Psychosocial Care for People with Diabetes

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Disclosures

Member of the International Research and Retention Panel for Novo Nordisk
Learning Objectives

• Describe psychosocial issues associated with diabetes, which range from normative diabetes-related distress to diagnosable mental health disorders.

• Identify paradigms for implementing psychosocial services into team-based care.

• List screening tools for assessing symptoms of psychosocial issues within routine care.

• Indicate appropriate referral and treatment options for people impacted by both sub-clinical and clinical psychological distress.
Psychosocial Care for People With Diabetes: A Position Statement of the American Diabetes Association
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### Psychosocial Care: Life Course and Continuum of Care

<table>
<thead>
<tr>
<th>Phase of living with diabetes</th>
<th>Continuum of psychosocial issues and behavioral health disorders in people with diabetes</th>
<th>Nonclinical (normative) symptoms/behaviors</th>
<th>Clinical symptoms/diagnosis</th>
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</table>
| Behavioral health disorder prior to diabetes diagnosis | None | • Mood and anxiety disorders  
| Diabetes diagnosis | Normal course of adjustment reactions, including distress, fear, grief, anger, initial changes in activities, conduct, or personality | • Adjustment disorders* |
| Learning diabetes self-management | Issues of autonomy, independence, and empowerment. Initial challenges with self-management demonstrate improvement with further training and support | • Adjustment disorders*  
| Maintenance of self-management and coping skills | Periods of waning self-management behaviors, responsive to booster educational or supportive interventions | • Maladaptive eating behaviors  
| Life transitions impacting disease self-management | Distress and/or changes in self-management during times of life transition*** | • Psychological factors** affecting medical condition  
| Disease progression and onset of complications | Distress, coping difficulties with progression of diabetes/onset of diabetes complications impacting function, quality of life, sense of self, roles, interpersonal relationships | • Adjustment disorders*  
| Aging and its impact on disease and self-management | Normal, age-related forgetfulness, slowed information processing and physical skills potentially impacting diabetes self-management and coping | • Psychological factors** affecting medical condition  
| | All health care team members (e.g., physicians, nurses, diabetes educators, dieticians) as well as behavioral providers | | Behavioral or mental health providers (e.g., psychologists, psychiatrists, clinical social workers, certified counselors or therapists) |

Providers for psychosocial and behavioral health intervention
# Psychosocial Care: Life Course and Continuum of Care

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| Behavioral health disorder prior to diabetes diagnosis           |                                                                                       | None                                                                           | • Mood and anxiety disorders  
• Psychotic disorders  
• Intellectual disabilities                                                                 |
| Diabetes diagnosis                                               |                                                                                       | Normal course of adjustment reactions, including distress, fear, grief, anger, initial changes in activities, conduct or personality | • Adjustment disorders*                                                                 |
| Learning diabetes self-management                               |                                                                                       | Issues of autonomy, independence, and empowerment. Initial challenges with self-management demonstrate improvement with further training and support | • Adjustment disorders*  
• Psychological factors** affecting medical condition                                      |
| Maintenance of self-management and coping skills                 |                                                                                       | Periods of waning self-management behaviors, responsive to booster educational or supportive interventions | • Maladaptive eating behaviors  
• Psychological factors** affecting medical condition                                      |
| Life transitions impacting disease self-management              |                                                                                       | Distress and/or changes in self-management during times of life transition*** | • Adjustment disorders*  
• Psychological factors** affecting medical condition                                      |

*With depressed mood, anxiety, or emotion and conduct disturbance. **Personality traits, coping style, maladaptive health behaviors, or stress-related physiological response. ***Examples include changing schools, moving, job/occupational changes, marriage or divorce, or experiencing loss.
### Phase of living with diabetes

**Continuum of psychosocial issues and behavioral health disorders in people with diabetes**

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| Distress, coping difficulties with progression of diabetes/onset of diabetes complications impacting function, quality of life, sense of self, roles, interpersonal relationships | • Adjustment disorders*  
• Psychological factors** affecting medical condition |
| Aging and its impact on disease and self-management | Normal age-related forgetfulness, slowed information processing and physical skills potentially impacting diabetes self-management and coping | • Mild cognitive impairment  
• Alzheimer’s or vascular dementia |

- *All healthcare team members (e.g., physicians, nurses, diabetes educators, dieticians) as well as behavioral providers
- Behavioral or mental health providers (e.g., psychologists, psychiatrists, clinical social workers, certified counselors or therapists)

*Providers for psychosocial and behavioral health intervention*
Screening Recommendations

Remember: These issues should be understood through a life-course lens. Life circumstances and needs will change over time.

