Controlling Anxiety with Mindfulness in Adults with Type II Diabetes to Improve Blood Sugar Control

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PROJECT METHODOLOGY

Plan and Implementation

Booklet will be given to patients with newly diagnosed T2D in a hospital setting that includes:
- Brief overview of T2D
- Introduction to mindfulness
- Three meditation activities
- Six yoga poses with pictures and step-by-step introduction
- Additional resources for diabetes and mindfulness

Evaluation

Patients will have their A1c collected, take the Five Facet Mindfulness Questionnaire before pre-treatment, at 6-months, and 1-yr.

LITERATURE REVIEW

A literature review was conducted to determine the efficacy of mindfulness on mental health among patients with T2D and methods used to practice mindfulness.

- Patient with T2D show an increase in depression and anxiety.
- Mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT) both reduce anxiety and symptoms of depression in patients with T2D.
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CONCLUSIONS

Patients with newly diagnosed diabetes feel stressed and anxious. Patients have to make large lifestyle changes, such as diet changes or giving self-injections of insulin, in order to manage the disease. Often healthcare overlooks the mental effect of a diagnosis of a chronic disease like diabetes, mindfulness can be used to help mental illness by reducing anxiety and depression.