

Title of Intervention: Summer camp program for adolescents with Type 1 diabetes

Intervention Strategies: Group Education

Purpose of the Intervention: To improve adolescents' metabolic control of their diabetes

Population: Adolescents ages 12 to 15 with Type 1 diabetes

Setting: Summer camp; community-based

Partners: Summer camp organizations, diabetes experts

Intervention Description:

- Group Education: The intervention took place while the participants were at summer camp. Diabetes experts provided a one-hour program about self-care and the physiology of diabetes. Later in the day, the intervention group participated in a forty-minute session in which a psychology therapist facilitated role-modeling situations that the adolescents deemed important. Each adolescent had an opportunity to enact and observe behaviors modeled by peers. Two of the role modeling situations were dramatized by the teens for videotaping at the end of camp. A camp reunion was held approximately three months after the camp experience.

Theory: Social Learning Theory

Resources Required:

- Staff/Volunteers: Diabetes experts, camp counselors, psychology therapist
- Training: Not mentioned
- Technology: Video recording equipment
- Space: Summer camp facilities
- Budget: Not mentioned
- Intervention: Educational materials
- Evaluation: Test tubes

Evaluation:

- Design: Quasi experimental
- Methods and Measures: Blood samples were collected to measure metabolic control.

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Those who participated in the intervention had improved metabolic control.

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Massouh, S. R., T. M. Steele, et al. (1989). "The effect of social learning intervention on metabolic control of insulin-dependent diabetes mellitus in adolescents." *Diabetes Educ* 15(6): 518-21.