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| **Symposium or Masterclass Title:**  |
| T1D and Eating Disorders: New Guidelines and Novel Prevention Program. |

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| **Presenters:** |
| \*Dr Neisha D’Silva Senior Staff Specialist, Endocrinologist, Mater Hospital BrisbaneADS No. M01105neisha.d’silva@mater.org.au or neisha132@hotmail.com Ms Amanda DavisSenior dietitian, Queensland Eating Disorder Services (QuEDS), Herston, Brisbane.Amanda.davis@health.qld.gov.auMs Hannah Mackay Senior dietitian, Mater Hospital Brisbanehannah.mackay@mater.org.auMs Chelsea Mitchell, Consumer (young person with T1D) Peer facilitator of the Adult Diabetes Body Project (see below)chelseamitchell99@hotmail.com  |

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| **Session Chair(s):** |
| Ms Helen d’EmdenSenior dietitian/CDE, Royal Brisbane HospitalHelen.demden@health.qld.gov.auMs Danni DawsonClinical Psychologist, Queensland.Clinical facilitator of Australian Diabetes Body Project (see below)Danni.dawson@hotmail.com  |

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| **Session description** |
| **Presenter 1:** **Diabetes Psychosocial Assessment Tool (DPAT)**The **DPAT** is a world-first, all comprehensive, diabetes-specific screening tool developed at Mater Hospital to address psychosocial concerns. It incorporates a suggested referral pathway and was created based on evidence, expert consultation, and multidisciplinary input. The DPAT has shown 100% feasibility and acceptability in clinical settings and has helped improve diabetes distress, depression, anxiety, and promotes discussions regarding concerns about weight and body image (Journal of Eating Disorders, 2024). **Presenter 2: Guidelines**The **Outpatient Management Guidelines** for Type 1 Diabetes and Disordered Eating (ED/DE) across all ages were developed after extensive literature review by an expert panel and endorsed by key diabetes organizations (Australian Diabetes Society, Australian Centre for Behavioural and Research in Diabetes and Australia New Zealand Paediatric Endocrinology and Diabetes Society). These guidelines were presented at the International Diabetes Conference 2023 and provide a comprehensive approach to managing ED/DE in outpatient settings. An **Inpatient Guideline** for individuals over 16 is now also available and published in February 2025.**Presenter 3: Australian Diabetes Body Project (ADBP) - Novel Eating Disorder Prevention Program.**The **ADBP** is a novel, virtual, co-led prevention program aimed at reducing eating disorder risks in young women with Type 1 Diabetes. Based on cognitive dissonance theory, it has shown significant improvements in body dissatisfaction and pursuit of thin appearance ideals. A large multi-centre RCT in Europe/US supports its efficacy, and an Australian RCT is currently underway, with positive consumer feedback and early success. You will hear from a consumer and peer facilitator of first-hand experiences of the ADBP and some preliminary results. |

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| **Evidence base:** |
| **Novel Australian risk factor screening tool (DPAT).**Luong, D., Griffin A., Barrett, H., Hendrieckx, C., & D'Silva, N. (2023). Emotional well-being and HbA1c following the implementation of the Diabetes Psychosocial Assessment Tool (DPAT) in young adults with Type 1 Diabetes (T1DM): An observational study. Diabetes Research and Clinical Practice. 200. 110696. 10.1016/j.diabres.2023.110696.Vidyasagar S, Griffin A, d'Emden H, Hendrieckx C, D'Silva N. Perceived comfort with weight, body shape and eating pattern of young adults with type 1 diabetes and associations with clinical and psychological parameters in a clinical setting. J Eat Disord. 2024 Jul 30;12(1):106. doi: 10.1186/s40337-024-01059-z. PMID: 39080802; PMCID: PMC11289989.**Inpatient Management Guidelines. Published February 2025.**Inpatient Management of Type 1 Diabetes and Disordered Eating/Eating Disorders in >16 years. Queensland Diabetes Clinical Network; February 2025. <https://clinicalexcellence.qld.gov.au/sites/default/files/docs/priority-area/clinical-engagement/networks/diab/Inpatient-Type-1-Diabetes-Disordered-Eating_Eating-Disorders-16%2B-years.pdf>**Outpatient Management Guidelines. Endorsed by ADC.**Disordered eating (DE) and eating disorders (ED) in Children, Adolescents and Adults with Type 1 Diabetes. Queensland Diabetes Clinical Network; 2022. Contract No.: D5.01-V2-P22-R25.**Novel efficacious Prevention Program**Mareille H.C.L. Hennekes, Severina Haugvik, Maartje de Wit, Elena Toschi, Christopher D. Desjardins, Torild Skrivarhaug, Knut Dahl-Jørgensen, Eric Stice, Line Wisting; Diabetes Body Project: Acute Effects of an Eating Disorder Prevention Program for Young Women With Type 1 Diabetes. A Multinational Randomized Controlled Trial. *Diabetes Care* 22 January 2025; 48 (2): 220–225. <https://doi.org/10.2337/dc24-1599>D'Silva N. et al. Evaluation of a Novel Eating Disorder Prevention Program (Australian Diabetes Body Project) for Young Women with Type 1 Diabetes in a Clinic Setting: A Randomized Controlled Trial Protocol. Under Review Trials Journal. |

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| **Key learning objectives:** |
| * Awareness of novel, all-encompassing diabetes psychosocial screening tool (DPAT)
* Learn how to use DPAT (scoring, referral pathway, as a conversational tool, particularly in the area of concerns with weight, shape and eating.
* Awareness of both Outpatient and Inpatient Guidelines in the area of assessment, Prevention and Management of Disordered Eating and Eating Disorders in adults with T1D.
* Learn General Principles covered by the two Guidelines (as well as the opportunity to ask specific questions on its content)
* Awareness and preliminary results of the Novel Australian Diabetes Body Project (ADBP) an Eating Disorder Prevention Program.
* Consumer feedback on the ADBP Program.
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I, Neisha D’Silva, provide permission on behalf of all presenters and affiliations associated with the submission, for the session to appear on the ADC 2025 Conference website, Conference app and in printed Conference material if it is accepted for presentation.