

Poster presentation

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Effect of stress management training on glycemic control in patients with Type I diabetes

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Background

In this study, the effect of stress management training on glycemic control has been investigated in type 1 diabetic patients.

Materials and methods

The participants were 60 type 1 diabetic patients (aged 16–30). 30 Subjects attended in 3-month stress management training classes during which the prescribed insulin remained constant, but the remainder 30 ones did not. HbA1c from all patients were measured before and after the intervention. Besides, in order to assess the ways of coping, every patient completed a questionnaire and the scores were compared between two groups.

Results

Trained patients showed significantly improved ways of coping. HbA1c changed from 11.7 ± 2.9 and 10.9 ± 2.1 before training to 8.5 ± 1.7 and 10.3 ± 2.1 after intervention in trained and control groups respectively and the changes were significant in study group ($p < 0.001$). In addition, the difference between means of HbA1c of two groups was statistically significant at the end of the study ($p < 0.001$).

Discussion

Results show a clinically significant beneficial effect of stress management training on glycemic control among type 1 diabetic patient. It is recommended to consider this type of training as an addition to the treatment program in type 1 diabetic patient.

References

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