1. Include routine psychosocial assessment using a collaborative, person-centered approach.

2. Screening and follow-up should include attitudes, expectations, mood, general and diabetes-related quality of life, resources, and psychiatric history.

Screening Recommendations (Cont’d)

3. Upon screening, symptoms that reach the level of clinical significance require referral to appropriate care providers.

4. Routinely screen for diabetes-related distress, depression, anxiety, and disordered eating behaviors.

5. Older adults should be considered a high priority population for screening & treatment.

When to Screen

- At diagnosis
- Regularly scheduled visits
- Changes in medical status
- During hospitalization(s)
- When new-onset complications occur
- Whenever problems are identified with:
  - Glucose control
  - Self-management
  - Quality of life
When to Refer to a Mental Health Provider

Table 5.2—Situations that warrant referral of a person with diabetes to a mental health provider for evaluation and treatment

- If self-care remains impaired in a person with diabetes distress after tailored diabetes education
- If a person has a positive screen on a validated screening tool for depressive symptoms
- In the presence of symptoms or suspicions of disordered eating behavior, an eating disorder, or disrupted patterns of eating
- If intentional omission of insulin or oral medication to cause weight loss is identified
- If a person has a positive screen for anxiety or fear of hypoglycemia
- If a serious mental illness is suspected
- In youth and families with behavioral self-care difficulties, repeated hospitalizations for diabetic ketoacidosis, or significant distress
- If a person screens positive for cognitive impairment
- Declining or impaired ability to perform diabetes self-care behaviors
- Before undergoing bariatric or metabolic surgery and after surgery if assessment reveals an ongoing need for adjustment support
Common Psychosocial Issues

• Diabetes distress

• Mental health disorders
  – Depression
  – Anxiety Disorders
  – Disordered eating
Diabetes Distress
Diabetes Distress

- Significant negative emotional reaction
  - Diagnosis of diabetes
  - Worry and fear regarding health, longevity, complications
  - Financial and behavioral burden of living with diabetes
  - Onset of complications
  - Impact on lifestyle of self-management demands
  - Lack of social support or resources for managing diabetes

Gonzales et al. Diabetes Care 2011; 34:2222–2227
Recommendation

• Routinely monitor people with diabetes for diabetes distress, particularly when treatment targets are not met and/or at the onset of diabetes complications. B
Diabetes Distress: Prevalence and Impact

- 18-45% with an incidence of 38-48% over 18 months
- High levels significantly impact medication-taking behaviors
- Linked to higher A1C, lower self-efficacy, poorer dietary and exercise behaviors
- 1/3 of adolescents with diabetes develop diabetes distress (associated with declines in self-management behaviors and suboptimal blood glucose levels)
Diabetes Distress: Survey Instruments

- Problem Areas In Diabetes (PAID)
- Diabetes Distress Scale (DSS)
- PAID-Peds
- PAID-Teen Version
- PAID-Parent Revised Version
Diabetes Distress: Treatment

• Develop action plan to address key concerns
• Provide emotional and instrumental support
• Reduce care burden through shared responsibility
• Give feedback about health status and feasible strategies to improve outcomes
• If setting goals, make sure they are “SMART:”
  – Specific
  – Measurable
  – Achievable
  – Realistic
  – Time-limited in duration
• Don’t forget about DSME
How Do Diabetes Educators Help?

- AADE7™ Self-Care Behaviors:
  - Healthy eating
  - Being active
  - Monitoring
  - Taking medication
  - Problem-solving
  - Healthy coping
  - Reducing risks

Common Psychosocial Issues

• Diabetes distress

• Mental health disorders
  – Depression
  – Anxiety Disorders
  – Disordered eating
Depression
Depression Impact

• Affects one in four people with type 1 or type 2 diabetes
• Associated with poorer self-care and medication adherence
• Associated with diabetes complications
• Increases risk for obesity, sedentary lifestyle, smoking
• Increases health care service utilization and costs
• Increases risk for type 2 diabetes

Recommendations

• Providers should consider annual screening of all patients with diabetes, especially those with a self-reported history of depression, for depressive symptoms with age-appropriate depression screening measures, recognizing that further evaluation will be necessary for individuals who have a positive screen. B

