

Ehealth intervention to optimize adherence in late adolescents and young adults with type 1 diabetes

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eHealth intervention to optimize adherence in late adolescents and young adults with type 1 diabetes: content development and preparing adoption

Hanan AlBurno

1. Socio-cognitive determinants in the awareness, motivational, and action phases are important targets to be included in future interventions to promote adherence to diabetes self-management behaviors in Arabic adolescents and young adults with type 1 diabetes. (this dissertation)
2. To improve diabetes outcomes in Arabic adolescents and young adults with type 1 diabetes, a multi-behavioral targeted approach incorporating educational resources and motivational tools is necessary. This approach takes into account the interplay of key factors influencing adherence to core diabetes self-management activities. (this dissertation)
3. To gain a deeper understanding of adherence behavior and its determinants specific to a given population, quality measures that take into account factors such as age, insulin delivery device type, and a well-defined taxonomy of insulin adherence along with its socio-cognitive determinants are required. (this dissertation)
4. Internet-based interactive behavioral intervention has the potential to be valuable tool to support behavior change and improve treatment adherence, provided that it is integrated with usual clinical processes and supported by healthcare providers. (this dissertation)
5. To eliminate stigma and misinformation and provide the needed ongoing support, it is not enough to educate and support adolescents and young adults with type 1. It is necessary to involve community-based resources such as family, friends, and school teachers in diabetes self-management education and support interventions. (this discipline)
6. To increase engagement with, acceptance, and adoption of eHealth interventions and consequently improve adherence to the target behavior, it is important to culturally adapt eHealth interventions for Arab adolescents and young adults with type 1 diabetes. (this discipline)
7. The needs and opinions of adolescents and young adults with type 1 diabetes about eHealth interventions need to be identified and considered, as they differ from the opinions of experts. (this discipline)
8. More well-designed research is needed to quantify the relationship between adherence to insulin therapy and socio-cognitive correlates of adherence in adolescents and young adults with type 1 diabetes. (impact paragraph)
9. To increase the likelihood of adoption, future research should include user testing of specific internet-based interactive behavioral intervention prototypes. (impact paragraph)
10. "Young adults living with type 1 diabetes are so vulnerable. This age group is so important because they are so easy to lose track of in terms of their clinical care, yet they need the most help, love, and support as they transition through so many life milestones. They need more support and help than just a clinic visit." Anna Floreen Sabino
11. "Knowledge is not what is memorized; knowledge is what has benefited." Imam Ash-Shafi'i