

# Intervention programs prevent diabetes distress in teens

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Intervention programs that start before psychological symptoms develop

can prevent diabetes distress (DD) in teens with type 1 diabetes, according to a study published in the June issue of *Diabetes Care*.

Korey K. Hood, Ph.D., from Stanford University in California, and colleagues conducted a [randomized controlled trial](#) among 264 adolescents with type 1 [diabetes](#). The objective of the Supporting Teens Problem Solving (STePS) study was to compare the Penn Resilience Program for type 1 diabetes (PRP T1D) to Advanced Diabetes Education. Interventions lasted 4.5 months, and measurements were taken at baseline and 4.5, 8, 12, and 16 months.

The researchers found that exposure to PRP T1D was associated with substantial reductions in DD. Stable glycemic control, resilience characteristics, and depressive symptoms were seen with PRP T1D one year after treatment. In both groups, diabetes management deteriorated.

"The STePS program represents a promising prevention program, and future reports on 2- and 3-year outcomes will explore benefits over longer periods of time," conclude the authors.

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

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