Abstract
Gestational diabetes (GDM) is the most common cause of hyperglycaemia in pregnancy. GDM is associated with multiple negative psychosocial impacts and stigma. In this talk I will present the findings of a national UK survey on the psychosocial impacts of GDm on women, considering their frequency and intensity during and following pregnancy. We conducted a national online e- Survey was distributed to UK online communities to assess the prevalence and impact of psychosocial phenomena among women who have experienced a gestational diabetes pregnancy within the last 3 years. Completed questionnaires were received from 1739 women, mean age 33.7 (±3.7) years. Women reported emotional impacts at GDM diagnosis, most commonly anxiety (66%), fear (48%), shock (47%), and upset (56%). Stigma was also experienced, with many reporting guilt (59%), shame (34%), and embarrassment (47%), often linked to food choices, weight, or perceived blame. During their pregnancy women strongly agreed that others do not understand GDM (57%); felt judged by others (20%); and that they were anxious that not following diet would harm baby(68%) or about blood glucose levels (55.1%). A fifth of women strongly agreed they were sad or depressed postpartum. This study shows that many women experience negative emotional responses and internal and external stigma during GDM pregnancies. These findings reinforce the importance of identifying and responding to these issues to improve women with GDM's care experiences. In the talk I will discus outline what health professionals should consider to support this growing population.

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Professor Angus Forbes holds the FEND Chair of Clinical Diabetes Nursing at King's College London and was an honorary post as a specialist diabetes nurse at King's College Hospital. Prof Forbes is an active researcher with multiple publications in diabetes, some current and previous projects include: developing anti-stigma interventions for women with GDM and type 2 diabetes; diabetes prevention in women with GDM; preconception care in women with type 2 diabetes; evaluating psychologically modelled education interventions for young people with type 1 and type 2 diabetes; developing supportive interventions for adults with new-onset type 1 diabetes; the relationship between cognitive impairment and diabetic retinopathy; glycaemic variability and mortality and older people with diabetes; and the impact of lipohypertrophy on glucose variation in people with type 1 diabetes. Clinically Angus ran a motivational enhancement clinic for people with type 1 diabetes for many years.

He has been involved in designing and running the diabetes MSc programme at King's College London and has a number of funded PhD students. Angus is a past vice-president of the International Diabetes Federation, and his previous positions include: senior lecturer in diabetes at King's College London; a lecturer in health services research at University College London Medical School; and a health visitor and district nurse in East London.