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Mindfulness Interventions in Diabetes

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Presenter Disclosure Information

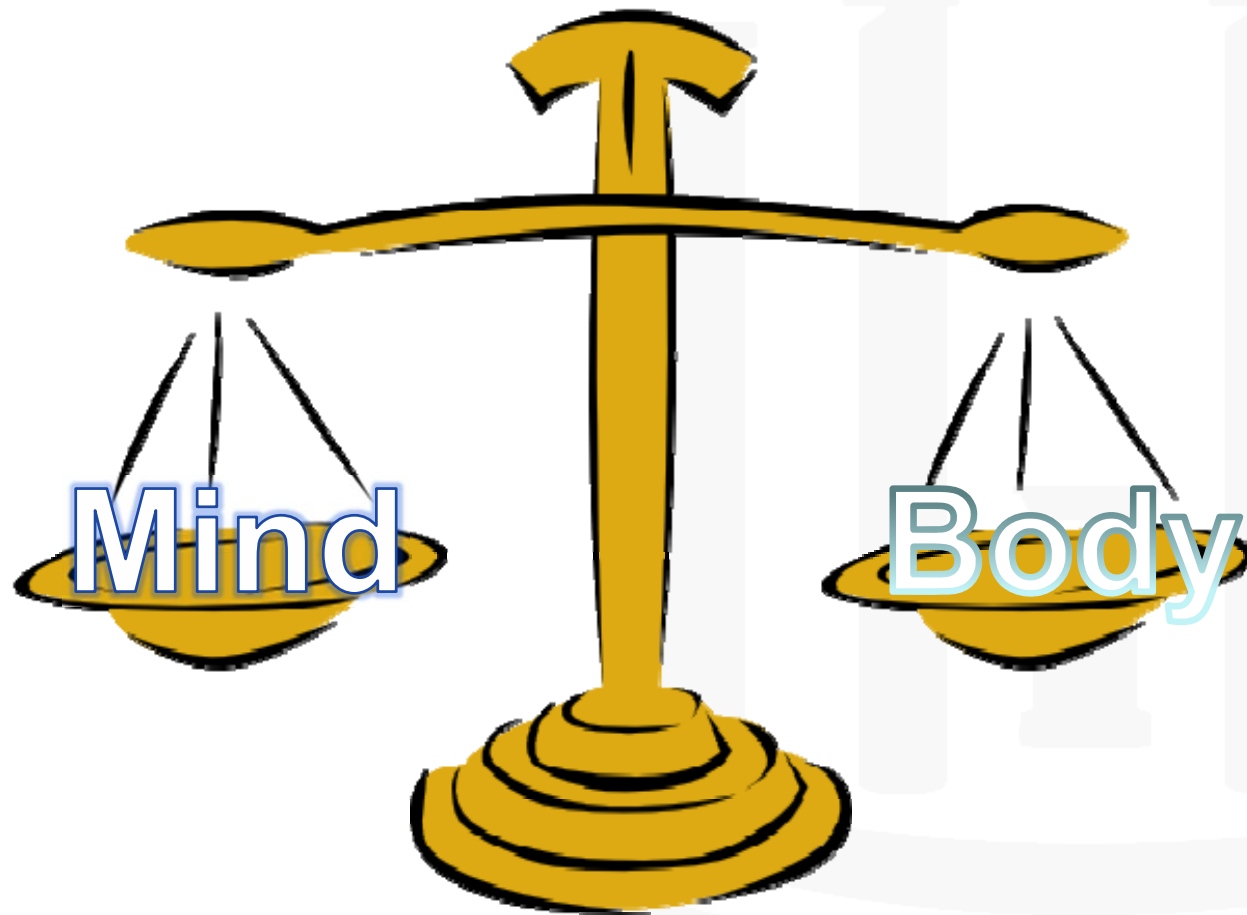
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Mind-Body Medicine