• Beginning at diagnosis of complications or when there are significant changes in medical status, consider assessment for depression. B

• Referrals for treatment of depression should be made to mental health providers with experience using cognitive behavioral therapy, interpersonal therapy, or other evidence-based treatment approaches in conjunction with collaborative care with the patient’s diabetes treatment team. A
### Association of Depression with Diabetes Self-Care

<table>
<thead>
<tr>
<th>Self-Care Activities (Past 7 Days)</th>
<th>Major Depression (%)</th>
<th>No Major Depression (%)</th>
<th>Odds Ratio</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy eating ≤ 1x week</td>
<td>17.2</td>
<td>8.8</td>
<td>2.1</td>
<td>1.59-2.72</td>
</tr>
<tr>
<td>5 servings of fruits &amp; vegetables ≤ 1x week</td>
<td>32.4</td>
<td>21.1</td>
<td>1.8</td>
<td>1.43-2.17</td>
</tr>
<tr>
<td>High-fat foods 6x week</td>
<td>15.5</td>
<td>11.9</td>
<td>1.3</td>
<td>1.01-1.73</td>
</tr>
<tr>
<td>Physical activity (30 min) ≤ 1x week</td>
<td>44.1</td>
<td>27.3</td>
<td>1.9</td>
<td>1.53-2.27</td>
</tr>
<tr>
<td>Specific exercise session ≤ 1x week</td>
<td>62.1</td>
<td>45.8</td>
<td>1.7</td>
<td>1.43-2.12</td>
</tr>
<tr>
<td>Smoking: yes</td>
<td>16.1</td>
<td>7.7</td>
<td>1.9</td>
<td>1.42-2.51</td>
</tr>
</tbody>
</table>

Egede LE, Ellis C. Diabetes Res Clin Pract 2010;87:302-12

American Diabetes Association.
Major Depressive Disorder (MDD)

- Either depressed mood or loss of interest/pleasure for 2 week period, AND at least five additional symptoms:
  - Depressed mood
  - Diminished interest/pleasure
  - Lack of energy
  - Concentration difficulties
  - Psychomotor retardation/agitation
  -- Insomnia or hypersomnia
  -- Feelings of worthlessness/excessive guilt
  -- Thoughts of death/suicide
  -- Significant weight loss/gain, appetite change

- Clinically significant impairment in social, occupational, or other important areas of functioning; Represents a marked change in functioning
- Not attributable to the physiological effects of a substance or to another medical condition

Diagnostic and Statistical Manual of Mental Disorders, 5th Edition: DSM-5
Depressive Symptomatology

• Symptoms, but not meeting criteria for Major Depressive Disorder (MDD)
  – Depressed mood       --Changes in sleep
  – Diminished interest  --Feelings of worthlessness/excessive guilt
  – Lack of energy       --Thoughts of death
  – Concentration difficulties --Changes in appetite/weight
  – Psychomotor retardation/agitation

• Common among people with diabetes
• Associated with poor self-care, complications, and mortality

Gonzales et al. Diabetes Care 2011; 34: 236-239
Depression: Who to Screen

Routine screening recommended for persons with:

- Prediabetes (particularly overweight patients)
- Type 1 and type 2 diabetes
- Gestational diabetes
- Postpartum diabetes
Depression: Survey Instruments

- Patient Health Questionnaire (PHQ-2, PHQ-9)
- Beck Depression Inventory II (BDI-II)
- Child Depression Inventory (CDI-2) in ages 7-17 years
- Geriatric Depression Scale (GDS) ages 55-85 years
Depression: Referral

Referrals for treatment of depression should be made to mental health providers with experience in:

- Cognitive behavioral therapy (CBT)
- Problem-solving therapy

Pharmacotherapy should also be considered if symptoms interfere with effective self-care behaviors. Referral to a psychiatrist familiar with diabetes is preferred.
Anxiety Disorders
Anxiety: Common Disorders

- Generalized anxiety disorder (GAD)
- Body dysmorphic disorder
- Obsessive compulsive disorder (OCD)
- Specific phobias, particularly needle phobia and fear of hypoglycemia (FoH)
- Posttraumatic stress disorder (PTSD)
Anxiety: Prevalence and Impact

- Lifetime prevalence of GAD to be 19.5% in people with either type 1 or type 2 diabetes
- Common diabetes-specific anxiety:
  - Fears related to hypoglycemia
  - Not meeting blood glucose targets
  - Insulin injections
  - FoH
- General anxiety is a predictor of injection-related anxiety and fear of hypoglycemia
Anxiety: Who to Screen

