

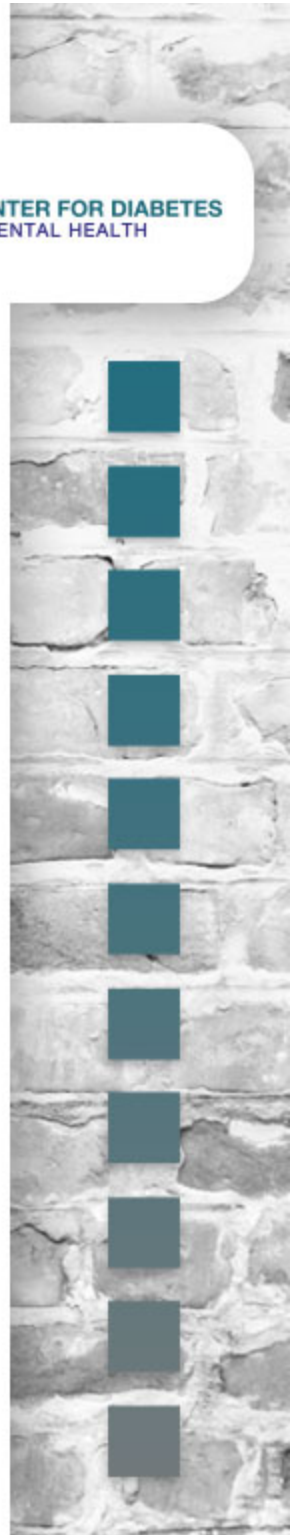
# Mental Health Guidelines in Diabetes Care: A Proposed Framework

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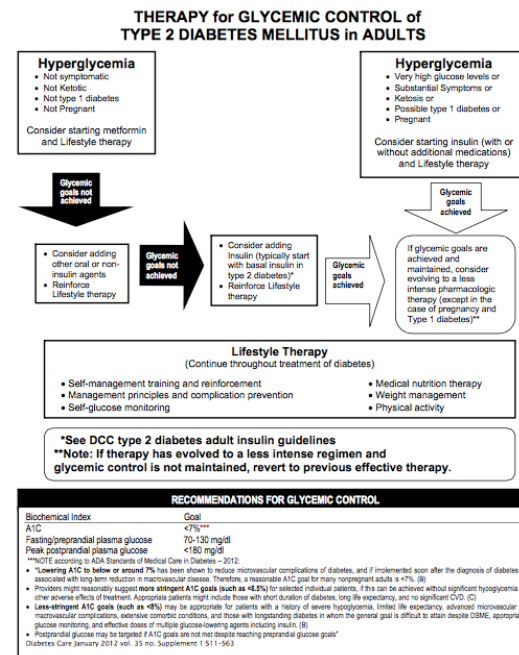
# Agenda

1. Introduction and Overview
2. Diabetes and Mental Health
3. Current State of Affairs
4. Proposed Framework
5. Challenges
6. Questions and Discussion



# Guidelines for Diabetes Care

- Intended for use by primary care professionals to diagnose manage and educate patients on various aspects of diabetes care
- NOT intended as a substitute for the advice of a physician or other health care professional.



Adapted from the American Diabetes Association/European Association for the Study of Diabetes Medical Management of Hyperglycemia in Type 2 Diabetes: Consensus Algorithm for the Initiation and Adjustment of Therapy, 2009.  
Page 1 of 2. This product is part of the **Basic Guidelines for Diabetes Care Packet** and may be reproduced with the citation:  
Developed by the Diabetes Coalition of California and the California Diabetes Program, revised October 2011.  
For further information: [www.diabetescoalitionofcalifornia.org](http://www.diabetescoalitionofcalifornia.org) or [www.cdcaabetes.org](http://www.cdcaabetes.org) or (916) 552-8888

# Diabetes and Mental Health:

## Psychiatric Factors:

- According to the Centers for Disease Control and Prevention, adults with diabetes were twice as likely to have serious psychological distress as those without diabetes<sup>1</sup>
- Children with type 1 diabetes at increased risk for psychiatric morbidity<sup>2</sup>
- Depression, anxiety, and other disorders causing serious psychological distress frequently complicate the health care of persons with diabetes.<sup>1</sup>



# Diabetes and Mental Health:

## Behavioral Factors:

- Diabetes management can involve seemingly unending, often burdensome self-care demands<sup>1</sup>
- Behavior change is hard!!
- Significant association between depression and treatment non-adherence in patients with diabetes<sup>1</sup>



# Diabetes and Mental Health:

## Healthcare Provider Factors:

- Many healthcare providers lack experience, expertise and time to focus on mental health issues
- Mental health issues can be barriers to treatment adherence and optimal health outcomes



# Overview of existing guidelines



# Criteria for Guideline Development

In order to be effective, guidelines need to be:

1. Clear
2. Simple
3. Actionable
4. Accessible with limited training





# Proposed Framework for Guidelines

1. Assessment
2. Intervention
3. Referral



## Section 1: Assessment

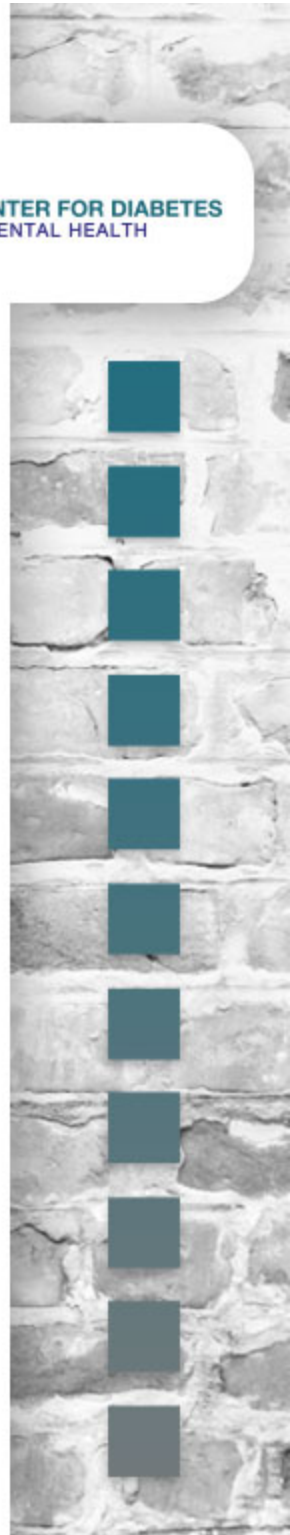
Provide guidance and tools to help HCPs to:

- Assess the nature and severity of patients' mental health concerns
- Understand the impact of mental health concerns on diabetes management
- Determine appropriate next steps

## Section 2: Intervention

Provide guidance and tools to help HCPs address mental health concerns. Examples include:

- Normalization
- Empathy and support
- Education
- Simple intervention (e.g., stress management)



## Section 3: Referral

Provide HCPs with guidance on:

- When referral is appropriate
- What type of referral is appropriate
- How to communicate referral question to mental health professional

# Challenges

- Limited evidence-based interventions specific to diabetes
- Ability to address needs of specific populations
- Capacity
- Adoption of guidelines by healthcare providers
  - Comfort-level
  - Time and workflow



# Questions and Discussion



# Thank You!

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