Mindfulness: Being Attentive to the Present Moment

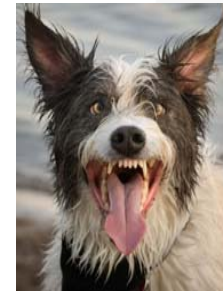
“Paying attention in a particular way:
on purpose, in the present moment,
and
non-judgmentally”

Jon Kabot-Zinn



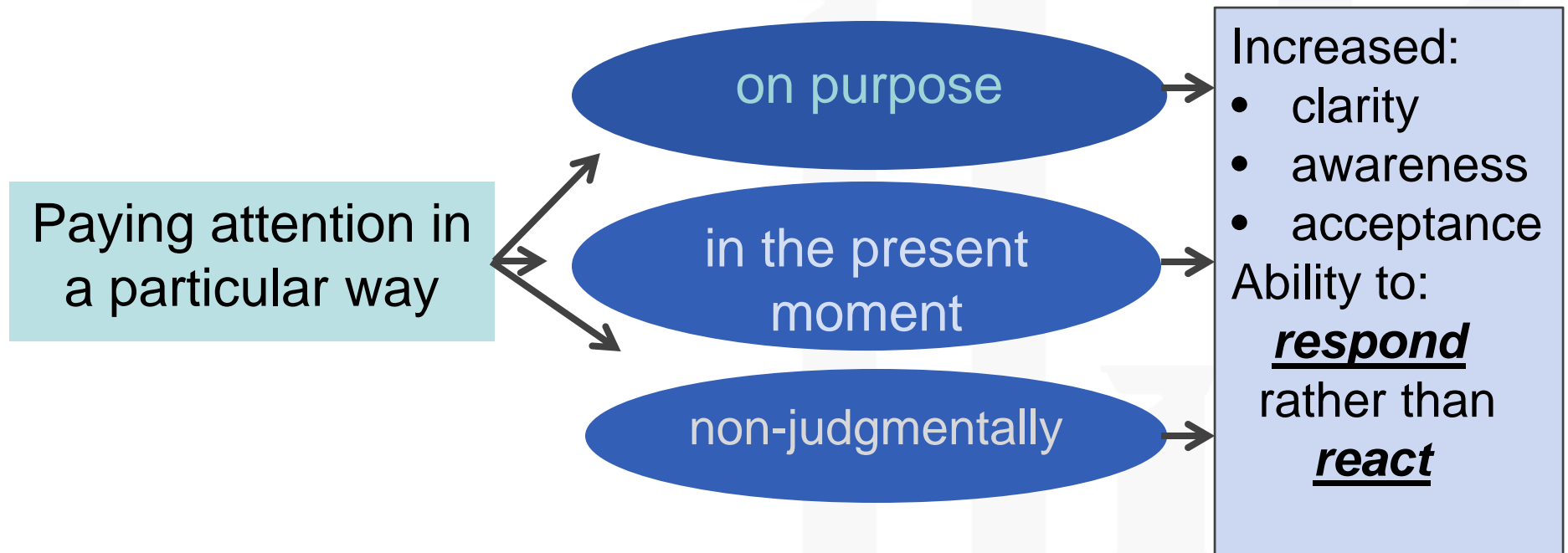
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Mindlessness





Benefits of Mindfulness





What Does Mindfulness Have to Do with Diabetes?

How can you effectively manage your “self” if you are not aware of your “self”???



By learning to be in mindful mode more often, it is possible to develop a new habit that helps to **weaken old, unhelpful and automatic thinking habits.**

Mindfulness aims to develop a skill to place you in a better position to break free of or not 'buy into' unhelpful habits that are causing distress and preventing positive action.