- Exhibiting anxiety or worries that interferes with self-management behaviors regarding:
  - Diabetes complications
  - Insulin injections or infusion
  - Taking medications
  - Hypoglycemia
- Express fear, dread, or irrational thoughts and/or show anxiety symptoms:
  - Avoidance behaviors (including medical care)
  - Excessive repetitive behaviors
  - Social withdrawal

Continued...
Anxiety: Who to Screen (Cont’d)

• Preoccupation with an imagined defect in appearance that interferes with social, occupational, or other areas of function - body dysmorphic disorder
• Exhibits excessive diabetes self-management behaviors to achieve glycemic targets
• Reports repetitive negative thoughts about inability:
  – to prevent poor health outcomes
  – that interfere with daily living – OCD
• Severe hypoglycemia - PTSD and PTSD-like and panic disorder symptoms
Anxiety: Survey Instruments

- State-Trait Anxiety Inventory (STAI) and for Children (STAIC)
- Beck Anxiety Inventory (BAI)
- Hypoglycemia Fear Survey – II (HFS-II)
- Children’s Hypoglycemia Index (CHI)
Anxiety: Referral and Treatment

• In hypoglycemia unawareness (can co-occur with fear of hypoglycemia)
  - Treat using Blood Glucose Awareness Training (BGAT) to help re-establish awareness and reduce fear

• In OCD
  - Referral to a mental health professional familiar with OCD treatment should be considered if diabetes re-education is not effective in reducing obsessive thoughts, behaviors, or feelings of general anxiety

Continued...
Anxiety: Referral and Treatment (cont’d)

- FoH without symptoms of hypoglycemia
  - A structured program (BGAT) should be delivered in routine clinical practice to improve A1C, reduce the rate of severe hypoglycemia and restore hypoglycemia awareness
Disordered Eating Behavior
Disordered Eating: Behaviors and Impact

Persons with disordered eating, disrupted eating patterns, and eating disorders have higher rates of diabetes distress and FoH than those without these symptoms.

**Type 1 diabetes:**
- Insulin omission causing glycosuria in order to lose weight is the most commonly reported disordered eating behavior.

**Type 2 diabetes:**
- Patients treated with insulin, also frequently report intentional omission.
- Bingeing (excessive food intake with an accompanying sense of loss of control) is most commonly reported.
Disordered Eating: Who to Screen

- Unexplained hyperglycemia and weight loss, despite self-report of adherence to medical regimen including medication dosing and meal plan.
- Self-report of excessive caloric restriction and/or excessive physical activity.
- Expression of significant dissatisfaction with body size, shape or weight.
- Report of loss of control over eating.
- Repeated unsuccessful dieting attempts.
Disordered Eating: Survey Instruments

- Eating Disorders Inventory-3 (EDI-3)
- Diabetes Eating Problems Survey (DEPS-R)
- Diabetes Treatment and Satiety Scale (DTSS-20)
Disordered Eating: Screening Considerations

- Potential confounders to the identification of symptoms are:
  - Behaviors prescribed as part of treatment (carb counting, calorie restriction)
  - Behaviors or effects e.g., loss of control over satiety regulation
  - Adverse effects of treatment, such as excessive hunger secondary to hypoglycemia

Continued...
Disordered Eating: Screening Considerations (Cont’d)

• Consider etiology and motivation for the behavior
  – Missed insulin injections due to suboptimal self-management differ significantly from intentional medication omission to produce weight loss

• Assessment and screening requires methods that account for:
  – Treatment prescription, regimen behaviors and diabetes-specific eating problems
Disordered Eating: Referral and Treatment

- Review medical regimen to identify potential treatment-related effects on hunger/caloric intake
- If night eating syndrome (recurrent eating at night) is diagnosed, change medication regimen until maladaptive eating patterns are modified
- Adjunctive medication such as GLP1-RA may help
  - Meet glycemic targets
  - Regulate hunger and food intake
  - Potential to reduce uncontrollable hunger
Disordered Eating: Referral and Treatment

• Evaluate bulimia, the most commonly reported symptom in persons with diabetes, in the context of treatment, especially insulin dose.

• If a diagnosis of Bulimia Nervosa is established via clinical interview by a qualified professional, use of anti-depressant and anti-anxiety medications is often effective when accompanied by psychotherapy.

