



The PSAD Study Group is pleased to announce:

# 28<sup>th</sup> PSAD International

## Scientific Meeting

in co-operation with the

German Diabetes & Psychology Group

Wuerzburg, Germany: 24<sup>th</sup> to 26<sup>th</sup> April 2024



Welcome to the PSAD Meeting 2024 in Würzburg.

This is the third time, after 2005 and 2017, that Würzburg has had the honour of hosting the 2024 PSAD meeting. Würzburg itself is an academic city in a rather beautiful setting. This was recognised by Pope Boniface in 1402 when he granted the Bishop of Würzburg permission to found his own university. In 1402 he wrote of Würzburg that it was a suitable university town 'because it has a temperate climate, an abundance of food and many other things that are important for human needs'. Of course, things have changed a little in the last 600 years, but we hope you will enjoy the charm of Würzburg once again.

Apart from the city itself, the PSAD meeting offers many scientific highlights for psychosocial research and practice. The PSAD core programme will be surrounded by satellite symposia. Two satellite symposia will be held on Wednesday afternoon. The first will address the important issue of stigma, which has emerged over the last decade as one of the most neglected burdens of diabetes. A second satellite symposium will address the opportunities and challenges of increasing digital psychosocial care. The third post-symposium will take place on Friday afternoon. This PRO symposium will bring together all stakeholders - people with diabetes, researchers and policy makers - to discuss opportunities and gaps in person reported outcomes and experiences.

The PSAD conference will begin with a highlight - the Arnita Carlson Lecture, delivered by Professor Lawarene Fisher, Professor Emeritus of the University of San Francisco. His lecture is entitled: 'Addressing the emotional side of diabetes in clinical care: time for a mini-paradigm shift'. The day will end with dinner at the conference venue and, for those who are not tired, a nightcap in the city.

Thursday will start with two parallel sessions. One on diabetes related distress and the other on PRO's and mental health issues in diabetes. These two 'completed work sessions' will be followed by two parallel 'work in progress sessions' where researchers can discuss research ideas, study designs or specific project related questions with the PSAD audience. In the afternoon there will also be two parallel sessions of completed work, covering a wide range of topics from tracking mood and sleep patterns, gestational diabetes, coping, nurse-led programmes, to social support and spiritual psychosocial outcomes. The structured programme on Thursday will conclude with the announcement of the Outstanding Contribution Award. The rest of the afternoon will be dedicated to unstructured work, providing opportunities for networking and discussion of collaborative research projects.

In the evening there will be a social programme to continue networking or just to catch up with old friends or find new scientific collaborators. We will have a short walk through the city and a glass of sparkling wine or water on the bridge over the Main River. Then we will go to an old winery, founded in 1317, for dinner and wine. So everyone can see for themselves whether the Pope's 600-year-old assessment of Würzburg's food and wine was right.

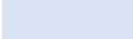
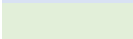
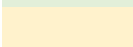
Friday morning will start with a session on person-centred care, where we'll remember two people with diabetes - Axel Hirsch (a co-founder of PSAD) and Bob Anderson - who both made significant contributions and advances in psychosocial research, while emphasising the importance of the perspective of people with diabetes in diabetes care. This session will also include the announcement of the Axel Hirsch Travel Award for travel expenses for people with diabetes. This session will be followed by the Mark Peyrot Great PSAD Debate, where the impact of advanced diabetes technologies on psychosocial care will be discussed in a pro-con format. Following the announcement of the PSAD Travel Award and the PSAD Science Award, the Business Meeting will conclude the official PSAD programme.

After lunch, the satellite symposium on PRO will begin, which is well worth attending in the afternoon.

We hope you enjoy Würzburg and the PSAD programme.

