diabetes Care since January 2017.

Floor Plan

