

30TH PSAD



Annual Scientific Meeting



Scientific and Social Program

17th - 19th February 2026

Wauru Ponds Estate
Geelong, Australia



The PsychoSocial Aspects of Diabetes (PSAD) Study Group

The 30th PSAD Study Group Meeting: Scientific & Social Program

Pre-conference: Monday 16 th February 2026	
<i>Location</i>	<i>Melbourne</i>
18:00	<p>OPTIONAL pre-conference networking dinners (<i>at own cost</i>)</p> <p>PSAD Early Career Researchers (ECR) dinner – open to PSAD ECR members</p> <p>PSAD ‘Old timers’ dinner – open to anyone who is not an ECR</p> <p><i>NB. If you have selected to join a dinner, you will receive details nearer the time via email</i></p>

Pre-conference: Tuesday 17 th February 2026	
<i>Local tip</i>	<i>For the coffee lovers: ‘Assembly’ on Pelham Street serves great coffee; it is less than 5-minute walk from Diabetes Victoria’s office</i>
<i>Location</i>	<i>ACBRD, Diabetes Victoria, 15-31 Pelham Street, Carlton, Melbourne</i>
09:00 – 09:15	<p>Arrive for masterclass</p> <p>Collect Myki tickets for travel to Waurn Ponds</p>
09:00 – 11:00	<p>Satellite Masterclass (<i>for those who have pre-registered</i>)</p> <p>Organisational Health Literacy and diabetes prevention and care</p> <p>Facilitators: Helle Terkildsen Maindal and Bodil Rasmussen</p>
11:00 – 11:30	OPTIONAL Morning Tea
11:30 – 14:00	<p><i>Travel to Waurn Ponds Estate, Geelong via V/Line train from Southern Cross Station</i></p> <p><i>[A group will be travelling to Waurn Ponds Estate from Diabetes Victoria via public transport. The journey by train from Southern Cross to Waurn Ponds is around 1 hour 15 minutes. Transport will be arranged to take people from Waurn Ponds train station to the Waurn Ponds Estate (around 10 minutes by car)]</i></p>

<i>Local tip</i>	<p>About the Waurn Ponds Estate</p> <p><i>The Waurn Ponds Estate is a dedicated conference facility on the edge of the Deakin University campus at Waurn Ponds, Geelong. It is a beautiful, tranquil and somewhat remote setting. There is plenty of opportunity for those who enjoy outdoor pursuits. It is approximately 1 hour 15 (by car or train) from Melbourne and about the same (by car) to Melbourne’s international airport at Tullamarine.</i></p> <p><i>It is 10 minutes (by car) to the Waurn Ponds shopping centre or 5 minutes (by car) to Epworth Hospital, where there is a pharmacy and an emergency department. Alternatively, the shopping centre is a 35-45 minute walk through the campus and then along a main road.</i></p> <p><i>Therefore, it is advisable to bring any supplies with you that you may need during your stay, as it may not be convenient for you to get to a local shop. The ACBRD team will have at least one car available for anyone who needs to make a quick trip to the supermarket, pharmacy or similar.</i></p>
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With sincere thanks to our generous sponsor:

Sanofi Australia

Day 1: Tuesday 17 th February 2026		
<i>Location</i>	<i>Waurm Ponds Estate, Nicol Drive South, Waurm Ponds, Geelong, Victoria</i>	
15:30 – 16:30	Coming Together – Afternoon Tea & Registration	<i>Lounge</i>
16.30 – 19:00	Opening Session	<i>Torquay Room</i>
16:30	Welcome to Country: a Wadawurrung traditional ceremony, held in the grounds of the Waurm Ponds Estate	<i>Outdoors</i>
16:45	Welcome to the 30th PSAD Study Group Annual Scientific Meeting – PSAD Chair: Jane Speight Welcome to Geelong, Australia – the Local Organising and Conference Committee – TBA	
17:15	The 2026 PSAD Travel Awards for Early Career Researchers – Presented by: Mandy Jansen and Eloise Litterbach The 2026 PSAD Axel Hirsch Travel Awards for People with Lived Experience – Presented by: TBA	
17:30	The 2026 Anita Carlson Lecture: TBA <i>Speaker:</i> Renza Scibilia <i>Chair:</i> TBA	
18:30	Free time / Pre-dinner drinks	
19:00	Dinner – Waurm Ponds Estate (<i>included in registration fee</i>)	<i>Restaurant</i>

Abbreviations used in this program

GDM: gestational diabetes

T1D: type 1 diabetes

T2D: type 2 diabetes

All sessions will be held in either the Torquay Room or the Anglesea Room at the Waurm Ponds Estate.

