

Research Directions

Office of Research Services

Helping Young People Manage Type 1 Diabetes

Associate Professor Christine Johnston, School of Education, and Professor Herb Marsh, SELF Research Centre, have received funding to investigate critical pathways to self-management for children and adolescents with Type 1 Diabetes. This ARC Linkage project in partnership with the University of Sydney, The Royal Prince Alfred Hospital Diabetes Centre and Novo Nordisk Pharmaceuticals will explore the factors which determine effective and ineffective diabetes management in young people.



Despite modern treatment, over 50% of young people with Type 1 Diabetes will develop at least one devastating complication by the time they reach adulthood. These complications include vision impairment, renal failure and even death. This threat can be minimised by maintaining good metabolic control which is ultimately the responsibility of the individual.

'Family involvement and routines, as well as demographic factors and service delivery play an important role in determining health outcomes for these young people' said Professor Johnston. 'The multidimensional nature of self-management means we need to know more about the interplay of personal, family demographic and healthcare factors in achieving self-management'.

The project will use a multi-method approach, including both quantitative and qualitative data, to establish critical pathways to achieving optimal diabetes self-management. The research differs from previous studies by examining the personal characteristics of the individual, their family context and the nature of the health care services they encounter in their early experience coping with the disease.

Professor Johnston said: 'Our research will provide critical data on how these factors all interact and will enable service providers to tailor intervention more effectively to the specific needs and characteristics of their clients'.

Project Title: *Children and Adolescents with Type 1 Diabetes: Determining Critical Pathways to Self-Management*

Research Partners: *The Royal Prince Alfred Diabetes Centre, University of Sydney and Novo Nordisk Pharmaceuticals*

Funding has been set at: \$244,000.
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<http://www.uws.edu.au/about/acadorg/schools/education>

http://www.uws.edu.au/about/acadorg/caess/res_profile/res_cent/res_cent_self

<http://www.usyd.edu.au/>

<http://www.diabetes.usyd.edu.au/research.html>

http://www.novonordisk.com.au/documents/home_page/document/index.asp