**Novel Diabetes Psychosocial Assessment Tool (DPAT) – Development, Implementation and Outcomes.**

**Background & Aim**

Type 1 Diabetes (T1D) is a complex, chronic condition requiring knowledge and skills to attain competent self-management. Achieving optimal glycaemia is important to prevent the significant burden of complications. It is known that T1D in adolescence and early adulthood results in a significant impact on emotional and mental health, with diabetes distress in up to 32%.

**Methods**

The Diabetes Psychosocial Assessment Tool (DPAT) is the first comprehensive, diabetes-specific psychosocial screening tool, developed at the Mater Hospital to meet clinical needs. It evaluates diabetes distress, depression and anxiety symptoms, social support, financial concerns, fear of hypoglycaemia, body image, and eating concerns in young adults with T1D. DPAT was developed through a review of evidence-based literature, a comprehensive screening study (d’Emden et al. 2017), multidisciplinary input, and national expert consultation. It includes three validated tools and additional clinical questions often overlooked in routine care.

**Results**

Clinical audits at our Diabetes Service show the tool is feasible in routine care and well accepted, with 100% uptake (Bachmeier et al. 2020). A recent observational study demonstrated improvements in diabetes distress and symptoms of depression and anxiety after implementation of the tool and its referral pathways (Diabetes Research and Clinical Practice Journal, 2023). Outcomes were also published on the subsection addressing weight, body image, and eating patterns (Vidyasagar et al. 2024).

**Discussion/Conclusion**

Due to these findings, DPAT has been adopted by the Queensland Diabetes Clinical Network and is available on the Queensland Clinical Excellence Website. It is the first step in the National Guideline for the Assessment and Management of Disordered Eating and Eating Disorders in individuals with T1D (endorsed by the Australian Diabetes Society in 2024 and ANZSPED in 2023). It is also included in the Queensland Transition Model from Paediatric to Adult Diabetes Services and seeks broader clinical adoption.