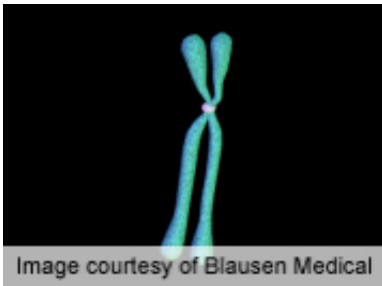


# Genetic counseling doesn't affect pre-diabetes behavior

September 7 2012

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Receiving genetic risk counseling does not significantly alter self-reported motivation or prevention program adherence for overweight individuals at risk for type 2 diabetes, according to a study published online Aug. 28 in *Diabetes Care*.

(HealthDay)—Receiving genetic risk counseling does not significantly alter self-reported motivation or prevention program adherence for overweight individuals at risk for type 2 diabetes, according to a study published online Aug. 28 in *Diabetes Care*.

Richard W. Grant, M.D., M.P.H., from Kaiser Permanente Northern California in Oakland, and colleagues conducted a randomized trial in which 108 overweight patients (mean age, 57.9 years) at increased phenotypic risk for type 2 diabetes were assigned to receive genetic testing or not. Thirty-six [single nucleotide polymorphisms](#) were used to assess genetic risk. Individual [genetic counseling](#) was provided to participants in the top (42 participants) and bottom (32 participants)

score quartiles prior to being enrolled, together with 34 untested controls, in a 12-week validated diabetes prevention program. Middle-risk quartile participants were not included in the study.

The researchers found that participants attended  $6.8 \pm 4.3$  group sessions and lost  $8.5 \pm 10.1$  pounds, with 30.6 percent of participants losing  $\geq 5$  percent body weight. Comparing higher-risk recipients and lower-risk recipients with control subjects who did not receive counseling, there were few statistically significant differences in self-reported motivation, program attendance, or mean weight loss.

"In summary, a diabetes genetic risk assessment and counseling intervention for [overweight individuals](#) based on 36 single nucleotide polymorphisms neither improved nor substantially detracted from an evidence-based behavioral intervention to prevent diabetes," the authors write.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

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