

# Improving outcomes for young adults living with type 1 diabetes in Ireland: the D1 Now pilot RCT



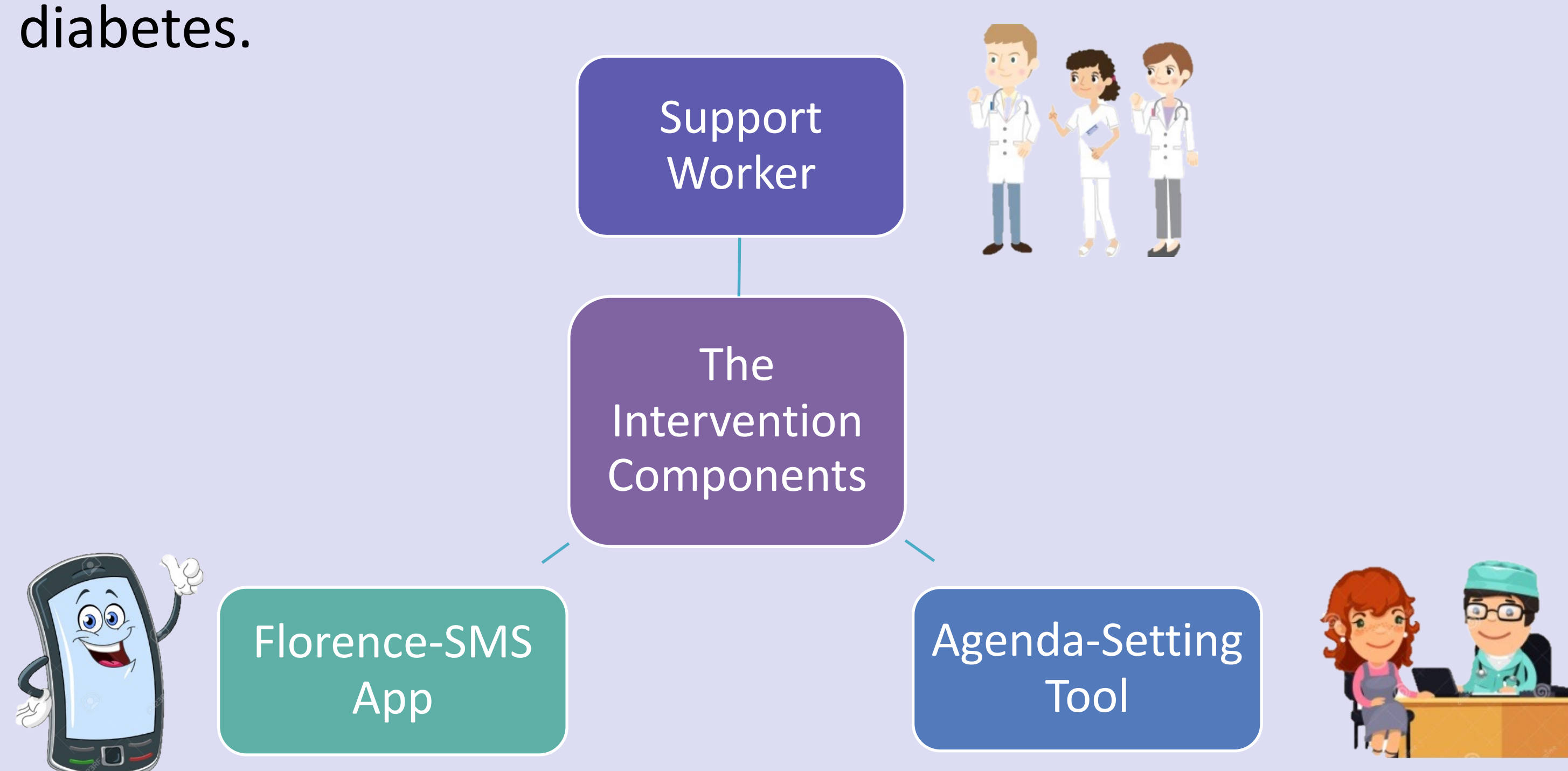
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## BACKGROUND

D1 Now is a novel intervention, designed to improve outcomes in young adults (18- 25 years) living with type 1 diabetes.



