

Preventing and Managing Diabetes Distress and Burnout

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Objectives

Summarize

The similarities/differences between **diabetes distress** versus **diabetes burnout**.

Provide

A **framework** for incorporating diabetes into one's identity as a mechanism for preventing/managing diabetes distress and burnout.

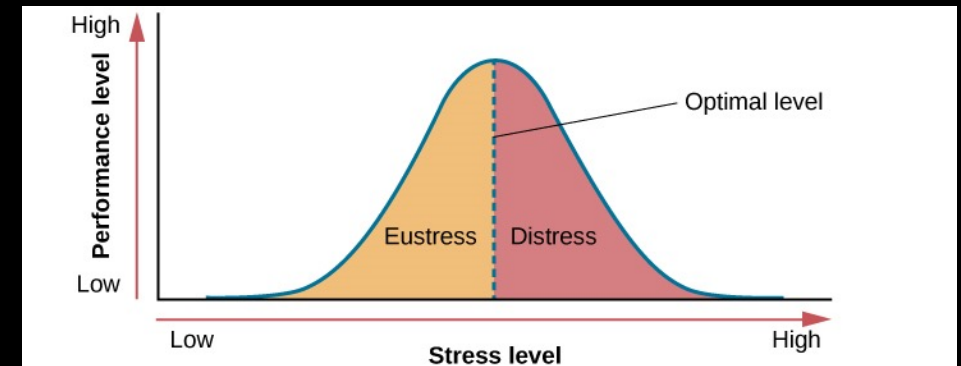
Learn

Strategies in how to incorporate diabetes into your identity more to prevent/manage diabetes distress and burnout symptoms.



Diabetes Distress VS. Diabetes Burnout

What's the difference?



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Definitions

Diabetes Distress

- The negative emotions (i.e., stress) experienced by PWD
- Feel burdened/challenged by diabetes care
- Have on-going worries associated with T1D

Diabetes Burnout

- Feeling mentally, emotionally, and physically exhausted because of diabetes
- Have difficulty with diabetes care (i.e., avoidance) and detachment from support systems
- Feel powerlessness and hopeless about diabetes

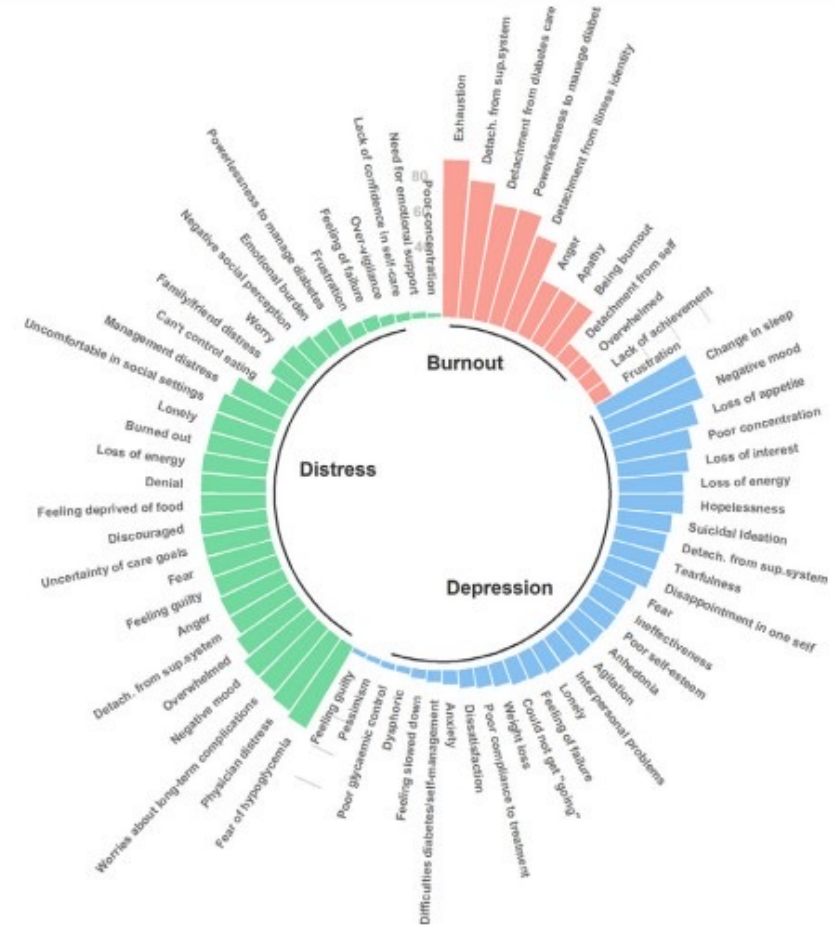


Fig. 3. Circular bar plot of concepts of depression, diabetes distress and diabetes burn-out. Bar length represents the frequency of words or phrases for each concept in percentage among the 201 included studies. Words or phrases found in studies about depression, diabetes distress and diabetes burnout are in blue, green and salmon, respectively. Abbreviation: Detach.from sup.system = Detachment from support system.

