

Impact of digital type 2 diabetes education on diabetes-related distress, self-efficacy, weight and hyperglycaemia



Leicester Diabetes Centre
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Aim: To investigate changes in weight, hyperglycaemia (HbA1c), diabetes-related distress and diabetes management self-efficacy in users of MyDESMOND digital type 2 diabetes education programme.

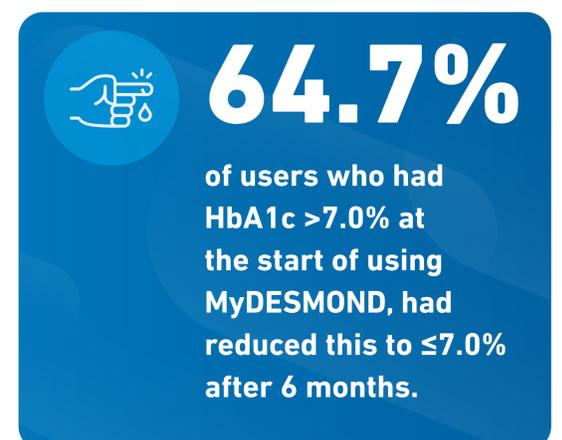
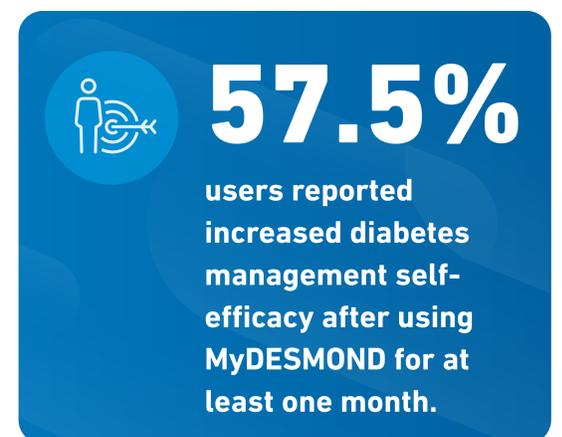
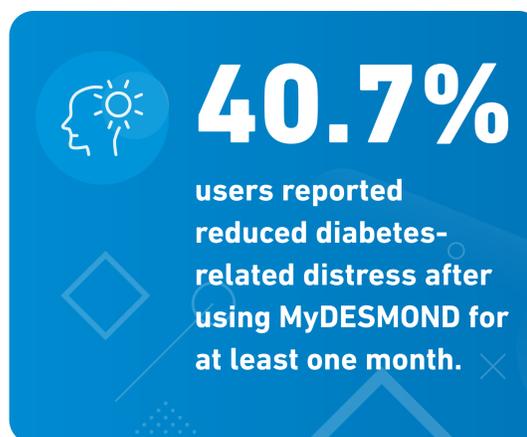
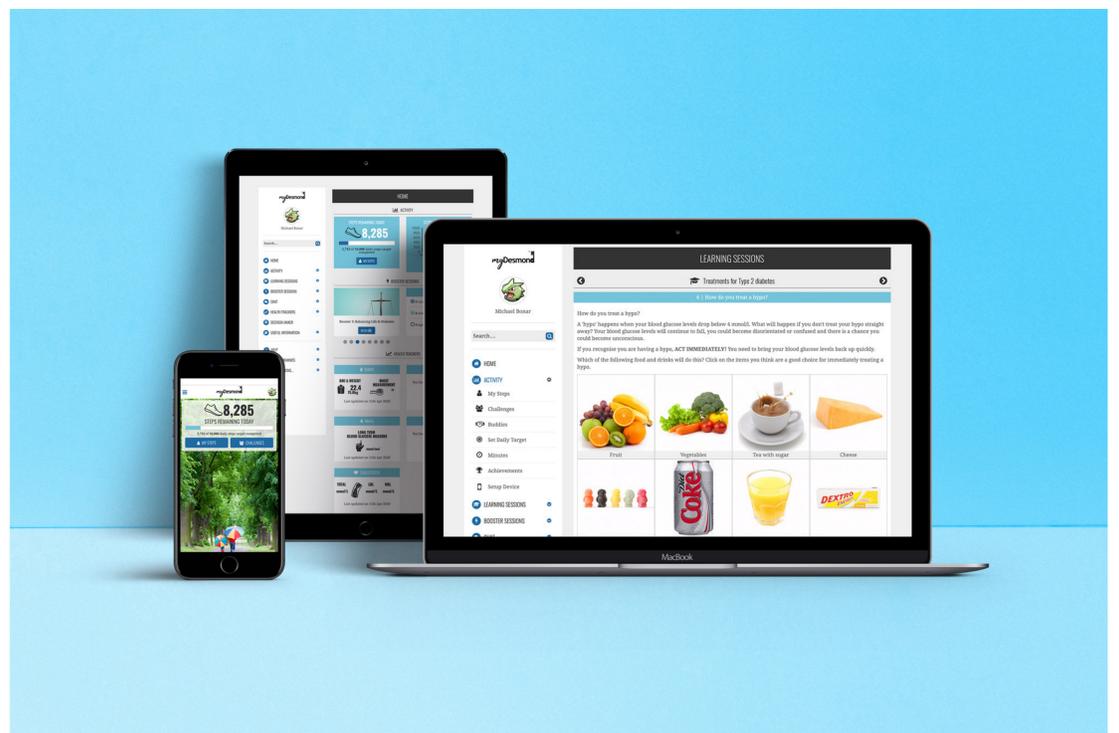
Method: All self-reported user data-sets with both baseline and at least one follow-up data-point was extracted from MyDESMOND and analysed to understand trends in outcomes.

Results: 40.7% of users (n=5,662) reported reduced diabetes-related distress after using MyDESMOND for at least one month. 58.8% (n=5,662) reported significant levels of diabetes-related distress at start (PAID-5 \geq 8). Of these, 19.9% reported non-significant levels of diabetes-related distress after using MyDESMOND for one month or more.

57.5% of users (n=3,736) reported increased diabetes management self-efficacy after using MyDESMOND for at least one month. 63.7% (n=3,736) reported low or moderate diabetes management self-efficacy (DMSES \leq 100) at baseline. Of these, 21.0% reported high diabetes management self-efficacy after using MyDESMOND for at least one month.

52.6% of users (n=382) classified as overweight or obese at start of using MyDESMOND lost >5% body weight after 6-months use or more. 36.5% (n=382) classified as overweight had a healthy BMI after using the programme for 6 months use or more. 24.8% (n=382) classified as obese had an overweight/healthy BMI after using MyDESMOND for 6 months or more.

Median HbA1c values of users was 6.9% (IQR: 6.5-8.1%) (n=338) at the start of MyDESMOND, and 150 users reported HbA1c >7.0%. Of these 150 users, 64.7% achieved HbA1c \leq 7.0% after using myDESMOND for 6 months or more.



Conclusion: MyDESMOND is an effective digital type 2 diabetes management programme impacting positively on weight, HbA1c, diabetes-related distress and diabetes management self-efficacy.

