AbleTo

A Tele-Behavioral Health Intervention to Reduce Depression, Anxiety, and Stress and Improve Diabetes Self-Management

Telemedicine and e-Health

Summary

AbleTo's diabetes program was specifically designed to help individuals with diabetes understand and better manage depressive symptoms in support of medical adherence and positive lifestyle changes. Significant reductions in average depression, anxiety, and stress symptoms were observed over the 8-week program period among participants symptomatic at baseline. Increased blood glucose self-testing frequency was documented; participants who tested their blood glucose experienced a reduction in average morning blood glucose levels at 8-weeks versus baseline. These data support the impact of virtually delivered behavioral health interventions to improve mental health and diabetes self-management.

Demographics

- 466 participants
- Average age: 57 years
- 56% female/44% male

Key Outcomes

Among those with elevated baseline scores there were significant reductions in average DASS-21 symptoms scores at 8-weeks:

- Depression (-8.8 points), anxiety (-6.9 points), stress (-9.9 points)
- ≥80% improved to less severe depression, anxiety, or stress categories

Improved glucose self-testing frequency (60% vs. 69% tested ≥once per week)

Significant reductions in mean morning glucose levels

> "Diabetes program graduates experienced significant improvements in behavioral health symptoms and diabetes self-care behaviors."

Full Study

Mochari-Greenberger H, Vue L, Luka A, Peters A, Pande RL. A Tele-Behavioral Health Intervention to Reduce Depression, Anxiety, and Stress and Improve Diabetes Self- Management. Telemed J E Health. 2016;22:624-630.

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