Identity Incorporation Framework

Identity Development:

- Self-concept
- Self-esteem
- Relationship Roles
- Values
- Future potential

Influenced by:

- Environments
- Personal Experiences
- Expectations
- Perceptions of others



Impact of Diabetes on Identity

Physical

- Felt and visible changes to one's body due to scarring, pain, etc.
- Wearing external devices like insulin pumps and CGM systems
- Recognizing and treating high/low symptoms of that interfere with daily life

Emotional

- Constant attention and effort needed to manage diabetes
- Extra steps necessary to engage in in typical activities
- Feeling lonely, misunderstood, unsupported, or isolated with diabetes (i.e., “no one understands”)
- Burden of explaining symptoms and treatment to others

Social

- Disruption of diabetes devices in daily life
- Fear of being excluded from activities
- Wanting to have “normal” experiences
- Managing experienced and perceived stigma

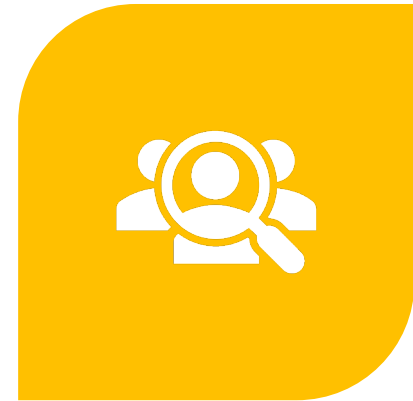
Adapting to Diabetes



EMBRACE IT → PROVIDES
MEANING TO YOUR IDENTITY



INCORPORATE IT → BECOMES
A PIECE OF YOUR IDENTITY



CONTAIN IT → KEEP SEPARATE
FROM YOUR IDENTITY

Accepting Diabetes and Personal Treatment (ADAPT) Survey (Commissariat et al., 2023)

- 3-factor measure of how well one is “incorporating” T1D into one’s identity and sense of self:

1. Stigma Management	2. Adjustment to Perceived Interference	3. Benefit Finding
<u>Low scores</u> : avoidance of diabetes to regain normalcy due to feelings of self-and/or social stigma	<u>Low scores</u> : not engaged in diabetes management due to the perceived burden and disruption to daily life	<u>Low scores</u> : decreased optimism, resiliency, inner strength regarding diabetes as part of one’s life



1. Stigma Management

Stigma: the experience of perceived or direct judgement that can result in discrimination or exclusion.

- Socially – by others
- Structurally – in healthcare settings



Role of Social Support to offset Diabetes Stigma

Social Stigma

- Diabetes Stigma – experiences of negative feelings such as exclusion, rejection or blame due to the perceived stigmatization of having diabetes
- Often leads to decreased self-management behaviours in front of others, especially in public
- Can be a decrease in disclosure of diabetes status and seeking out of social support

Identifying a support team, who can:

- Improve outlook and perspective
- Increase self-management skills
- Promote positive health-outcomes



Potential Social Support Resources

INNER CIRCLE RELATIONSHIPS

Parents

Siblings

Friends

Romantic Relationships

OUTER CIRCLE RELATIONSHIPS

Teacher/Employer

Extended Family

Community/Religious groups

Diabetes Organizations, Blogs

*Typically, your greatest supports come from within your inner circle, but not always.

*You get to decide which relationships are inner circle and which are in the outer circle
→ often based on who you **trust** to support you effectively



Activity: Tree Ring Exercise



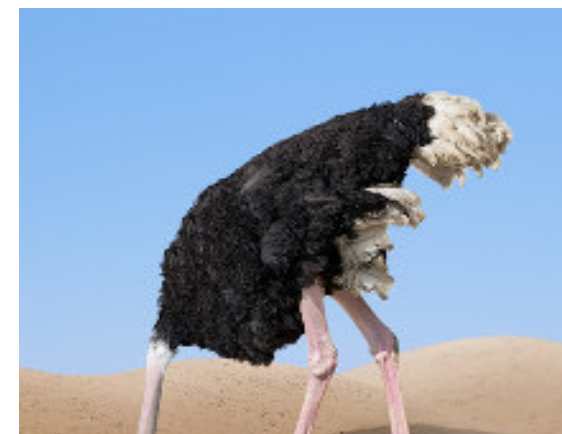
2. Adjustment to Perceived Interference

Diabetes is seen as a disruption versus being able to integrate diabetes into your daily routine



Adjustment and Coping

- Coping styles
 - General predispositions to dealing with stress
 - Adaptive coping styles → better outcomes
 - Two basic styles:
 - Approach coping vs. avoidant coping
- Coping strategies
 - Specific tools that people use to respond to stressful events
 - Two basic types:
 - Problem focused vs. Emotion focused



Cognitive	Physical	Environmental	Other
Therapy	Artistic expression	Music	Conflict resolution
Hobbies	Deep breathing	Nature	Prayer
Meditation	Natural medicine	Pets	
Mindfulness	Physical exercise	Spa visits	
Planning	Relaxation		
Reading	Yoga		
Time management			

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Adaptive Strategies for Diabetes Coping

A diabetes-related stressor is experienced



Do you feel that you can "control" the source of the stressor?