• In severe cases of Bulimia or Anorexia, hospitalization may be necessary to stabilize diabetes and mental health.
Other Considerations
Older Adults

• Older adults with diabetes:
  – 73% increased risk of all types of dementia
  – 56% increased risk of Alzheimer’s dementia
  – 127% increased risk of vascular dementia

• Screening for early detection of mild cognitive impairment or dementia and depression is indicated for adults 65 years of age or older at the initial visit and annually as appropriate.
Metabolic Surgery

• Increased risk of:
  – Depression and other major psychiatric disorders
  – Body image disorders, sexual dysfunction and suicidal behavior

• Patients considering metabolic surgery should be assessed by professional familiar with weight-loss interventions and post-bariatric surgery behavioral requirements

• If psychopathology is evident (particularly suicidal ideation and/or significant depression), consider postponement of surgery until psychosocial issues are resolved or stabilized

• Consider ongoing mental health services to help patients adjust post-surgery
<table>
<thead>
<tr>
<th>Collaborative Care Model (CCM)</th>
<th>Embedded Behavioral Specialist</th>
<th>Referral to Behavioral Provider</th>
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</thead>
<tbody>
<tr>
<td>In primary care</td>
<td>In primary care and diabetes specialty clinics</td>
<td></td>
</tr>
<tr>
<td>Integrated behavioral care carried out by behavioral health Care Manager, with Psychiatrist consultant</td>
<td>Behavioral care carried out by a psychologist or clinical social worker embedded within the clinical practice site</td>
<td></td>
</tr>
<tr>
<td>Weekly team meetings include PCP, CM, psychiatrist consultant</td>
<td>Behavioral specialist participates as consultant and/or engages with practice as member of interdisciplinary team</td>
<td></td>
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<tr>
<td>Use of a dashboard and metrics for individual patient progress monitoring</td>
<td></td>
<td>Referral outside of the medical practice</td>
</tr>
<tr>
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<td></td>
<td>Concurrent, non-integrated behavioral care provided by behavioral specialist or mental health practice</td>
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<tr>
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<td>Arrangement of formal methods of communication (e.g. medical records sharing, formal methods for behavioral provider ongoing progress feedback to referring physician)</td>
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*Billing codes available under CMS as of 2017*
Medicare finalizes substantial improvements that focus on primary care, mental health, and diabetes prevention

**Mental and Behavioral Health:** CMS is finalizing payments for codes that describe specific behavioral health services furnished using the psychiatric Collaborative Care Model, which has demonstrated benefits in a variety of settings. In this model, patients are cared for through a team approach, involving a primary care practitioner, behavioral health care manager, and psychiatric consultant. CMS is also finalizing payment for a new code that broadly describes behavioral health integration services, including payments for other approaches and for practices that are not yet prepared to implement the Collaborative Care Model.

**Cognitive Impairment Care Assessment and Planning:** CMS finalizes payment to physicians to perform cognitive and functional assessment and care planning for patients with cognitive impairment (e.g., for patients with Alzheimer’s). This is a major step forward for care planning for these populations.
Helpful Resources
ADA and American Psychological Association (APA) partnered to create the first ever, diabetes-focused, continuing education (CE) program for licensed mental health providers.

Upon successful completion of the Continuing Education program, the provider can:

• Become an ADA member at the Associate level
• Receive 12 CE credits from the APA
• Become eligible for inclusion on the Mental Health Provider Referral Directory
• Access the ADA’s new listserv for behavioral health and psychosocial topics
• Access monthly “mentoring” calls with experts in the field
Living with diabetes is exhausting. People need support and empowerment to live their best life.

ADA is pleased to announce the launch of the new Mental Health Provider Referral Directory, which can help you locate mental health professionals in your area with demonstrated expertise in diabetes care.

professional.diabetes.org/ada-mental-health-provider-directory
Diabetes Self-Management Education

- Find a recognized Diabetes Self-Management and Support program
- Become a recognized provider of DSME/S
- Tools and resources for DSME/S
- Online education documentation tools

Professional.Diabetes.org/ERP
Diabetes Self-Management Education and Support

Algorithm of Care

Nutrition

Education
Diabetes self-management education and support

Emotional Health

Four critical times to assess, provide, and adjust diabetes self-management education and support:

1. At diagnosis
2. Annual assessment of education, nutrition, and emotional needs
3. When new complicating factors influence self-management
4. When transitions in care occur

Thank You!