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Becoming Mindful

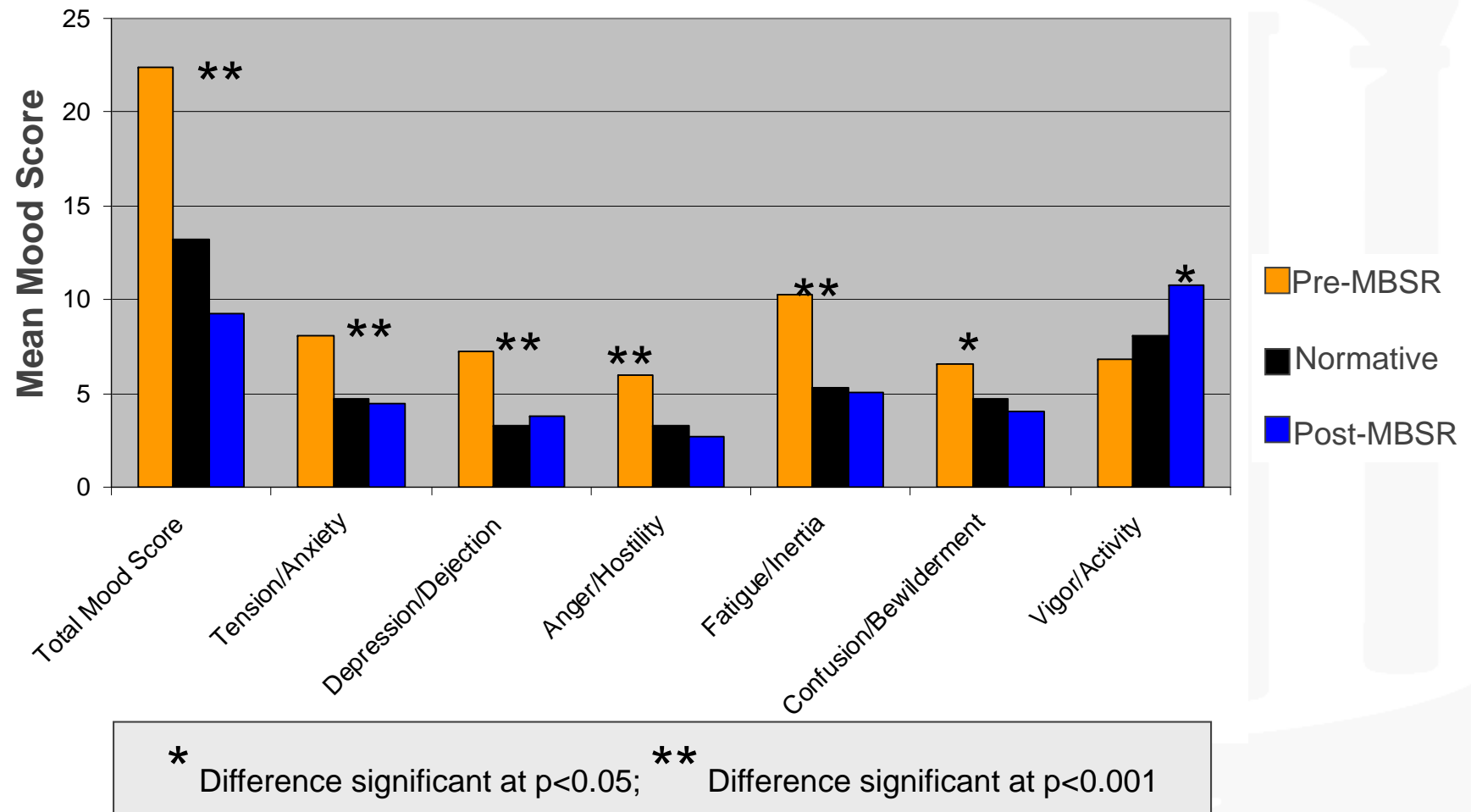




Methods to Cultivate Mindfulness