1. If yes, use problem-solving skills to engage in diabetes self-management skills to cope.

2. If no, but can "manage" the thought or emotional reaction to the stressor, then use cognitive reframing and emotion regulation strategies to cope.

3. If no and the thought or emotional reaction is not able to be "managed" either, then focus on mindfulness and distancing interventions to cope.

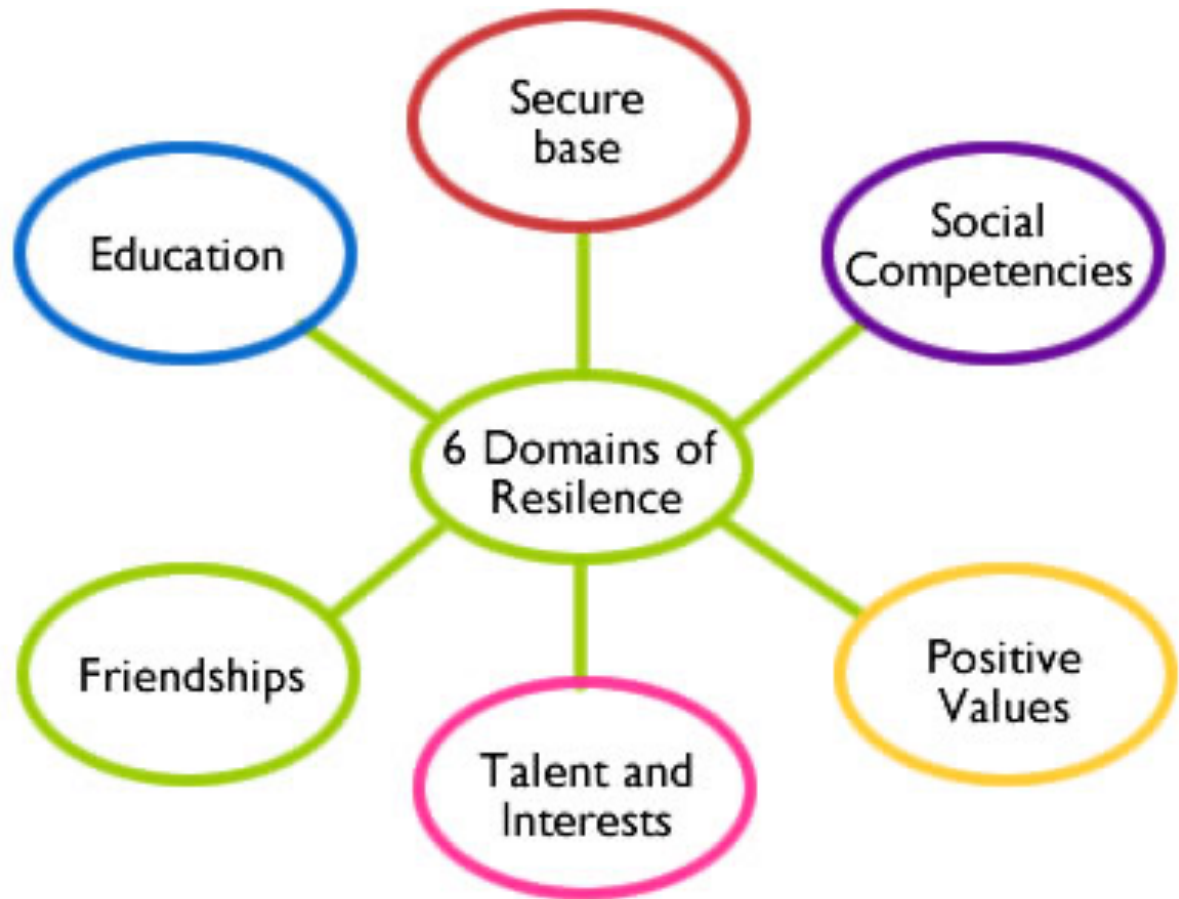


3. Benefit Finding

Meaning Making → how diabetes can positively impact one's self-concept by changing one's relationship with diabetes

- Finding a sense of understanding, acceptance, purpose
- Even finding a benefit from doing the daily self-management tasks!





Resilience: the process of adapting well in the face of adversity, trauma, or other stressors.

- It is not a personality trait.
- It is one's behaviors, thoughts and actions.
- It can be **learned**.



The Silver Lining to T1D: Resilience

- Opportunity for:
 - Empathy
 - Compassion
 - Problem-solving
 - Adaptability/Flexibility
 - Creativity
 - Responsibility
 - Learning about yourself
 - Strengths, limitations
 - Advocacy
 - Tolerance



Resilience

The Courage to Come Back



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Final Thoughts

- Incorporation of diabetes into one's identity does impact:
 - Your perception of yourself and others
 - Your choices, relationships, and future
- Incorporation \neq loving diabetes!
- Incorporation means:
 - Acceptance
 - Adaptation
 - Fitting diabetes into your life (not the other way around)

Learning to integrate diabetes into your identity may positively impact the trajectory of your diabetes distress and burnout symptoms over time.

Questions and Discussion

Thank you!!

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