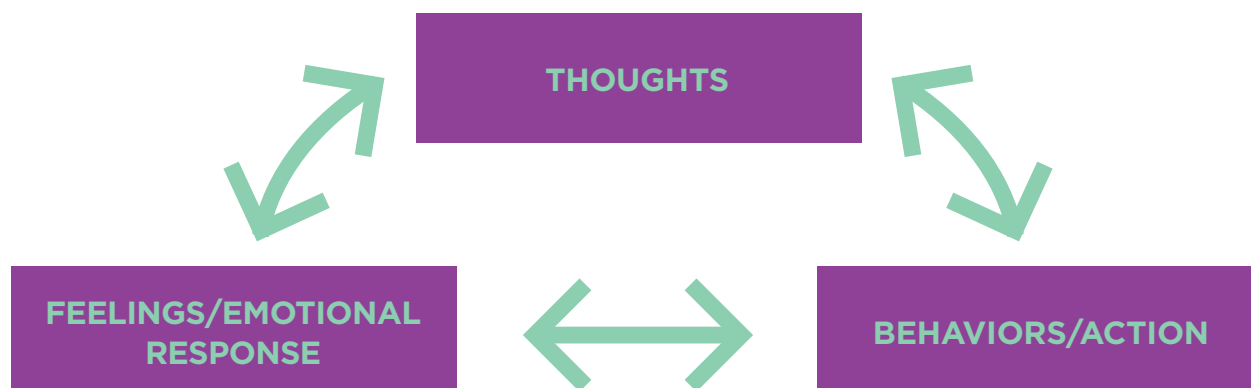


# Behavioral Health Interventions for Pediatric Diabetes

## Cognitive Behavioral Therapy

Cognitive Behavioral Therapy (CBT) is an evidence-based approach that aims to work on the relationship between our thoughts, behavior, and emotional response in situations. Through CBT, we work to gain more awareness of these connections and become better able to challenge negative thoughts and make thinking patterns more adaptive.



CBT is often used with diabetes patients and improvements are noted with coping and developing adaptive coping strategies, promoting self-efficacy, psychosocial well-being, and healthier quality of life.

### Examples of diabetes-related cognitive reframing:

**NEGATIVE THOUGHT:** I need to keep my blood sugar levels perfect.

**COGNITIVE REFRAME:** I try to keep my blood glucose within my target range and feel good about successful control.

**NEGATIVE THOUGHT:** I know my A1C will be too high because it always is.

**COGNITIVE REFRAME:** I will wait and see what my A1C is and try not to predict what it will be.

One of the benefits of utilizing cognitive-behavioral strategies with pediatric diabetes patients is improvement of attitude toward diabetes as well as diabetes self-management. CBT helps effectively manage symptoms of depression and anxiety, reducing feelings of anger, frustration, guilt, and diabetes-specific stress. With these improvements, children can feel empowered in taking control of their diabetes rather than feeling that diabetes directs their actions or choices.

CBT can be useful for children who are newly diagnosed with diabetes to support adjustments to diagnosis and lifestyle changes. CBT is also very effective in addressing diabetes-related distress noted in burnout and fatigue that often present through the lifespan of disease management.