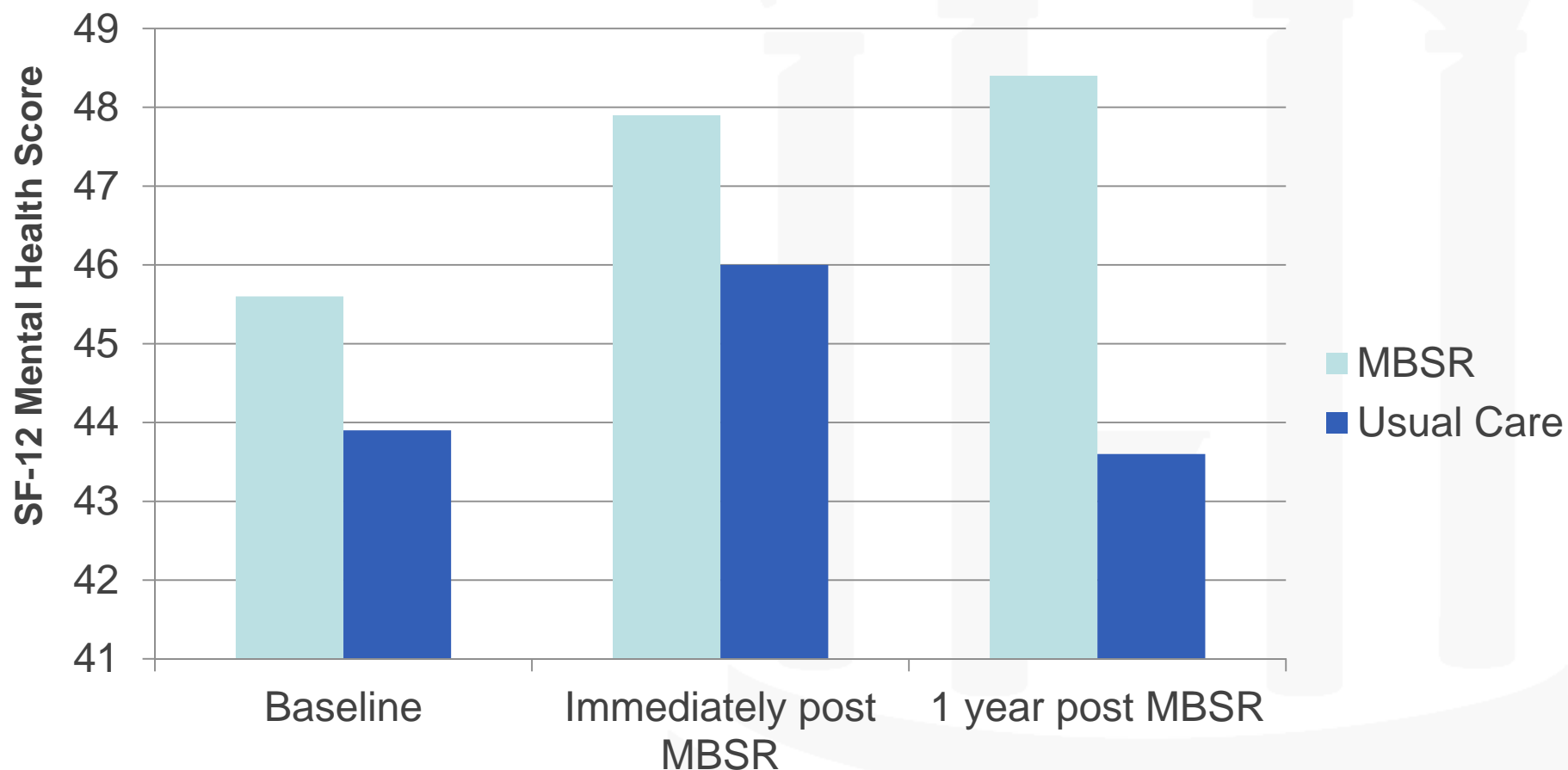


Pre/Post Total & Sub-Scale Mean Mood Scores vs. Population Normative Data



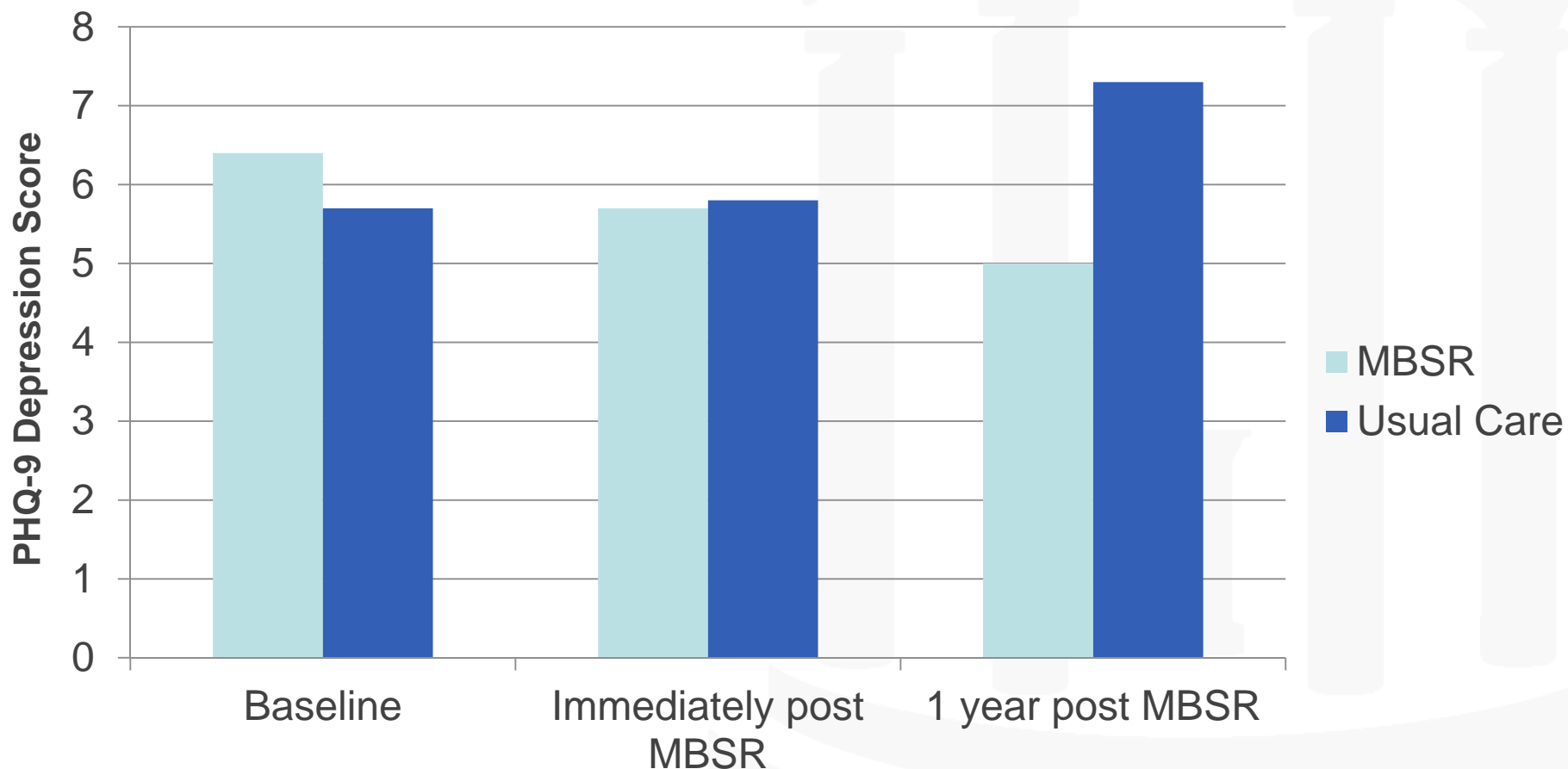


