

# How can support from peers contribute in a positive way to diabetes selfmanagement of adolescents ?

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<b>Ethical review</b>	Approved WMO
<b>Status</b>	Pending
<b>Health condition type</b>	Glucose metabolism disorders (incl diabetes mellitus)
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON30389

### Source

ToetsingOnline

### Brief title

FRIENDS

### Condition

- Glucose metabolism disorders (incl diabetes mellitus)
- Age related factors

### Synonym

diabetes

### Research involving

Human

### Sponsors and support

**Primary sponsor:** TNO

**Source(s) of monetary or material Support:** Diabetes Fonds;eigen financiering van TNO

## Intervention

**Keyword:** adolescent, diabetes, peer support, self management

## Outcome measures

### Primary outcome

Perspectives of adolescents suffering from diabetes type 1, perspectives of their best friend(s); perspectives of their parents or guardians.

### Secondary outcome

not applicable

## Study description

### Background summary

Adolescence is a turbulent developmental phase. Apparently, during this period it is difficult for many young people with diabetes type 1 to handle the diabetes and the diabetes regime adequately. In adolescence, the influence of parents decreases, while the influence of peers increases: a major developmental task of adolescents is to form intimate relations with peers. In the past, attention was mainly given to negative influences of peers on diabetes selfmanagement. However, peers can also be a source of positive and constructive support. It thus seems worthwhile to investigate in which ways peers can contribute to diabetes selfmanagement in a positive way. It is important that such research focuses on the perspectives and needs of adolescents with diabetes.

### Study objective

The aim of this study is to gain insight into the perspectives of adolescents with diabetes type 1 on how support from friends can be helpful in selfmanagement of diabetes. This can serve as a basis for the development of structural interventions to strengthen support from friends.

### Study design

The perspectives and needs of adolescents from 12 to 15 years of age, their best friend(s), and their parents will be mapped using qualitative methods: A) 4 focusgroup discussions via Internet with autochthonous adolescents with

diabetes type 1 (2 with boys and 2 with girls), 4 focusgroup discussions via Internet with adolescents with diabetes type 1 from Moroccan descent (2 with boys and 2 with girls); B) interviews with 15 pairs or triads of an adolescent and one or two best friends each, to also gain insight in the perspective of friends and the interactions between adolescents and friends; C) 2 focusgroup discussions via Internet with parents, to gain insight in the perspectives of parents on a stronger involvement of friends.

In a workshop with adolescents with diabetes, feedback will be given on the results, and a framework of basic assumptions, tips, and ideas will be formulated, that can serve as starting point for the development of interventions aiming to strengthen the support from friends.

### **Study burden and risks**

This project is specifically targeted to (the problems of) adolescents with diabetes type 1, and can therefore only be done with participants from the target group. Adolescents will be asked to take part in a focusgroup discussion via Internet, and some of them will be asked to also take part in an interview together with one or two best friends. The focusgroup discussion and the interview will focus on behaviors from friends adolescents experience as supportive or as unsupportive, and on practical possibilities to strengthen support from friends. Participation is voluntary and will not be time-consuming. Questions asked will not be penetrating. Participants will have the opportunity to bring forward their opinions and needs, while they can be confident that something will be done with their opinions.

## **Contacts**

### **Public**

TNO

postbus 2215  
2301 CE Leiden  
Nederland

### **Scientific**

TNO

postbus 2215  
2301 CE Leiden  
Nederland

## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adolescents (12-15 years)

Adolescents (16-17 years)

### Inclusion criteria

- 12 to 15 years of age, suffering from diabetes type 1 (focusgroups with autochthonous adolescents)
- 12 to 15 years of age, suffering from diabetes type 1, Moroccan descent (focusgroups with Moroccan adolescents)
- participants choose friend(s) to be approached (interviews)
- parent of adolescent suffering from diabetes type 1 (focusgroups with parents)

### Exclusion criteria

- not in age range
- being mentally disabled

## Study design

### Design

**Study type:** Observational non invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Other

## Recruitment

NL  
Recruitment status: Pending  
Start date (anticipated): 01-10-2006  
Enrollment: 86  
Type: Anticipated

## Ethics review

Approved WMO  
Application type: First submission  
Review commission: METC Leids Universitair Medisch Centrum (Leiden)

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
CCMO	NL15334.058.06