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“The MyREMEDY study, the MyDiaMate Self-Guided Web-Based App for Mental Health in Type 1 Diabetes: A Multinational Randomized Controlled Trial. Overview of the protocol, intervention and baseline characteristics of the sample.”

BIOG:

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Kirsty is a diabetes nurse and health psychologist based at King's College London where she is Reader in Diabetes & Primary Care. Her expertise is centred on supporting adults with Type 1 with Type 2 diabetes. Her research interests include structured education for diabetes and how to improve attendance and developing psychological interventions that support diabetes self-management, including insulin initiation for people with Type 2 diabetes and ongoing treatment. She is the programme lead for the MSc Diabetes: Clinical Care and Management at King's College London, UK.

SUMMARY

This lecture will present the main protocol and some early findings of the MyREMEDY study a randomised controlled trial which aims to test the effectiveness of the MyDiaMate self-guided app for mental health in people with type 1 diabetes. This is a multi-national study led by academics based at the VU University Medical Center in Amsterdam, including Maartje de Wit, Frank Snoek, Frans Pouwer and Theresa Mohr. This study is the focus of Theresa's PhD. As well as the Netherlands, the MyDiaMate app is also being tested in Germany led by Norbert Hermanns and Dominic Ehrmann, with support from Gina Lehmann. In Spain by Maria Theresa Anarte with support from Maria Lopez. I am the principal investigator for the UK site and am supported by Madhumita Chanda and was previously supported by Sarah Williams and Alexandra Famiglietti.

MyDiaMate was originally developed by the Dutch team. It was designed to target the effects of the constant burden of daily self-management of type 1 diabetes, such as fatigue, worry about hypoglycaemia, eating problems and mood. It is an online self-help programme underpinned by psycho-education and cognitive behavioural techniques and has been translated from the Dutch into German, Spanish and English supplemented by video content from each country. In this lecture I will describe the main study and the MyDiaMate app, the baseline characteristics of the study sample and some qualitative data around what the UK participants thought of it.

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