SF-12 Mental Health Score Heidelberg Diabetes & Stress Study



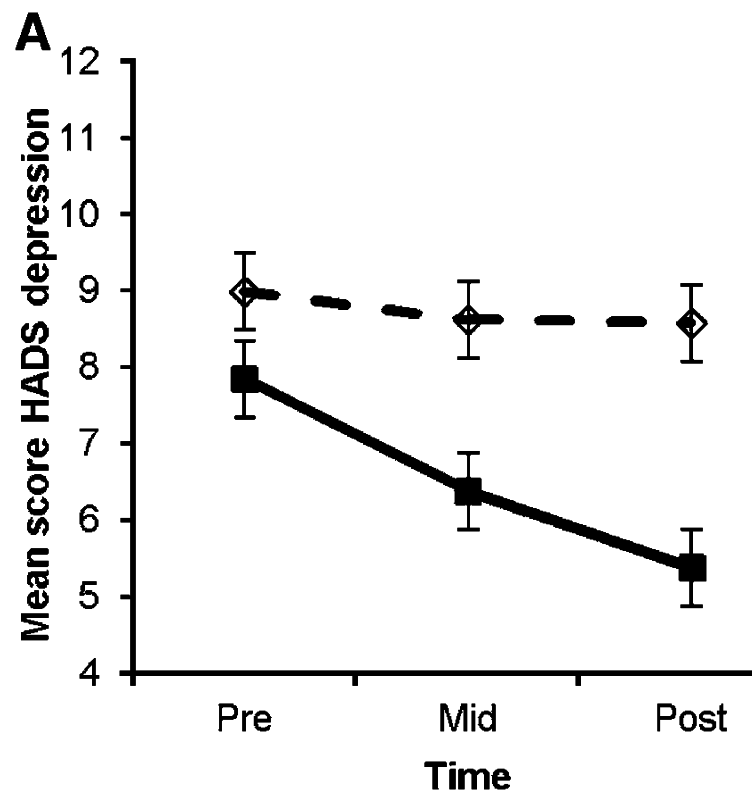


PHQ-9 Depression Score Heidelberg Diabetes & Stress Study

