

Title of Intervention: A peer group intervention for adolescents with Type 1 diabetes and their best friends

Intervention Strategies: Group Education

Purpose of the Intervention: To increase positive peer involvement in adolescents' diabetes care

Population: Adolescents aged 10-18 years who were newly diagnosed with Type 1 diabetes and their "best friend"

Setting: Children's clinics in Florida and Delaware; health care facility-based

Partners: None mentioned

Intervention Description:

- Group Education: The intervention consisted of weekly, two-hour group education sessions that lasted four weeks. Sessions were attended by the patients and their best friends. Activities included presentations, games and homework. Incentives, such as sugar-free gum and sodas, were used to ensure the completion of the homework.

Theory: Social Cognitive Theory

Resources Required:

- Staff/Volunteers: Group leaders
- Training: Not mentioned
- Technology: Telephones, printing and copying equipment, computers
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Incentives (sugar-free gum and soda), manuals, workbooks
- Evaluation: Questionnaires

Evaluation:

- Design: Cohort
- Methods and Measures:
 - Attendance was taken at each session.
 - Homework and games measured improvement in knowledge.
 - Multiple questionnaires and surveys were used to assess social support, adjustment to diabetes, self-care, peer interactions, self-perception, responsibilities and conflict.

Outcomes:

- Short Term Impact: Knowledge significantly increased whereas peer support and adherence did not change. Diabetes-related conflict was reported to decrease throughout the intervention. Self-perception improved among the best friends but did not improve among the participants with Type 1 diabetes.
- Long Term Impact: Adherence to diabetes care did not significantly change.

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Greco P, Pendley JS, McDonell K, Reeves G. A peer group intervention for adolescents with type 1 diabetes and their best friends. J Pediatr Psychol. Dec 2001;26(8):485-490.