

ABSTRACT FROM THE STAR RESEARCH GRANTS AWARDED (2009)

Title: Improving diabetes self-management: A randomised controlled trial

Lead Investigator: Dr Lisa Whitehead

Patients with poorly controlled Type 2 diabetes (n=192) will be recruited through the Canterbury GP Liaison officer (diabetes) and randomly assigned to either educational workshops, a combination of education and acceptance and commitment therapy (ACT) or usual care (control group). Persistent poor glycaemia control is defined as 2 consecutive HbA_{1c} values \geq 7%. The education sessions will follow standard guidelines on diabetes management. Those randomised to the education plus Acceptance and Commitment Therapy (ACT) strategies will, in addition to the education sessions will learn how to use ACT skills to assist in the management of diabetes.

Data will be collected at baseline, end of the intervention period, and 3 and 6 months after the intervention to explore glycated haemoglobin (HbA_{1c}) levels, coping strategies, and diabetes knowledge and self-management.