



# Dual Perspectives – contemplations from adolescents and clinicians in the implementation of a systematic screening for disordered eating in Type 1 Diabetes

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## Abstract

**OBJECTIVE:** People with type 1 diabetes have an increased risk of disordered eating (DE) and eating disorders (ED). Screening is recommended, however, little is known about how the involved parties perceive the systematic screening in a clinical context using the diabetes-specific questionnaire Diabetes Eating Problem Survey Revised (DEPS-R). This paper merges qualitative analyses of both patients' and clinicians' perspectives DEPS-R, to explore attitudes and experiences on implementing DEPS-R as a screening tool for disordered eating in a pediatric clinic.

**METHODS:** 15 adolescents with type 1 diabetes between 11-18 years, and 10 clinicians with different educational backgrounds, were interviewed. A semi-structured format and a reflexive thematic methodology was chosen.

**RESULTS:** Patients' perspectives focus on the questionnaire content, reframing of the diabetes visit, the personal relevance and confidentiality aspects. The analyses of clinicians' perspectives are ongoing but will be presented together with patients' perspectives along with discussion of overlapping and/or contradicting results between the two groups.

**DISCUSSION:** We expect the aggregation of these parallel studies will add important aspects to consider in the implementation of a systematic screening for DE in T1D. Foremost a mutual understanding of the purpose and procedure of the screening is vital for both patients and clinicians. Initial findings suggest that systematic screening of DE/ED using the DEPS-R is feasible and valuable, however, additional consultation

time and education of clinician is required.

**Topics:** Prevention

**For workshops only**

No Answer Given

**Submission Format:** Scientific Paper

**Is It a Student Paper?** No