

Psychotherapy 2022

**3rd Annual Psychiatrists and
Psychologists Meet**



**Keynote
Sessions**

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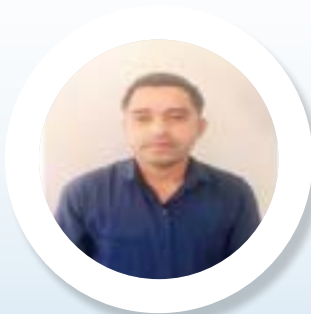
Community-Based supported self care interventions for treatment of type 2 diabetes: Pilot study

Despite the clear evidence that Physical activity (PA) and lifestyle modifications is a key element in controlling and managing Type 2 Diabetes Mellitus, individuals with diabetes are among the least likely to engage in regular PA, and the adherence to PA is surprisingly poor. Most middle-aged adults with T2DM who were studied in cohort were found at highest risk, do not engage in lifestyle and diet modification along with physical activities. Medication adherence is serious concern over these high-risk populations. There is an increased need to enhance self-efficacy through changing behavior is required as an add on to all diabetes management program.

Present study developed and evaluated 8-week specialized psychotherapy practitioner led program for T2DM. thirty two patients were recruited in community based participatory research project. Self as controlled, participants followed 8-week practitioners led program with each week to address barriers, potential goal setting and supporting self-care. At the end of the 8-weeks, there was an overall improvement in physical activity, and dietary modification. There has been higher satisfaction, better self-confidence was reported in participants to manage PA, diet and lifestyle modifications. There is great potential to enhance the care of diabetes if we focus on methods to sustain involvement with practitioner-patients health promotion programs over time.

Biography

Kuldeep Sharma is PhD scholar, Amity Institute of [Behavioural](#) and Allied Sciences, Amity University Jaipur, Rajasthan. His main research focus has been [diabetes](#) mellitus and supporting patients with self-supported care programs to enhance [treatment](#) adherence and outcome. He also supports community initiatives as lead psycho-education expert with charity and patients participation groups.



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