

# Healthy Coping in Diabetes: A Guide for Program Development and Implementation

A product of the *Diabetes Initiative* of the Robert Wood Johnson Foundation

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## What is it?

### The purpose of this Guide is to:

- Facilitate expansion of existing services or development of new programs
- Introduce program managers and providers working in primary care and community settings to the range of approaches that address negative emotions

### The Guide includes:

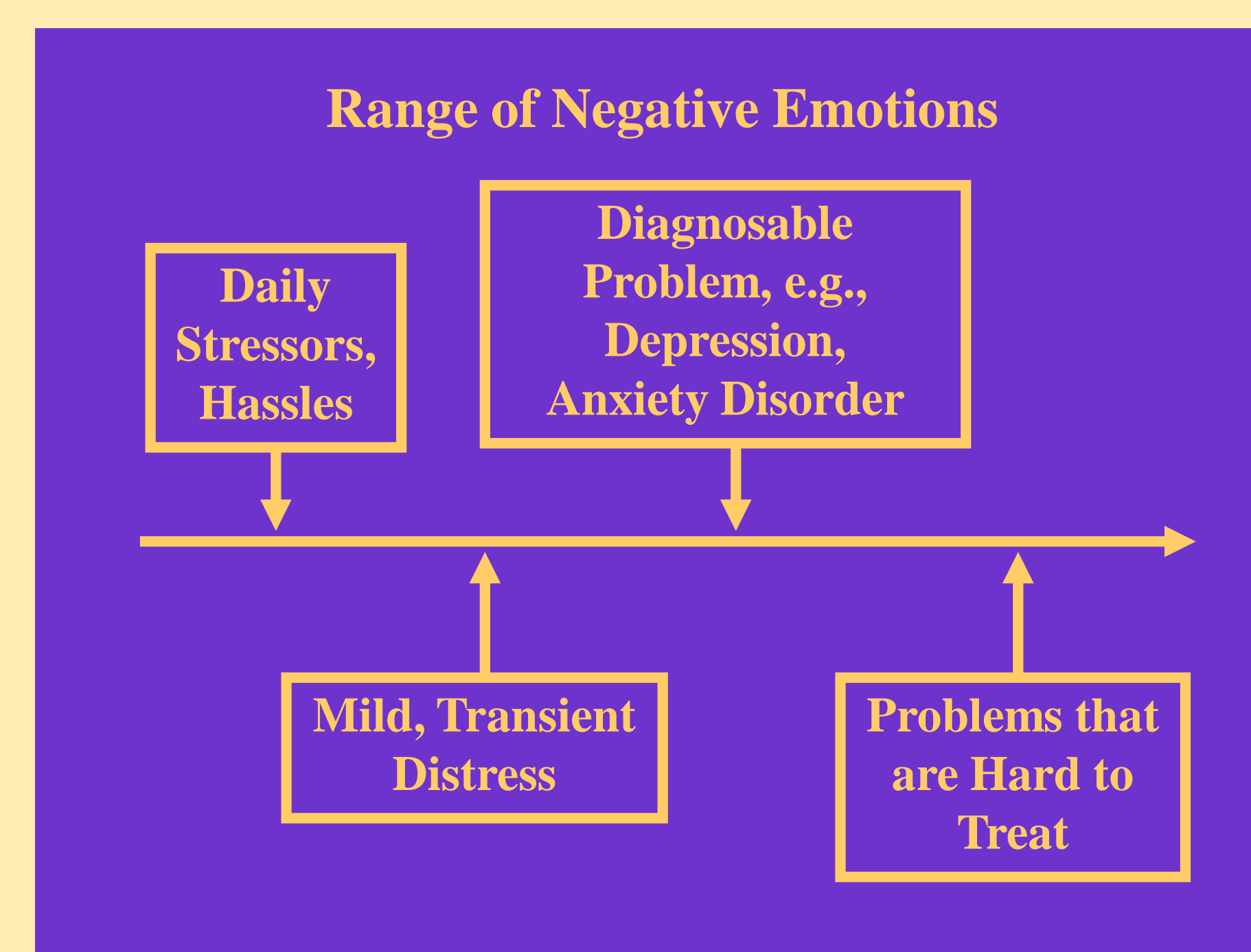
- Overview of approaches to healthy coping
- Review of the evidence supporting each approach
- Considerations for program implementation
- Examples of program approaches from the *Diabetes Initiative*
- Tips for practitioners



