

**Mary de Groot, Ph.D.**

**ABSTRACT**

**Advancing Translational Diabetes Research: Breaking the ‘Fourth Wall’**

In this most unusual of years and despite an ongoing pandemic, we celebrate the 25<sup>th</sup> anniversary of the founding of FEND and 50 years of translational research in diabetes in the modern era. We have accomplished much in this relatively short time and there is much more to discover, innovate and implement in order to achieve truly patient-centered and integrated care for diabetes. In this talk, I will urge the FEND conference participants to break down the ‘Fourth Wall’ of diabetes care and research by expanding the scope of our clinical interventions, research and training to focus on the ways that we, as health care providers, are participants in the ecosystem of diabetes. I will propose that we can do this by recognizing and addressing the many forms of stigma that adversely affect our patients including weight and obesity stigma; by measuring and attending to health care provider compassion fatigue and burnout; and by addressing the looming shortage of health care professionals with a particular focus on nurses engaged in translational diabetes research. As we move into the next 25-50 years of translational research, we will make the next wave of advances in our field by recognizing that what is good for our patients is good for us; and, what is good for us can also be good for our patients.

**BIOG**

Mary de Groot, Ph.D., is an Associate Professor of Medicine and Acting Director of the Diabetes Translational Research Center at Indiana University. She received her doctorate in Clinical Psychology from the University of Rhode Island in 1999. Dr. de Groot is a clinical health psychologist whose research focuses on examining the mechanisms that link diabetes and depression as well as the development of accessible interventions to treat depression among adults and diverse populations with diabetes. Since 2017, Dr. de Groot is a member of the American Diabetes Association Board of Directors. In 2020, Dr. de Groot became the President for the ADA Health Care and Education.