

TYPE ONE DIABETES & MENTAL HEALTH

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PSYCHOSOCIAL BURDEN OF DIABETES

2340 ADULTS | 64% T1D | 22% T2D-I | 51% T2D-NI | 50% WOMEN | AGE RANGE 18-76 YEARS



MODERATE/SEVERE DEPRESSION AFFECTS:

24% of adults with T1D
36% of adults with T2D-I
21% of adults with T2D-NI



SEVERE DIABETES DISTRESS AFFECTS:

24% of adults with T1D
20% of adults with T2D-I
11% of adults with T2D-NI

LIVING WITH DIABETES IS A COMPLEX JOURNEY
- MAN WITH T2D

PEOPLE FEEL STIGMATISED BECAUSE OF THEIR DIABETES

67% of adults with T1D feel judged when eating sugary food or drinks

50% of adults with T2D think others assume they are overweight or have been in the past

11% currently participate in peer support - but 38% would like to participate in the future

Most common problem is worrying about the future and the development of diabetes-related complications

LIVING WITH DIABETES IS HARD, BUT I THINK THE HARDEST PART IS THAT OTHER PEOPLE DON'T UNDERSTAND IT

- WOMAN WITH T1D

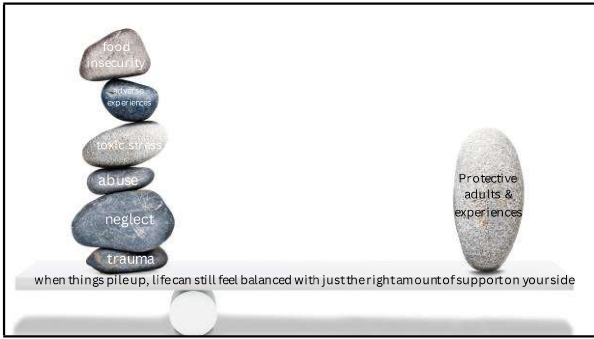
Following a healthy diet is burdensome for 32%
Doing regular physical activity is burdensome for 25%

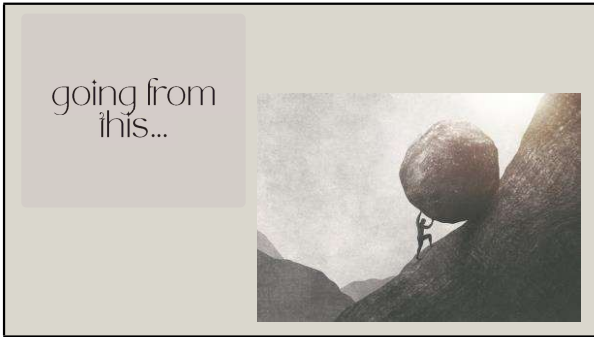
Self-monitoring of blood glucose (SMBG) is burdensome for 21%

37% have attended a group education program for their diabetes

13% report using 'apps' to help manage their diabetes


T1D - type 1 diabetes
T2D-I - type 2 diabetes using insulin
T2D-NI - type 2 diabetes not using insulin









[Development of Resilience:](#)
[Center on Developing Child: Harvard University](#)



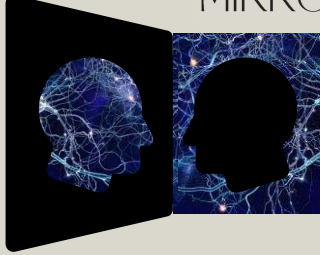
[ACES Study Info](#)
[CIRM Website](#)



[CBS News Report with Oprah Winfrey & Dr. Bruce](#)



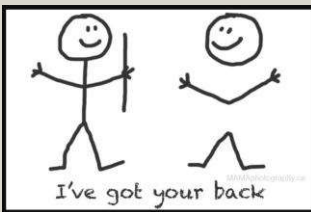
MIRROR NEURONS



definition.
 Mirror neurons are a type of brain cell that respond equally when we perform an action and when we witness someone else perform the same action. Newly discovered, they could help explain how we learn through mimicry and why we empathize with others.

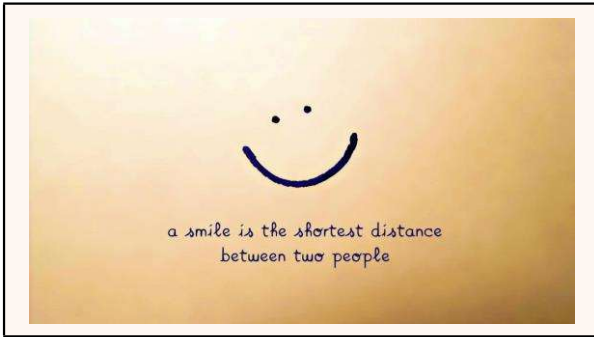
Wiersma, L. (2005, October 13). The mind's mirror. Monitor on Psychology, 36(9).
<https://www.apa.org/info/into/vol-36/sep-05/mir>

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I've got your back

People will forget the things you did, and people will forget the things you say. But people will never forget how you made them feel.
 -attributed to Maya Angelou



CLOSING THOUGHTS

MENTAL HEALTH

Mental Health is NOT feeling calm or happy all of the time. Mental Health IS having the RIGHT feeling at the RIGHT time.

During hard times - having moments of sadness, frustration, fear, or hopelessness are almost certainly evidence of your ABUNDANT MENTAL HEALTH.

-Dr. Lisa Damour

L I F E I S H A R D

let's connect.

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