Internet-based videoconference viable for teen T1DM therapy

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Photo: U.S. National Institutes of Health

(HealthDay)—Adolescents with poor glycemic control of their type 1 diabetes can benefit from therapy delivered either via face to face sessions or videoconferencing, according to a study published online June 1 in *Diabetes Care*.

Michael A. Harris, Ph.D., from the Harold Schnitzer Diabetes Health Center in Portland, Ore., and colleagues assessed how the method of delivery of Behavioral Family Systems Therapy-Diabetes (BFST-D) affected outcomes among adolescents with type 1 diabetes with suboptimal glycemic control (HbA1c ≥ 9.0 percent). Teens (aged 12 to 18 years) and at least one adult caregiver were randomized to receive

BFST-D face to face in clinic or via Skype videoconferencing.

The researchers found observed no significant between-group differences before or after BFST-D or at follow-up assessments. Collapsing the groups to assess the overall effects of BFST-D revealed that statistically significant improvements in adherence and glycemic control occurred from before to after the intervention. Adherence improvements were maintained at three-month follow-up.

"Delivery of BFST-D via Internet-based videoconferencing is viable for addressing nonadherence and suboptimal glycemic control in adolescents with type 1 diabetes, potentially reducing important barriers to care for youth and families," the authors write.

  More information: Abstract
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