

[Vanderbilt CDTR Pilot & Feasibility Home Page »](#)

Keywords: [Type 1 Diabetes](#) [Gestational Diabetes](#) [CDTR](#) [awards](#)

[Expand](#)



Sarah Jaser, Ph.D.

Intervention for Mothers of Adolescents with Type 1 Diabetes

Mothers of adolescents with type 1 diabetes experience high levels of stress and depressive symptoms, which impair their ability to monitor and manage diabetes treatment effectively. Maternal stress and depressive symptoms are linked with negative outcomes in adolescents, including deteriorating glycemic control, poorer quality of life, and greater depressive symptoms. Dr. Jaser aims to develop and test the feasibility and preliminary efficacy of a cognitive-behavioral intervention to reduce depressive symptoms and improve parenting in mothers of adolescents with type 1 diabetes.

Want to know more about Dr. Jaser?

[CLICK HERE »](#)



Rosette J. Chakkalaka, M.D.

Assistant Professor, Internal Medicine

Weight Changes During and After Pregnancy in Women with Gestational Diabetes

Currently, women with gestational diabetes receive little advice on how to reduce their risk for type 2 diabetes after delivery. By studying modifiable risk factors in greater detail and designing interventions based on these results, Dr. Chakkalakal aims to develop effective, sustainable, and personalized strategies to help women with a recent history of gestational diabetes prevent or delay the onset of diabetes.

Want to know more about Dr. Chakkalakal ?

[CLICK HERE »](#)

The Center for Diabetes Translation Research is supported by NIH grant DK092986. Please acknowledge this in your publications.