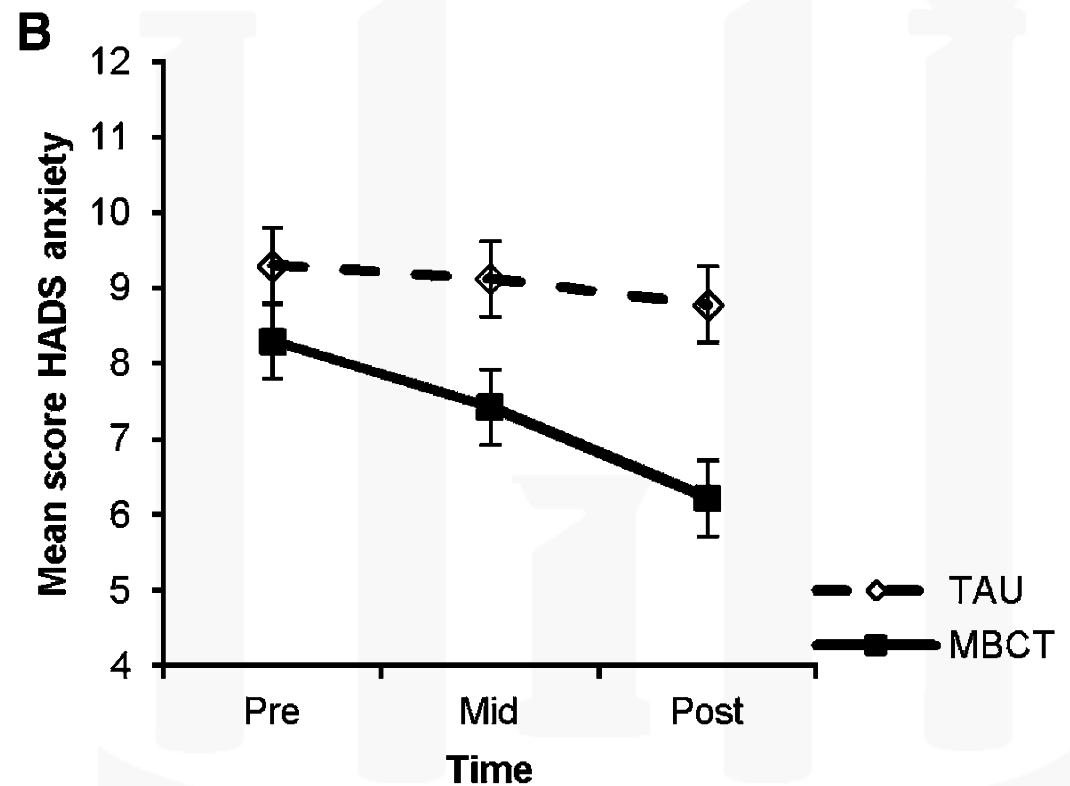




DIAMIND: Effect of MBCT on Depression and Anxiety



$p=0.006$; $d=0.59$



$p=0.019$; $d=0.44$



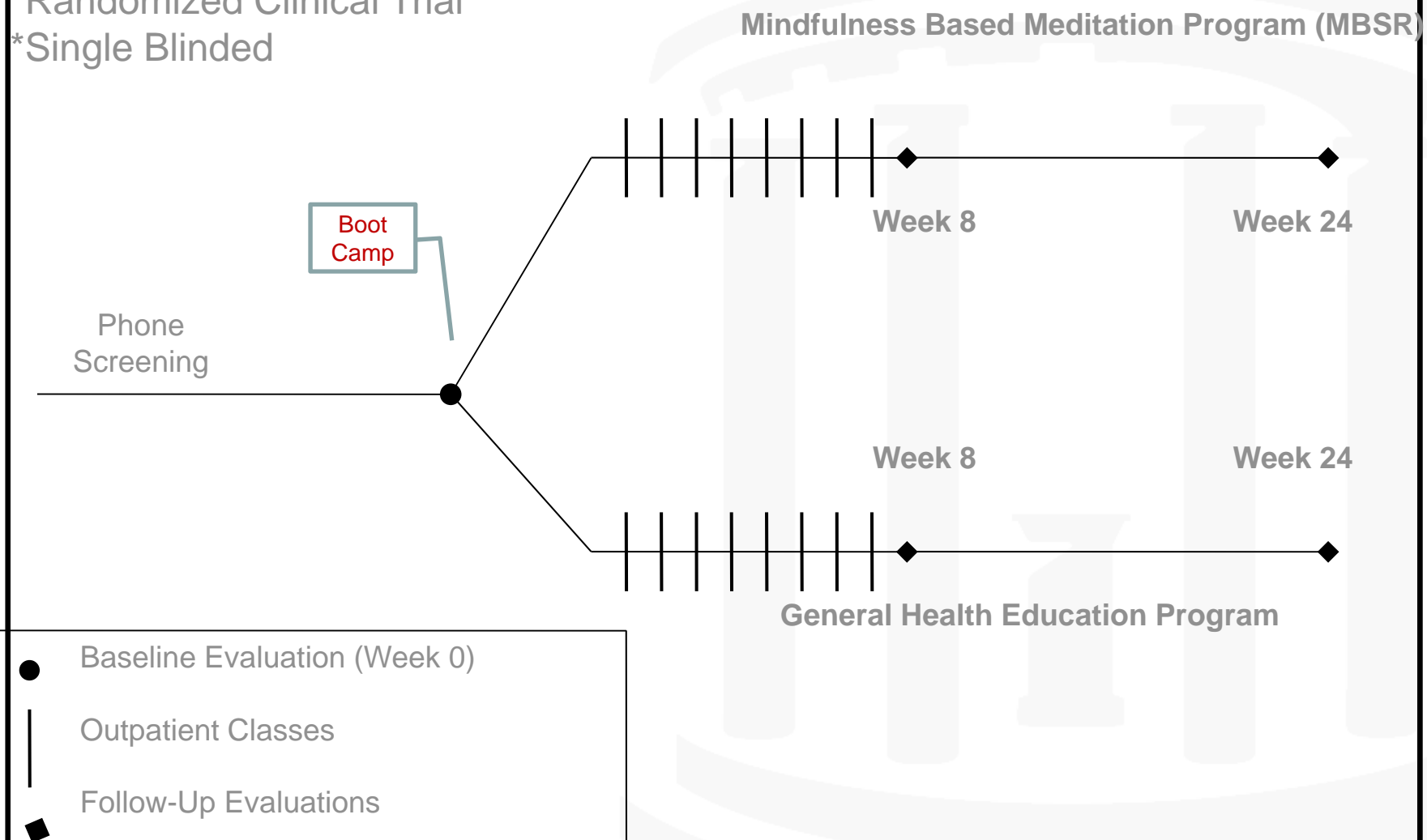
