**Title:** Type 1 diabetes: presenting the patient perspective using narrative and quantitative analysis

**Background & Aim**

Patients receiving a diagnosis of type 1 diabetes are exposed to a highly stressful and potentially traumatic situation. The diagnosis and its consequences may affect self-perception and temporal perspective. This study aims to analyze narratives related to the diagnostic period and assess illness perception and coping strategies.

**Methods**

In the pilot phase, data were collected from 40 patients diagnosed with type 1 diabetes no more than two weeks before participation.

The study employed a self-designed survey including socio-demographic questions and standardized tools:

1. The Self-Assessment of Illness Scale (SOWC) for illness perception.
2. The Brief COPE Inventory (mini-COPE) to assess stress coping strategies.
3. The Adaptive Response Questionnaire (KRP) to identify dominant adaptive reactions.

A qualitative component involved thematic analysis of interviews. Participants described key aspects of their diagnostic experience, including emotional responses, self-perception changes, and reflections on the future and personal goals.

Interview transcripts were analyzed using Thematic Analysis (Braun & Clarke, 2024).

**Results**

The data indicate that receiving a diagnosis is highly stressful, disrupts previous functioning, and creates uncertainty about the future. Patients reported that the illness affects their self-worth, often leading to ambivalence. Various coping strategies emerged, including problem-solving and emotion-focused approaches. Some perceived the situation as a challenge or source of hope.

**Discussion/Conclusion**

Receiving a type 1 diabetes diagnosis is a significant challenge for both patients and healthcare providers. It necessitates adaptive strategies and highlights the need for ongoing psychological support, particularly in early stages. An interprofessional approach—including physicians, psychologists, and psychiatrists—should be integrated into the diagnostic and treatment process. Routine psychological consultations could improve well-being and long-term adaptation.

These findings underline the need for further research to explore psychological responses to diagnosis and refine support strategies, contributing to more holistic, patient-centered care.