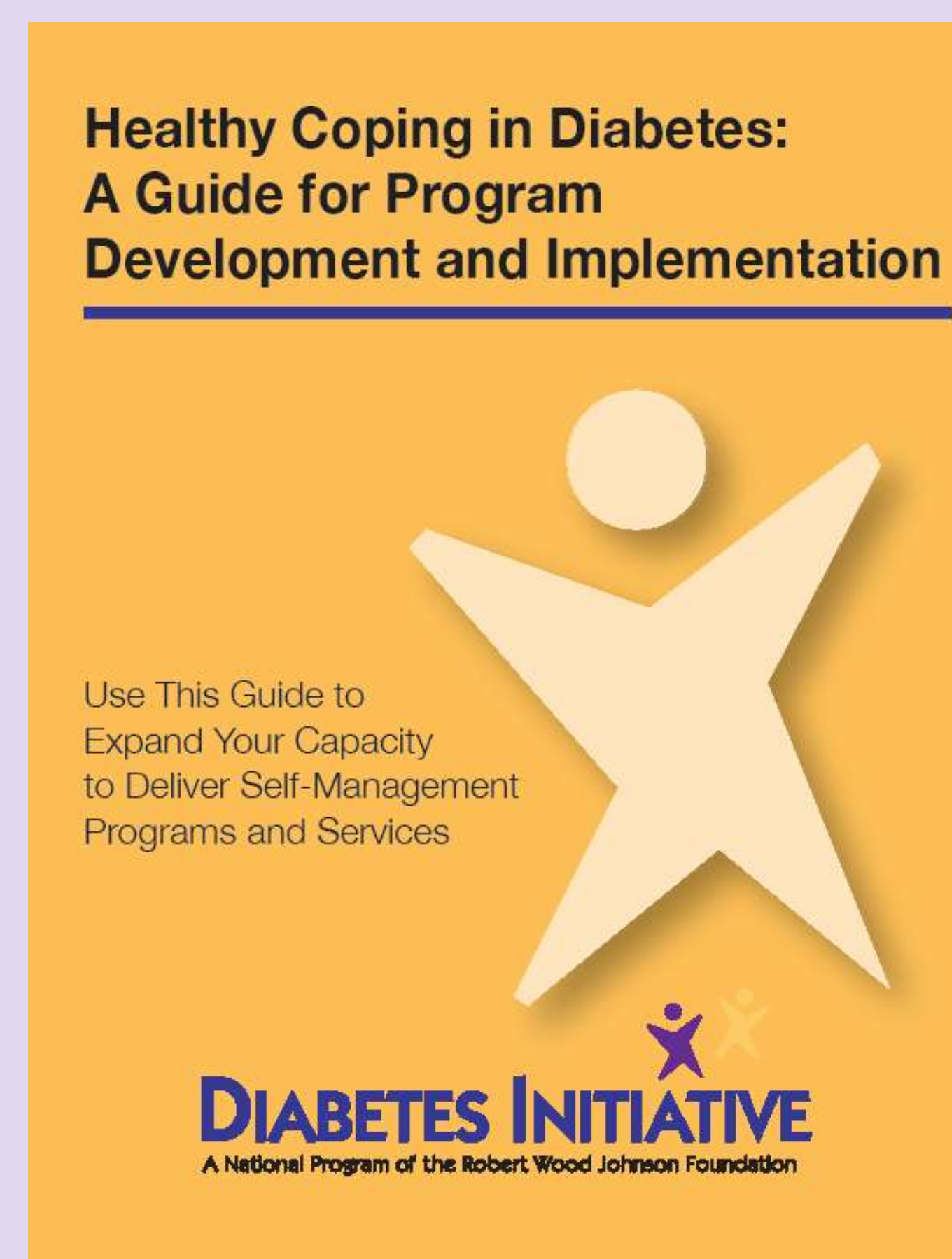
A "Talking Circle" – one type of support group employed by *Diabetes Initiative* sites to promote healthy coping.

## Key Messages

1. The type of negative emotions and problems with coping that occur in diabetes represent a wide spectrum.



2. Enhanced attention to coping with negative emotions can result in better self-management and improvements in emotional health.
3. Based on program resources and patient needs, program managers have a variety of options for enhancing self management programs to include health coping.
4. *Healthy Coping in Diabetes* provides guidance to program managers and practitioners for developing and enhancing their diabetes self management programs.



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Stress Management	Professional Counseling Resources
Physical Activity	Bibliography
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## How can I get this resource guide?

Complimentary copies are available from the *Diabetes Initiative* National Program office:

**Call:** 314-286-1930      **E-mail:** diabetes@dom.wustl.edu      **Download:** www.diabetesinitiative.org

## About the Diabetes Initiative

The Diabetes Initiative of the Robert Wood Johnson Foundation includes 14 projects around the United States, all demonstrating that self management of diabetes is feasible and effective in diverse, real-world settings.