

PARTICIPANTS NEEDED



A web-based Acceptance and Commitment Therapy (ACT) intervention for adults with type 1 diabetes

What are we doing?

We are assessing the feasibility, acceptability and effectiveness of a 6-week psychological intervention for people with type 1 diabetes. The intervention is based on Acceptance and Commitment Therapy (ACT) and will be delivered **online**.



Why are we doing it?

ACT interventions have been found to help people who are struggling emotionally with the demands of living with diabetes.

We know that diabetes not only affects people's physical health, but also well-being, self-management activities (e.g. managing diet and treatment demands), and quality of life.

In recent years it has been recognised that there is a need for psychological support for people with diabetes but due to the lack of funds in the NHS, psychological support for people with diabetes has not been widely available.

With the digital innovation and technology, things are starting to change with promising results.

Who do we need?

We need people who:

- Are **18** or over
- Have a diagnosis of **type 1 diabetes**
- Are fluent in **English**
- Have access to the **internet**

What would I need to do?

We will collect some demographic information from you and ask you to complete some questionnaires before and after the intervention, and 1 month later.

Throughout the study, we will ask you to record your daily blood glucose levels and answer some quick questions about your diabetes self-management and wellbeing.

You will be provided with access to an online module each week for 6 weeks and given some exercises to do to practice the skills learned. We will ask you to complete some additional questionnaires at the beginning of each module.

How can I take part?

If you are interested in taking part, or would like further information please get in touch with Greta Somaini on Tel.**07396606548** or Email: Greta.somaini.2018@live.rhul.ac.uk