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Dr Marietta Stadler

In her current role as NIHR Clinician Scientist, Dr Marietta Stadler runs a 6 years research project to develop a complex intervention for people with type 1 diabetes and disordered eating (STEADY), together with a multidisciplinary team of diabetes and mental health care professionals. The STEADY project benefits from collaborations with the Diabetes Psychiatry and Psychology group (led by Prof Khalida Ismail), IDEO (Dr David Hopkins), the South London and the Maudesley Eating disorders Unit (Prof Janet Treasure) and KCL department of Adult Nursing (Prof Glenn Robert). Dr Marietta Stadler completed her Internal Medicine Specialist and Diabetologist training in Austria, conducted the national insulin pump audit and authored Austria's therapy guidelines for insulin pumps. Dr Stadler's research in the field of Type 1 Diabetes (focussing on the reversibility of pathophysiological features after pancreas transplantation, the epidemiology of late complications, diabetes technology, hypoglycaemia) resulted in a higher research degree (Habilitation, *venia docendi*). Dr Stadler joined the King's College London (KCL) Diabetes Research Group as an NIHR Academic Clinical Lecturer in Diabetes in 2013 and was awarded an NIHR Clinician Scientist Fellowship in 2018. She also completed a UK Certificate of Completion of Training in Endocrinology and Diabetes.

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Jennie Brown

I have worked for many years as a Diabetes Nurse Specialist. My main interests have been group education, diabetes technologies, sports management and the care of young people living with type 1 diabetes. Despite advances in education, pharmacology, and technologies many find blood glucose management challenging. As part of my MSc, I explored the psychological barriers to optimal use of continuous glucose monitors for people living with type 1 diabetes and impaired hypoglycaemia awareness. It was apparent that individual thoughts and beliefs affected the efficacy of this technology. Working with the Kings College Hospital Diabetes Psychiatry and Psychology team, I developed new psychology skills and competencies, completing a post graduate diploma in Cognitive Behaviour Therapy (CBT). I currently work as part of the Kings type 1 diabetes and disordered eating MDT, delivering diabetes focused CBT and as a member of the research team developing a complex intervention for people with type 1 diabetes and disordered eating (STEADY).

ABSTRACT

Title: Type 1 diabetes and disordered eating (T1DE)- definition and the challenges of the multidisciplinary team approach to clinical management.

Eating disorders are twice as common in people with type 1 diabetes and up to 40% of type 1 diabetes service users omit or restrict insulin with the intention lose weight

or avoid weight gain. This accelerates development of diabetes late complications and increases risk of acute diabetes complications and mortality.

Health care professionals have difficulty detecting and treating people with T1DE because of lack of guidelines and lack of integration of diabetes services with mental health care providers.

We will share exciting new research findings on the intertwined physical and mental health comorbidities of disordered eating and type 1 diabetes: this will include a newly developed theoretical model of how the psychological aspects of T1DE impact on the diabetes health and vice versa, barriers and facilitators of multidisciplinary team care approaches and we will give insight into the experience-based-co-design process of a complex research intervention (called STEADY) which will be tested in a feasibility randomised controlled trial over the coming 2 years.

Our Diabetes Nurse Specialist, who is a qualified cognitive-behavioural-therapist, will present a clinical T1DE case as a practical example of multidisciplinary health care team approach to managing T1DE.

We will also share preliminary outcome data of our T1DE-pilot clinical service.