

# T1DM self-management varies with adult developmental stages

May 31 2018

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(HealthDay)—Type 1 diabetes self-management behaviors vary across

adult developmental stages, according to a study published online May 25 in *Diabetes Care*.

Margaret M. McCarthy, Ph.D., from the New York University Rory College of Nursing in New York City, and Margaret Grey, Dr.P.H., R.N., from the Yale School of Nursing in Orange, Conn., examined patterns of [diabetes](#) self-management behaviors and predictors of glycemic control in 7,153 [adults](#) enrolled in the Type 1 Diabetes Exchange clinic registry. Participants were classified into four adult developmental stages: emerging (age 18 to

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