Thriving with Diabetes



Study Design:

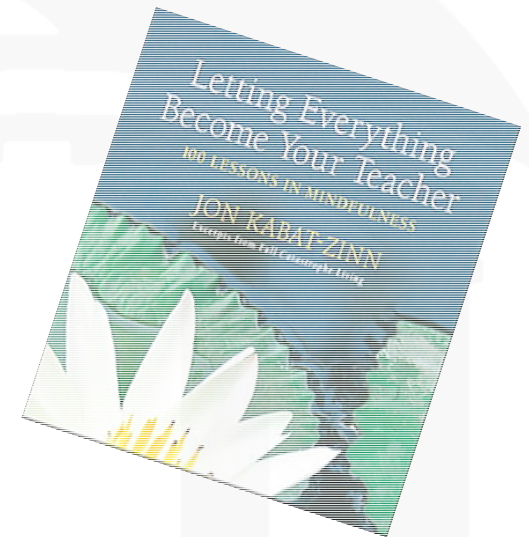
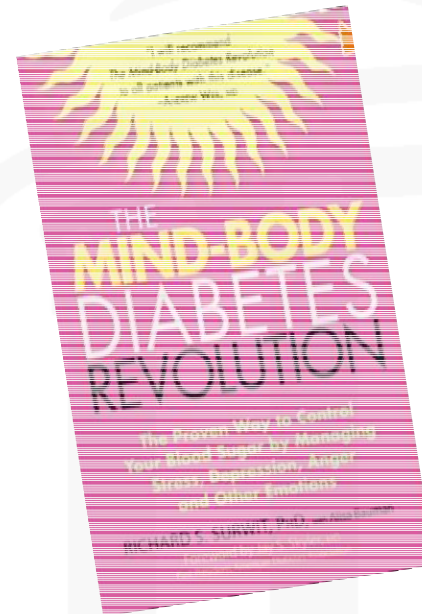
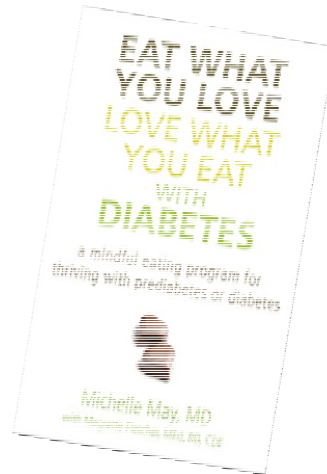
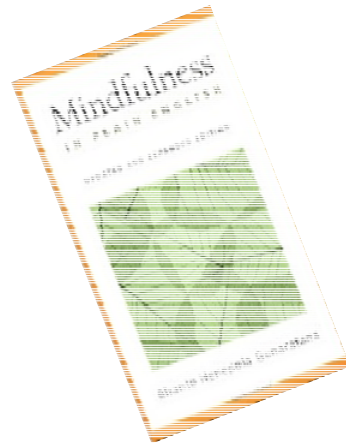
*Randomized Clinical Trial

*Single Blinded





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Mind Full, or Mindful?