Abstract

Advanced diabetes technologies, including continuous glucose monitoring and automated insulin delivery systems, have transformed the management of type 1 diabetes. Their benefits, however, extend beyond glycaemic outcomes and cannot be fully understood without considering the psychological experience of the person using the technology.

For many individuals, diabetes technology can reduce fear of hypoglycaemia, increase confidence, improve sleep and provide a greater sense of safety, flexibility and freedom in everyday life. At the same time, it may introduce new emotional and behavioural challenges, including information overload, alarm fatigue, pressure to achieve “perfect” glucose results, frustration with device performance, concerns about body image, loss of trust in one’s own body and difficulties integrating technology into everyday life and personal identity.

The presentation will discuss the psychological factors influencing the initiation, acceptance and long-term use of advanced diabetes technologies. Particular attention will be given to diabetes distress, fear of hypoglycaemia, treatment expectations, perceived burden, self-efficacy, emotional readiness and the relationship between the person with diabetes and the healthcare team.

The session will also offer practical guidance for diabetes nurses and other healthcare professionals on how to recognise psychological barriers, conduct supportive and non-judgmental conversations, respond to emotional distress and help individuals develop a realistic and sustainable relationship with technology. It will emphasise the importance of language, empathy, shared decision-making and the early identification of individuals who may need additional psychological support.

The central message is that successful technology use depends not only on device performance and glycaemic outcomes, but also on trust, communication, individual readiness and person-centred care.

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Prof. Katarzyna Cyranka, PhD, is a clinical psychologist, psychotherapist, academic teacher and researcher specialising in psychodiabetology. She is Head of the Psychodiabetology Laboratory at the Department of Metabolic Diseases, Jagiellonian University Medical College, and Head of the Adult Psychological Outpatient Clinic at the University Hospital in Kraków, Poland. She is also affiliated with the Department of Psychiatry at Jagiellonian University Medical College.

She serves as Head of Postgraduate Studies in Psychodiabetology and is Chair of the Psychodiabetology Section of the Polish Diabetes Association. She is also Chair

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Her clinical, scientific and educational work focuses on the psychological functioning, emotional well-being and quality of life of people living with diabetes. Her particular areas of expertise include diabetes distress, fear of hypoglycaemia, depression and anxiety, eating-related difficulties, treatment burden, communication in diabetes care and the psychological aspects of using continuous glucose monitoring, insulin pumps and automated insulin delivery systems.

She has participated in and coordinated clinical studies evaluating the psychological and metabolic outcomes of advanced diabetes technologies, including their impact on quality of life, emotional well-being, treatment acceptance, diabetes distress and fear of hypoglycaemia. She is actively involved in interdisciplinary education and in developing person-centred models of psychological support for people with diabetes, their families and healthcare professionals.