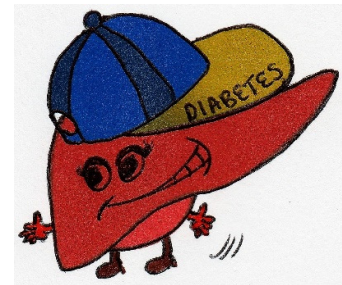




Research Participants Needed!

Managing type 1 diabetes in youth: Does self-compassion help?



What's the research about?

This is a research study about what helps young people with type 1 diabetes stick to their diabetes management routines and keep good control of their blood sugar levels. We want to find out if self-compassion (being kind and understanding to yourself) makes a difference!

Young people who take part in the study will be asked to fill out some questionnaires, which they can do online or on paper here at the diabetes clinic. This will take about 30 minutes. We will also find out their most recent HbA1c reading and date of diagnosis from their medical notes.

Who do we want to speak to?

- Young people with type 1 diabetes who are aged 11-18.
- Young people who have been diagnosed for 1 year or more.

Who would not be suitable?

- Young people with type 2 diabetes.
- Young people who do not speak English or find it hard to understand written English.

If you would like to learn more about the study, please contact me at:
k.jackson@uea.ac.uk (email) or [07935 377292](tel:07935377292) (telephone).

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