

CZH/4/1063 - Feasibility of a multi-site RCT exploring the effectiveness of mindfulness-based cognitive therapy to improve emotional wellbeing and glycaemic control among adults with type 1 diabetes

Type 1 diabetes is a challenging condition to manage. Anxiety and depression are common among this group and are associated with poorer diabetes control. No trials have been conducted to ascertain the effectiveness of psychological interventions designed to alleviate significant levels of anxiety and/or depression and improve glycaemic control among those with Type 1 diabetes who have difficulties in both these areas.

The aim of this project is to establish if it is feasible to run a multi-site randomised controlled trial in Scotland exploring whether an 8-week mindfulness and self-management based intervention programme decreases anxiety and/or depression, and improves diabetes control. This feasibility study, based on the MRC framework for assessing feasibility and piloting methods, will assess the relative strengths and weaknesses of the intervention and study design, and pave the way for a larger and definitive trial.