

SPECIALIZED PSYCHOLOGICAL INTERVENTION IN THE ACTIVE MANAGEMENT OF DIABETES

Author: María del Consuelo Cuenca Velasco.

Health and Forensic Psychologist.

President of the Official College of Psychology of Castilla y León in Segovia, Spain.

Diabetes Working Group Coordinator at Official College of Psychology of Castilla y León, Spain.

* Corresponding autor: Street Divina Pastora 6. 47004. Valladolid, Spain.

* Phone: +34 983 21 03 29

* Email: consuelo3219@cop.es

ABSTRACT

Background: Diabetes mellitus is configured as a multifactorial pathogenic metabolic disease. Diabetic onset, prognosis and treatment of the disease cause idiosyncratic reactions in the patient based on personal, contextual and clinical factors that may require psychological attention in the face of significant interference in the life of the person, when the strategies of control and adjustment to the disease are deficient, being able to become more complex the coping and the control of the diabetes in major depressive disorders, schizophrenia, Parkinson, Alzheimer, etc. Health professionals being the agents of change to mobilize the intrinsic motivation of the person with diabetes to adherence to treatment.

Objectives: This work aims to make visible the clinical benefit regarding the performance of the psychologist in the optimal control of glycemia, detection of risk factors, prevent or delay the development of complications through the empowerment and active management of the disease, promotion of adherence to treatment and improvement of the quality of mental health of the patient and his environment.

Method: The present work is based on the analysis of the documentary obtained around the last five years regarding research, meta-analysis, scientific and academic articles (English / Spanish from reliable sources and DOI / URL validation) and case studies where substantive methods, theories and findings are evidenced that show the effectiveness of Specialized Psychological Intervention in the field of pediatric / adult diabetes mellitus.

Results: After reviewing the bibliography, it is suggested that psychologists that their therapeutic work addresses an eclectic methodology, where Cognitive-Behavioral Therapy obtains positive results to achieve active management of diabetes, promoting adherence to medical treatment, anxiety, depression and eating disorders, among other problems. This work indicates the recommendation that the Psychology professional should be part of the multidisciplinary team to help minimize the barriers that occur in the active management of the disease and adherence to treatment, which it combines

with a psychotherapeutic work. As a whole, it has an impact on socioeconomic profitability by reducing complications, hospitalizations and use of psychotropic drugs.

Discussion and conclusion: It suggests that in the area of diabetes, the Spanish public healthcare network in terms of Psychological Intervention is insufficient, being necessary to reinforce resources, so all people with diabetes, who require psychological treatment, are on equal terms to receive it. Psychologists should be at the first level of care in order to act in the prevention of diseases, filter cases that deal with vital conflicts and refer more specific cases to specialized services.

By way of conclusion, the results found regarding the psychological intervention turn out to be positive, however there are some limitations regarding the quality assessment. Likewise, there is a need to carry out new lines of research that deepen the practice of the intervention, larger samples and long-term follow-up.

Key words: diabetes mellitus, psychological intervention and results.

REFERENCES

1. Chew BH, Vos RC, Metzendorf MI, Scholten RJ, Rutten GE. (2017) Psychological interventions for diabetes-related distress in adults with type 2 diabetes mellitus. *Cochrane Database Syst Rev.* 9 (9): CD011469. doi: 10.1002 / 14651858
2. General Council of Psychology (2017): Statement on training in Clinical Psychology http://www.infocop.es/view_article.asp?id=6811
3. Cummings DM, Lutes LD, Littlewood K, Solar C, Carraway M, Kirian K, Patil S, Adams A, Ciszewski S, Edwards S, Gatlin P, Hambidge B. (2019). Randomized Trial of a Tailored Cognitive Behavioral Intervention in Type 2 Diabetes With Comorbid Depressive and / or Regimen-Related Distress Symptoms: 12-Month Outcomes From COMRADE. *Diabetes Care.* 42 (5): 841-848. doi: 10.2337 / dc18-1841
4. Elizabeth Diaz, V.E. Rivera Martin J. Toledo Ullloa, P. Pozo Vaca, G. Ortega Carrillo, A. Rendón Calero, J. Ocampo Bastidas, A. and Mayorga Reinoso, S. (2020). Clinical aspects of COVID-19 in diabetic patients. <https://doi.org/10.5281/zenodo.4379332>
5. Fernandes Alves, R. Jiménez-Brobeil, S. A. Eulálio, M. do C. Almeida de Andrade, D., Cunha, E. C. do N., and Araújo Ferreira, P. R. (2016). Psychologists' interventions in public health in Brazil, Spain and Portugal. *Journal of Psychology,* 34 (2), 357-386. <https://doi.org/10.18800/psico.201602.006>
6. Gulley LD, Shomaker LB. (2020). Depression in Youth-Onset Type 2 Diabetes. *Curr Diab Rep.* 20 (10): 51. doi: 10.1007 / s11892-020-01334-8

7. Liu Z, Sun YY, Zhong BL. (2018) Mindfulness-based stress reduction for family carers of people with dementia. *Cochrane Database Syst Rev.*; 8 (8): CD012791. doi: 10.1002 / 14651858.CD012791.pub2
8. Inga Llanéz, O. del R. (2021). Psychotherapy as an improvement tool in the treatment of diabetes. *Centers: University Scientific Journal*, 10 (2), 54-72. Retrieved from <https://revistas.up.ac.pa/index.php/centros/article/view/2248>
9. Kanapathy J, Bogle V. (2019) The effectiveness of cognitive behavioral therapy for depressed patients with diabetes: A systematic review. *J Health Psychol.*; 24 (1): 137-149. doi: 10.1177 / 1359105317713360
10. Ngan HY, Chong YY, Chien WT. (2021). Effects of mindfulness- and acceptance-based interventions on diabetes distress and glycaemic level in people with type 2 diabetes: Systematic review and meta-analysis. *Diabet Med.* (4): e14525. doi: 10.1111 / dme.14525
11. Ni Y, Ma L, Li J. (2020) Effects of Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy in People With Diabetes: A Systematic Review and Meta-Analysis. *J Nurs Scholarsh.* 52 (4): 379-388. doi: 10.1111 / jnu.12560
12. Schmidt CB, van Loon BJP, Vergouwen ACM, Snoek FJ, Honig A. (2018) Systematic review and meta-analysis of psychological interventions in people with diabetes and elevated diabetes-distress. *Diabet Med.* Doi: 10.1111 / dme.13709
13. Winkley K, Upsher R, Stahl D, Pollard D, Kasera A, Brennan A, Heller S, Ismail K. (2020) Psychological interventions to improve self-management of type 1 and type 2 diabetes: a systematic review. *Health Technol Assess.* 24 (28): 1-232. doi: 10.3310 / hta24280