

2012 Pilot & Feasibility grant awardees

Expand



Gurjeet Birdee, M.D., MPH

Mind-body practices for patients with metabolic syndrome

There is a growing prevalence of metabolic syndrome in the U.S. which is related to poor health behaviors including physical inactivity and unhealthy diets. Mind-body practices are a novel intervention for patients with metabolic syndrome. The project will methodically translate and evaluate a common mind-body practice, yoga, for metabolic syndrome which may lead to new therapeutic options.



Shelagh Mulvaney, Ph.D.

Promoting Parental Problem Solving and Communication in Adolescent Diabetes

Adolescents with type 1 diabetes are at high risk for poor adherence and glycemic control. In order to address the needs of adolescents with type 1 diabetes, parents, and clinics, Dr. Mulvaney and her team have created an accessible and engaging internet adherence support intervention, named YourWay. The project will integrate two parallel websites, one for adolescents, and one for parents, to teach problem solving skills. Adolescents and parents will communicate via online problem solving cycles, which promote adolescent and parent communication and collaboration to solve adolescent problems.



Chandra Osborn, Ph.D., MPH

Design & Feasibility of a Patient Portal and Mobile Device-delivered Intervention

Although medications improve glycemic control, patient adherence to diabetes medications is often suboptimal. In other chronic disease contexts, health information technologies (HIT) have successfully delivered medication adherence-related information, motivation, and behavioral skills content that has resulted in improvements in medication adherence and clinical outcomes. This project will result in the design of a HIT delivered medication adherence intervention for patients with T2DM and test its feasibility.

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