## Preliminary Scientific Programme

### Programme colour coding

	Part of the main PSAD programme – all expenses included in registration fee
	Breaks – all expenses included in PSAD conference registration fee
	Optional – any costs at your own expense, e.g. drinks / meals

### Pre-conference: Evening of Tuesday 23<sup>rd</sup> April 2024

19:00	<p><i>Optional (at own expense):</i></p> <ul style="list-style-type: none"><li>• PSAD Early Career Researcher (ECR) event (ECR co-chairs: Amy &amp; Mandy) – An informal gathering of Early Career Researchers. Connect and grab some food and drinks (at own costs) with fellow ECRs in a relaxed setting before the conference kicks off. All ECR members are welcome. For more information or to register your interest, email Amy (<a href="mailto:amy.mcinerney@ucdconnect.ie">amy.mcinerney@ucdconnect.ie</a>) no later than 15<sup>th</sup> April, in case a venue is to be booked.</li><li>• PSAD “Old timers” event – An informal gathering of anyone who is ineligible for the ECR event (above). Connect over food and drinks (at own costs). All PSAD members are welcome. For more information or to register your interest, email Jane (<a href="mailto:jspeight@acbrd.org.au">jspeight@acbrd.org.au</a>) no later than 15<sup>th</sup> April, in case a venue is to be booked.</li></ul>
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### Day 1: Wednesday 24<sup>th</sup> April 2024

13:00	<p><b>Pre-conference workshop: “Diabetes stigma: We took the pledge. What now?”</b></p> <p>Facilitators: Prof Jane Speight, Prof Jackie Sturt, Dr Bryan Cleal, Jennifer Halliday et al.</p> <p>Join authors of the recent <a href="#">International Consensus</a> to discuss how the <a href="#">Pledge</a> came about and where we may go from here to <a href="#">End Diabetes Stigma</a></p>
	<p><b>Pre-conference symposium: “Digital interventions: Promises and caveats in diabetes care”</b></p> <p>Chairs: Prof Frank Snoek &amp; Prof Norbert Hermanns</p>
14:30	<p>Opening Remarks <b>Frank Snoek</b></p>
14:35	<p>My Diamate: A new self-help for management of Diabetes Distress – The MyREMEDY – Study <b>Frank Snoek</b></p>
14:55	<p>MyDiaMate in Poland: a pilot study <b>Katarzyna Cyranka</b></p>
15:15	<p>The BEATdiabetes study: Results of a diabetes test-bed (NHS-industry-academic collaboration) designed to implement and evaluate online, supported self-management for people living with type 2 diabetes <b>Debbie Cook</b></p>

15:35	N=1 Analysis of sources of daily diabetes distress in people with diabetes – opportunities of digital tools to achieve precision medicine in diabetes <b>Dominic Ehrmann</b>
15:55	Closing remarks <b>Norbert Hermanns</b>
16:00	Coming Together – Tea and Registration for the 2024 PSAD Scientific Meeting
17:00	<p><b>Welcome to the 2024 PSAD Scientific Meeting</b></p> <ul style="list-style-type: none"> <li>• Prof Jane Speight, PSAD Chair</li> <li>• Prof Chantel Mathieu, President of the European Association for the Study of Diabetes</li> </ul> <p><b>Welcome to Wuerzburg</b></p> <ul style="list-style-type: none"> <li>• Local Organising Committee: Prof Norbert Hermanns, Dr Dominic Ehrmann and Dr Andreas Schmitt</li> </ul>
17:30	<p><b>The 2024 Anita Carlson Lecture: “Addressing the emotional side of diabetes in clinical care: time for a mini-paradigm shift”</b></p> <ul style="list-style-type: none"> <li>• Invited speaker: Prof Dr Lawrence Fisher</li> <li>• Chair: Prof Jackie Sturt</li> </ul>
19:00	Dinner at the Burkadushouse

