



# Psychosocial Support

*Helping People Process Life with T1D*

A type 1 diabetes (T1D) diagnosis — whether for your child, yourself or a family member — can impact more than your physical health. T1D’s presence in a family often affects people’s social, behavioral and emotional well-being, known collectively as psychosocial health. We know, because many JDRF staff and volunteers are living with T1D. At JDRF, we’re prepared to lead the dialogue about identifying and addressing the psychosocial impact of this disease.

## What Happens?

People with T1D must monitor their blood sugar 24/7 (even while sleeping), need to carefully plan every bite they take, often resort to administering finger pricks or insulin injections in public and — even if they are following the strictest regimen — still remain at risk for blood-sugar swings and other T1D complications. So it’s not surprising that, among chronic diseases, T1D has one of the lowest rates of individuals complying with their disease management plans. This places millions of people at risk for serious, preventable consequences of mismanaging T1D.

### Imagine...

**You’re the parent of a child diagnosed with T1D.**

You think you are to blame (you aren’t). You feel scared and anxious about how you’ll help your child cope and manage the disease — and how you’ll finance the extra costs.

**You’re a teenager who recently received a T1D diagnosis.**

You want to be independent, but now your parents are over-involved in your daily life to be sure you’re properly managing your blood sugar. You want to be normal, but T1D sets you apart as a “sick” kid.

**You’re an adult and told you have T1D.**

Your daily routine is completely disrupted. Your plans for the future are now clouded because your “new normal” will change the way you envisioned things playing out. Your family will need to adjust along with you as you adapt to a new lifestyle.

## Psychosocial Issues by the Numbers

**One-third**  
of adolescents  
with T1D develop  
diabetes distress

**3 times higher:**  
the prevalence of a  
generalized anxiety disorder  
in people with diabetes

**1 in 4**  
people with diabetes  
are affected by  
depression

## What Are the Consequences?

T1D management dramatically impacts quality of life and creates psychosocial burdens. These issues can affect people of all ages living with the disease. Reports of psychosocial issues range from mild symptoms to diagnosed psychiatric disorders, and may include:



Stress from daily T1D management



Family conflict



Anger, anxiety or exhaustion



Eating disorders



Depression



Substance abuse



Disruptive behavior

## Pioneering T1D Psychosocial Support

At JDRF, we are leading the way to support psychosocial issues in people with T1D. We have:



Established the JDRF Diabetes Psychology Fellowship, a combination of clinical diabetes care and diabetes research, which is designed to increase the capacity in diabetes clinical psychology and diabetes psychology research



Founded the JDRF College Internship Program, aligning young adults in college or graduate school with employment opportunities across the diabetes sector



Incorporated psychosocial content in all 52 of our JDRF TypeOneNation Summits



Created e-briefs for doctors on the association between diabetes and psychosocial care

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Every gift takes us one step closer to a cure for T1D. Find out how you can support JDRF and make a difference in the lives of people with T1D by visiting [jdrf.org/donate](https://jdrf.org/donate).

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