## AIMS

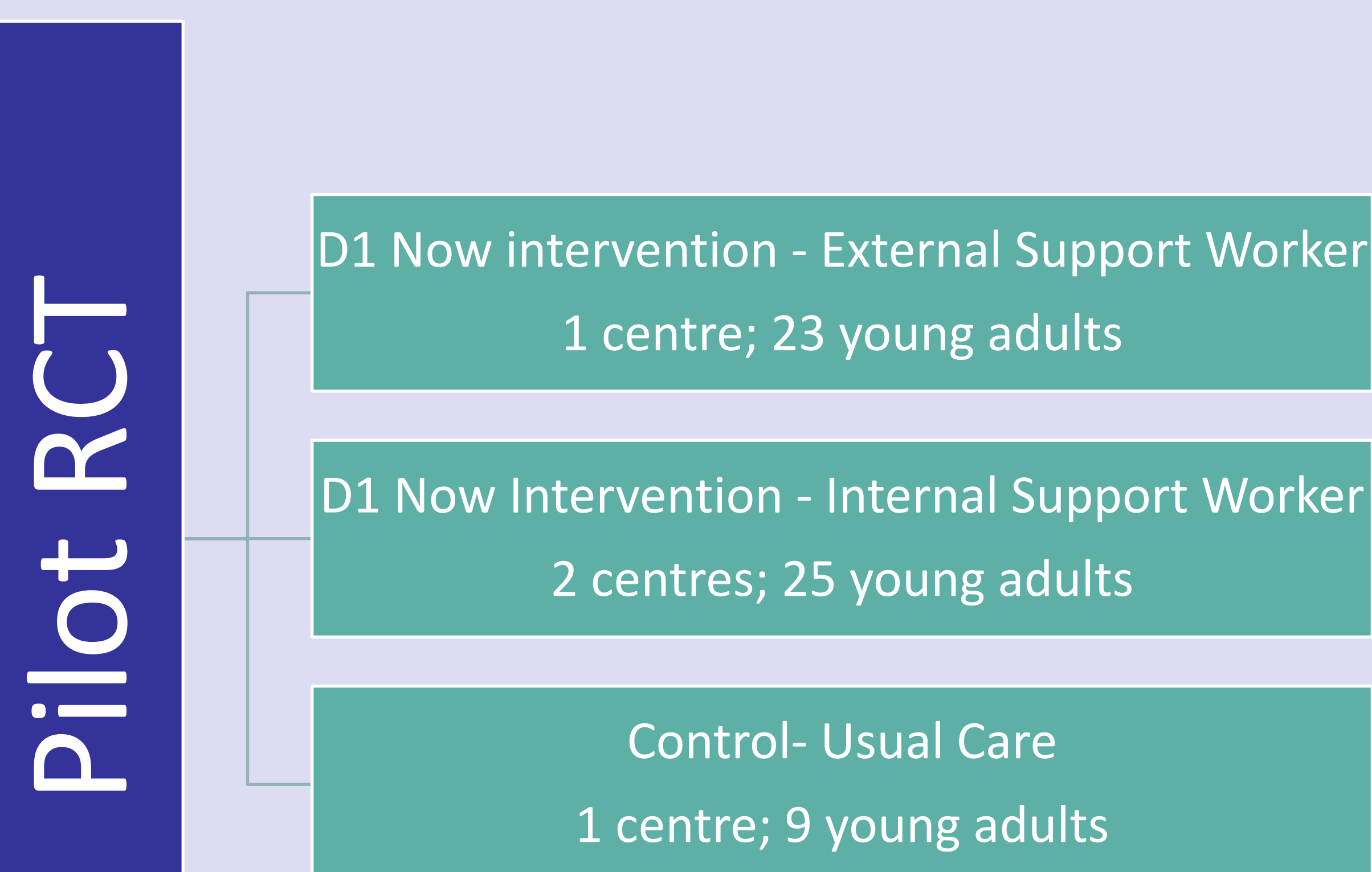
The aim of this pilot RCT is to gather and analyse acceptability and feasibility data to allow us to (1) refine the D1 Now intervention, and (2) determine the feasibility of a future definitive RCT.

## METHODS

Four diabetes centres took part in the D1 Now pilot RCT; three in the intervention arms and one in the control arm. It took place over 12 months and 57 young adults were recruited (48 in the intervention arm and 9 in the control arm).

Quantitative data was collected from young adults at baseline and 12 months. This consisted of eight measures and was based on a Core Outcome Set (Byrne, 2016). Demographic data from staff at baseline only

Qualitative data collection happened at 6, 9 and 12 months.



## RESULTS

### Young adult participants

ESW arm	ISW arm	Control arm
<ul style="list-style-type: none"> <li>• 16 female, 7 male</li> <li>• Mean age 20.3 (1.8)</li> </ul>	<ul style="list-style-type: none"> <li>• 14 female, 9 male</li> <li>• Mean age 20.7 (1.8)</li> </ul>	<ul style="list-style-type: none"> <li>• 6 female, 3 male</li> <li>• Mean age 20.6 (1.9)</li> </ul>

### Acceptability of intervention

*To be honest, there wasn't anything I didn't find useful about the intervention, I wouldn't change it, I liked every bit.*  
Female, 21, external support worker arm

*Support worker:* liked by young adults and staff, although staff had concerns about resourcing

*Agenda setting tool:* Universally liked, empowered young adults, changed nature of consultation

*Florence:* mixed views from both young adults and staff, seen as "annoying" and possibly outdated

### Acceptability of research processes

*Loss to follow up:* ESW arm n= 3, ISW n = 5, control arm n= 0. Reasons: transfer of care, emigration, no longer interested

*Fidelity:* Good - three minor processes that were not delivered as intended in the protocol.

*The questionnaire was very simple and concise to understand and fill out.*  
Female, 19, internal support worker arm

*Outcomes:* Questionnaire well received, high completion rate (100% at baseline, 71% at follow up). Difficulties with HbA1c data due to COVID-19 pandemic

## CONCLUSIONS

Some modifications to research processes and intervention components are needed but with these in place a full scale RCT of D1 Now can be considered feasible.