Day 2: Thursday 25<sup>th</sup> April 2024 – Morning session

09:00		Completed Work – Parallel Sessions	
	<p><b>Completed Work 1</b>  <b>Chair: Kirsty Winkley and Christel Hendrieckx</b></p>		<p><b>Completed Work 2</b>  <b>Chair: Frank Snoek and Dr Andreas Schmitt</b></p>
09:00	<p><b>Katarzyna Cyranka</b>            Diabetes distress and diabetes burnout explored in various areas of life in people with type 1 diabetes: effect of short-term psychological intervention</p>	09:00	<p><b>Soren E. Skovlund</b>            Perceptions of impacts of digital health solutions among people with type 1 and 2 diabetes</p>
09:15	<p><b>Chitra Selvan</b>            Reduction in levels of anxiety &amp; depression among people with type 2 diabetes – insights from Fitterfly Diabetes Digital Therapeutics Program</p>	09:15	<p><b>Timm Roos</b>            Person-reported outcomes in people with diabetes using automated insulin delivery (AID): A systematic review</p>
09:30	<p><b>Tejal Lathia</b>            Alleviating diabetes distress and enhancing sleep quality in type 2 diabetes: insights from Fitterfly Diabetes Program</p>	09:30	<p><b>Andreas Schmitt</b>            Interview-based prevalence rates of affective, anxiety and eating disorders in a german secondary care sample of pwd: First results from the Pro-Mental Study</p>
09:45	<p><b>Gina Lehmann</b>            Prevalence, incidence and remission of diabetes distress and depression among people with diabetes and its progression over time depending on the use of an aid system</p>	09:45	<p><b>Lilli-Sophie Priesterroth</b>            Disordered eating behaviours and eating disorders in adults with type 1 diabetes: results from the Debbi Longitudinal Online Survey</p>
10:00	<p><b>Ingvild Hernar</b>            Hypoglycaemia symptom awareness, diabetes distress and general well-being in adults with type 1 diabetes in Norway – a nationwide registry study</p>	10:00	<p><b>Laura Klinker</b>            Associations of food- and eating-related distress and glycaemic parameters: findings from the dia-link 1 &amp; dialink 2 study</p>
10:15	<p><b>Olga Kozłowska</b>            Incorporating the Diabetes Distress Scale into routine nursing diabetes care – a literature review and nurses' views</p>	10:15	<p><b>Samuel Akyirem</b>            Weight-related discrimination, perceived stress, and psychological and physical wellbeing of persons with type 2 diabetes: a mediation analysis</p>
10:30	Coffee Break		

Day 2: Thursday 25<sup>th</sup> April 2024 – Morning session (continued)

11:00		Work in Progress – Parallel Sessions	
		<p><b>Work in Progress 1</b>  <b>Chair: Frans Pouwer and Cathy Lloyd</b></p>	<p><b>Work in Progress 2</b>  <b>Chair: Jorg Huber and Heather Stuckey</b></p>
11:00	<p><b>Amy Mc Inerney</b>            Enhancing Diabetes Teen Clinic: Improvement and evaluation of a multidisciplinary clinic group psychoeducation programme for late adolescents with type 1 diabetes</p>		<p><b>Briana Mezuk</b>            Preliminary findings from the Diabetes, Distress and Disparities (3D) Study</p>
11:20	<p><b>Márcia Carvalho</b>            Factors influencing behaviour change maintenance after attending a type 2 diabetes structured self-management education and support programme: a longitudinal qualitative study</p>		<p><b>Jackie Sturt</b>            Optimising the delivery of diabetes distress informed care for its prevention, detection, and management in adults with type 1 diabetes: a hybrid effectiveness – implementation programme (D-Stress study)</p>
11:40	<p><b>Mandy Jansen</b>            Evaluating The "Losvast" ("Loose Tight") parent training for pediatric type 1 diabetes – a realist evaluation approach</p>		<p><b>Mareille Hennekes</b>            Acceptability and feasibility of a virtually delivered eating disorder prevention program for young males with type 1 diabetes</p>
12:00	<p><b>Gijsbert Stoet</b>            The ADAPT approach to improving support for university students with diabetes</p>		<p><b>Theresa Mohr</b>            Mydiamate for remission of diabetes distress in type 1 diabetes (Myremedy): a multi-national randomised-controlled trial</p>
12:20	Lunch		

