

THE UNIVERSITY OF TEXAS  
MD Anderson  
~~Cancer Center~~

## A Day in the Life...

- 24 hours a day
- 7 days a week
- 365 days a year
- 8,765 hours per year
- 525,600 minutes per year

- Food
- Insulin
- Activity
- Hormones



- Diabetes burnout and distress
- Depression
- Anxiety
- Disordered eating

## Diabetes Burnout

- Affects ~36% of those with T1D

- Feeling that despite working hard, results are disappointing

- Results in:
  - Decreased quality of life
  - Physical exhaustion
  - Detachment from illness identity
  - Detaching from support systems
  - Omitting diabetes self care
  - Unhealthy eating
  - Skipping DM appointments
  - Co-morbid conditions

## Contributing factors

- Burden of diabetes self care
- Lack of achieving diabetes goals
- Lack of psychosocial support
- Culture of perfectionism
- Significant life events

## Type 1 Diabetes (T1D) Distress & Burnout

- Not psychopathology
- A reaction to T1D resulting in:
  - Emotional exhaustion
  - Disconnect with self care
  - Maladaptive response
  - Reaction to unresolved diabetes distress

- Can occur at any time, and any frequency

- Diabetes distress can lead to burnout

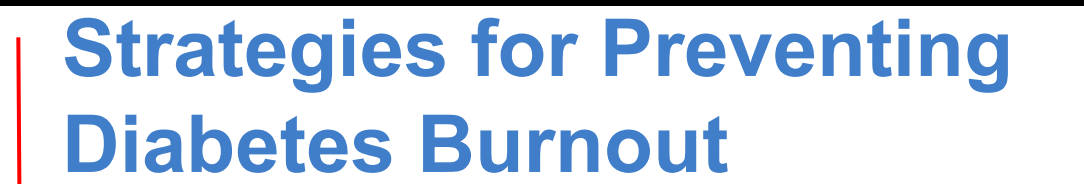
- Assessment:
  - Less diabetes self care
  - Elevated A1c
  - Increased frequency severe hypoglycemia
  - Reduced quality of life
  - Missed MD appointments
  - Impaired relationships
  - Passive or aggressive during appointments
  - Ineffective coping strategies



- Assessment tool:
  - <https://diabetesdistress.org/t1-dds-questions>

## Tips for Improving Diabetes Distress & Burnout

- Acknowledge feelings of burnout
- Be honest
- Online communities
- Share feelings
- Support groups
- Support from family, friends, medical team
- Don't strive for perfection
- Simplify regimen
- Pinpoint specific problems
- Take a safe diabetes vacation
- Get inspired by trying something new
- Set small achievable goals
- Reduce stress
- Do something fun
- Exercise
- Sleep



- Take ownership of your diabetes
- Having realistic expectations
- Having a good support system
- Have positive mindset focusing on benefits of controlling diabetes
- Having a good relationship with healthcare team



## T1D requires ~ 180 Decisions Per Day

