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Special Issue: Diabetes and Psychology



*The Farm in Fall* Jodi De Luca

## Special Issue: Diabetes and Psychology

### Scholarly Lead: Deborah J. Wiebe, Vicki S. Helgeson, and Christine M. Hunter

- 515 Understanding Diabetes and the Role of Psychology in Its Prevention and Treatment\*  
*Christine M. Hunter*  
Diabetes is a metabolic disorder that afflicts 9.3% of the U.S. population and is on the increase worldwide. Affected individuals must manage complex medical, behavioral, and social aspects of the disease. However, lifestyle changes, combined with multifaceted health care, can have powerful effects to preserve health and prevent complications. As this introduction to the special issue highlights, psychologists are integral to these efforts.
- 526 The Social Context of Managing Diabetes Across the Life Span\*  
*Deborah J. Wiebe, Vicki Helgeson, and Cynthia A. Berg*  
Self-management of diabetes is critical to maintaining health and quality of life. Social context strongly influences disease management and can facilitate or undermine a patient's efforts. The authors apply two established theories—*interpersonal theory* and *self-determination theory*—to identify aspects of family, partner, peer, and provider relationships central to managing diabetes across the life span.
- 539 Psychosocial Factors in Medication Adherence and Diabetes Self-Management: Implications for Research and Practice\*  
*Jeffrey S. Gonzalez, Molly L. Tanenbaum, and Persis V. Commissariat*  
Managing diabetes requires a demanding treatment regimen involving multiple health behaviors, such as taking oral and/or self-injected medications, dietary choices, physical activity, and blood glucose self-monitoring. While tight glycemic control is the standard of care, suboptimal control is common. To improve self-management, psychological interventions target several core domains: patient knowledge and health beliefs, emotional states, and problem-solving and self-regulatory skills.
- 552 Psychological Conditions in Adults With Diabetes\*  
*Mary de Groot, Sherita Hill Golden, and Julie Wagner*  
Type 1 and Type 2 diabetes require daily self-care over the entire life course. The emotional and behavioral demands of managing diabetes, in conjunction with other life stressors, predispose adults with diabetes to the development of multiple psychological conditions. The authors summarize the prevalence, impact, and treatments of the primary co-occurring psychological conditions: depressive syndromes, anxiety disorders, disordered eating, and serious mental illness.
- 563 Neurocognitive Consequences of Diabetes\*  
*Christopher M. Ryan, Eelco van Duinkerken, and Caterina Rosano*  
Cognitive dysfunction is a well-established consequence of diabetes, yet is often underrecognized by psychologists. Drawing on key studies and a systematic review, the authors delineate neurocognitive phenotypes of Type 1 and Type 2 diabetes and their most likely risk factors. More research is needed to better understand the mechanisms of these brain changes and how psychologists can intervene to minimize their severity.

(Contents continue)

577 Psychology, Technology, and Diabetes Management\*

*Linda A. Gonder-Frederick, Jaclyn A. Shepard, Jesse H. Grabman, and Lee M. Ritterband*

Technological advances have fine-tuned patients' ability to monitor blood glucose and self-administer insulin. For example, the artificial pancreas illustrates the potential of technology to simulate a tightly controlled closed system. The authors summarize new developments in telemedicine, Internet interventions, and mobile applications and explore theoretical models underlying human factors that influence individuals' use of these new technologies.

590 Evidence-Based Behavioral Interventions to Promote Diabetes Management in Children, Adolescents, and Families\*

*Marisa E. Hilliard, Priscilla W. Powell, and Barbara J. Anderson*

To promote optimal health for children and adolescents with diabetes, national and international organizations have called for screening and referral to behavioral health interventions when needed. Three foundational theories underlie many of the best supported interventions. The authors review current clinical work in skills training, family interventions, and multisystemic interventions and consider the shared and distinctive concerns of youths with Type 1 and Type 2 diabetes.

602 Behavior Change to Prevent or Delay Type 2 Diabetes: Psychology in Action\*

*Elizabeth M. Venditti*

Extensive research shows that obesity-related dietary and physical activity behaviors escalate risk for developing Type 2 diabetes. Behavioral lifestyle interventions are considered a first-line approach to diabetes prevention. The author reviews features of programs effective in delaying progression from prediabetes to Type 2 diabetes. Efforts to improve the sustainability of lifestyle behavior change and increase screening and access to effective intervention programs are discussed.

614 Evidence-Based Lifestyle Interventions for Obesity and Type 2 Diabetes: The Look AHEAD Intensive Lifestyle Intervention as Exemplar\*

*Delia Smith West, Sandra M. Coulon, Courtney M. Monroe, and Dawn K. Wilson*

Currently two thirds of adults in the United States are obese or overweight. These conditions may worsen the control of Type 2 diabetes and increase risk for comorbid conditions, including high blood pressure and cardiovascular disease. This article reports on an intensive long-term weight loss trial, informed by psychological science, among individuals with Type 2 diabetes.

628 Innovations in Healthcare Delivery and Policy: Implications for the Role of the Psychologist in Preventing and Treating Diabetes\*

*Suzanne Bennett Johnson and David Marrero*

The biomedical model has proved inadequate to meet the primary public health challenges of chronic diseases, including Type 2 diabetes. This model overlooks the critical role of behavior in the etiology and management of diabetes. To address the diabetes epidemic, new models of care encompassing social, psychological, and behavioral dimensions of illness are critical.

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