Day 2: Thursday 25<sup>th</sup> April 2024 – Afternoon session

13:30	<b>Completed Work – Parallel Sessions</b>	
	<p><b>Completed Work 3</b>  <b>Chair: Sonya Deschenes and Molly Byrne</b></p>	<p><b>Completed Work 4</b>  <b>Chair: Maartje de Wit and Miranda Schram</b></p>
13:30	<p><b>Amy Mc Inerney</b>  Temporal dynamics of sleep and mood in people with type 2 diabetes: insights from smartphone-based ecological momentary assessment</p>	<p><b>Rachel Povey</b>  A World Café to explore stakeholder perspectives on diabetes stigma in the United Kingdom</p>
13:45	<p><b>Neha Verma</b>  Development and evaluation of an automated digital mood tracking and self-management tool for people with type 2 diabetes in Fitterfly Diabetes Digital Therapeutics Program</p>	<p><b>Vibeke Stenov</b>  Co-designing a nurse-led group intervention to reduce diabetes distress among adults with type 1 diabetes (Reduce)</p>
14:00	<p><b>Jiska Embaye</b>  Coping strategies in adults with type 1 and type 2 diabetes: a cross-sectional study</p>	<p><b>Simona Klemenčič</b>  Attachment in close relationships and glycemic outcomes in children with type 1 diabetes</p>
14:15	<p><b>Olga Kozłowska</b>  Integrating mental health care into diabetes primary care: a meta-narrative umbrella review</p>	<p><b>Emma Davidsen</b>  Psychometric validation of the internalised stigma scale for gestational diabetes mellitus (ISS-GDM)</p>
14:30	<p><b>Ana Munda</b>  Gestational diabetes perception profiles based on attachment style</p>	<p><b>Pil Lindgreen</b>  Exploring social support concerning binge eating among members of a type 2 diabetes-specific Facebook group</p>
14:45	<p><b>Eloise Litterbach</b>  “Almost seems like a finger-pointing type thing”: exploring the social experiences of women with gestational diabetes and co-designing a measure of gestational diabetes stigma</p>	<p><b>Mariam Asaad</b>  Psychosocial-spiritual outcomes in parents of children with type 1 diabetes from the middle east and north africa region: a systematic review</p>
15:00	<p><b>Outstanding Contribution Award: recipient to be announced</b>  Chair: Prof Jane Speight</p>	
15:30	Tea Break	

16:00	<p><b>Optional: Unstructured time</b></p> <ul style="list-style-type: none"> <li>Time allocated to getting together with colleagues to discuss ideas for collaboration, to workshop research proposals, to consider travel exchanges, mentoring opportunities etc. A noticeboard will be available from Day 1 on which people can post idea(s) they would like to collaborate on, and others can sign up to meet with them during this session</li> </ul>
18:00	<p><b>Social programme</b></p> <p>Walk through the town and tour of the Buergerspital winery and dinner in the arched wine cellar</p>

### Day 3: Friday 26<sup>th</sup> April 2024

9:00	<p><b>Advances in person-centred care: Recognition of the contributions of Axel Hirsch and Bob Anderson</b></p> <ul style="list-style-type: none"> <li>Dr Bernd Kulzer: Dr Axel Hirsch – a retrospective</li> <li>Speaker (TBA): Dr Bob Anderson – a retrospective</li> <li>A person with diabetes (TBA)</li> <li>Dr Debbie Cooke: Announcement of the Axel Hirsch Travel Award (for a person living with diabetes)</li> </ul>
9:30	<p><b>The 2024 Mark Peyrot Great PSAD Debate: “Do we need more or less psychology in an era of advanced diabetes technologies and treatments?”</b></p> <p>Chair: Dr Bryan Cleal</p> <ul style="list-style-type: none"> <li>“We need more”: Prof Jackie Sturt (group facilitator)</li> <li>“We need less”: Dr Giesje Nefs (group facilitator)</li> </ul> <p>Delegates will be allocated at random to one of the above groups, and given up to 30 minutes to develop their arguments before reconvening to make their case.</p>
10:30	<p>Coffee Break</p>
11:00	<p><b>The 2024 PSAD Travel Fellowships: Recipients to be announced</b> Chair: Mariam Asaad</p> <p><b>The 2024 PSAD Science Award: Recipient to be announced</b> Chair: Dr Amy McInerney</p>
11:45	<p><b>The 2024 PSAD Study Group Business Meeting</b></p> <ul style="list-style-type: none"> <li>All current members of the PSAD Study Group are welcome to attend to receive reports from, and ask questions of, the Executive Committee</li> </ul>
12:45	<p><b>Official close of conference</b></p> <ul style="list-style-type: none"> <li>Prof Jane Speight &amp; Prof Norbert Hermanns</li> </ul>
13:00	<p>Lunch</p>



PRO Satellite Symposium in Cooperation with German Diabetes & Psychology Group	
	<p>Thanks to a donation from PPD, Thermo Fisher  <i>Chairs: Norbert Hermanns, Dominic Ehrmann, Bernhard Kulzer, Sören Skovlund</i></p>
14:00	<p>Welcome – objectives of today  <b>Sören Skovlund, Norbert Hermanns &amp; Bernhard Kulzer</b></p>
14:05	<p>Multiple applications of PRO - Why are they so important?  <b>Norbert Hermanns</b></p>
14:15	<p>PRO: What is the perspective of people with diabetes on use of PRO? How do we want to be involved?  <b>Kate Gajewska</b></p>
14:25	<p>PRO: Importance of involvement of people with diabetes in design and conduct of PRO research  <b>Sören Skovlund</b></p>
14:35	<p>International Consensus Statement on PRO in Diabetes: What is next?  <b>Kath Barnard</b></p>
14:45	<p>Identification of a core diabetes PRO set for use across health care stakeholders  <b>Ann-Kirstin Porth</b></p>
14:55	<p>Mapping person-reported outcomes in diabetes trials: a review  <b>Frank Snoek</b></p>
15:05	<p>Methodological consideration beyond reliability: Sensitivity for change, minimal important clinical difference for selecting and interpreting PROMs with diabetes  <b>Dominic Ehrmann</b></p>
15:15	<p>Methodological consideration beyond reliability: Sensitivity for change, minimal important clinical difference for selecting and interpreting PROMs with diabetes  <b>Jane Speight</b></p>
15:25	<p>Expert voting on PROs core domain sets  <b>Sören Skovlund, Bernhard Kulzer &amp; Dominic Ehrmann</b></p>
16:00	Coffee Break
16:15	<p>Working groups: More in depths discussion of potential core domains</p> <ol style="list-style-type: none"> <li>1. Hypoglycaemia impact and treatment burden  <b>Mathias Rose, Bernd Kulzer</b></li> <li>2. Emotional distress and symptoms distress</li> </ol>

<p>16:45</p>	<p><b>Frans Pouwer &amp; Ann Kristin Porth</b></p> <p>3. General health/quality of life and mental health <b>Sören Skovlund</b></p> <p>Summary of working groups <b>Mathias Rose/ Frans Pouwer/ Ann Kristin Porth/Sören Skovlund</b></p>
<p>17:00</p>	<p>Closing remarks – next steps <b>Norbert Hermanns, Bernhard Kulzer, Dominic Ehrmann, Sören Skovlund</b></p>
<p>17:05</p>	<p>End of the PRO satellite symposium</p>