The 30th PSAD Study Group Meeting: Scientific & Social Program

Day 2: Wednesday 17 th February 2026		
Location	Torquay Room	Anglesea Room
08:30 – 10:00	Session 1.1 Completed Work Psychological wellbeing Chairs: Frans Pouwer, Jo Jordan	Session 1.2 Completed Work Diabetes programs and interventions Chairs: Norbert Hermanns, Lauren Cusack
08:30	Are age and gender associated with diabetes and weight stigmas among adults with T2D? Results from the second Diabetes MILES – Australia (MILES-2) Study – Sarah Manallack	Co-designing a digital mental health intervention for individuals with diabetes: the MyDiaMind experience – Hamimatunnisa Johar
08:45	Loneliness in diabetes: How prevalent is it and what factors determine it? – Anggi Lukman Wicaksana	“Not a fear, just an occurrence now”: Qualitative feedback from adults with T1D about an online, self-guided, psycho-educational program for adults with T1D: An intervention mapping approach – Alison Robinson
09:00	Diabetes stigma and its associations with general and diabetes-specific wellbeing: Moderating roles of psychosocial factors – Siobhan Power	Developing HypoPAST (Hypoglycaemia Prevention, Awareness of Symptoms and treatment), a fully online, self-guided psycho-educational program for adults with T1D: An intervention mapping approach – Jennifer Halliday
09:15	Hypoglycemia and psychological health in people with T2D: results from the Trøndelag Health Study – Hilde Kristin Refvik Riise	Mental health benefits of Camaps Fx Based Ahcl for people with T1D, glucose levels outside target range and psychological disorders: results from the Hi-Loop Study – Katarzyna Cyranka
09:15	Diabetes distress and depression are common in people with established diabetes-related foot disease and associated with autonomic neuropathy symptoms – Md Kamruzzaman	Impact and experiences of parents related to the LosVast parent program in pediatric T1D – a realist-inspired process evaluation – Mandy Jansen
09:45	Effect whole-body electromyostimulation (WB-EMS) on mental health in people with a sedentary lifestyle and prediabetes: a pilot-study – Mahdieh Shojaa	A mixed-methods process evaluation of therapy delivery in a novel cognitive behavioural therapy intervention for T1D and disordered eating: Safe management of people with T1D and Eating Disorders Study (STEADY) – Natalie Zarembo
10:00 – 10:45	Coffee break	
		Lounge

The 30th PSAD Study Group Meeting: Scientific & Social Program

Day 2: Wednesday 18 th February 2026		
Location	Torquay Room	Anglesea Room
10:45 – 12:00	Session 2.1 Work in Progress Populations experiencing socioeconomic or social vulnerability Chairs: Jackie Sturt, Ashley Ng	Session 2.2 Work in Progress Mental health Chairs: Uffe Søholm, Anna Boggiss
10:45	Co-designing a person-centered tool to support young adults with T1D bridging daily life and clinical encounters – Anka van Gastel	Routine psychosocial monitoring for youth living with T1D and their caregivers within Australia: associations with demographic and clinical variables – Anna Boggiss
11:00	Addressing unmet needs of people with diabetes through digital social prescribing – Chris Lynch	Precision subclassification of mental health in diabetes: Digital TWINS for precision mental health to track subgroups (TwinPeaks) – Bernhard Kulzer
11:15	Evaluation of the Young Adults with Diabetes Service (YADS) at Monash Health, Victoria, Australia – Rebecca Goldstein	Exploring the impact of psychology on diabetes distress in young adults with T1D – Emily Hibbert
11:30	Diabetes Paediatric to Adult Transition in Healthcare (Diabetes PATH) - Defining success and best practice paediatric to adult diabetes care transition – Ashley Ng	METRIC trial: METfoRmin In psyChosis (METRIC) for weight gain prevention – Richard Holt
11:45	A pitch for a large online study that targets psychosocial barriers and unmet care needs among people with diabetes who live in low- and middle income countries around the globe. – Frans Pouwer	Effectiveness of whole-body electromyostimulation, multicomponent exercise, and e-health combined with diet for diabetes prevention: a pragmatic multicenter randomized trial – Mahdiah Shojaa
12:00 – 13:00	Lunch	TBC

Day 2: Wednesday 18 th February 2026		
Location	<i>Torquay Room</i>	<i>Anglesea Room</i>
13:00 – 14:30	Session 3.1 Work in Progress Factors affecting diabetes risk and management Chairs: Eloise Litterbach, Anka van Gastel	Session 3.2 Work in Progress Qualitative and co-design methods Chairs: Alison Robinson, Bryan Cleal
13:00	Starting diabetes care fresh – Samereh Abdoli	Understanding the lived experiences of mothers caring for children with T1D in Jordan – Riwa Kahale
13:15	The dual stigma of high weight and T2D: insights from a Danish national survey – Sabina Wagner	The quest continues: the qualitative experiences of early-stage T1D project – Mia Majstorovic
13:30	What does "stigma-free" diabetes care mean? A multinational qualitative exploration towards addressing T2D diabetes stigma in healthcare settings – Emmanuel Ekpore	Co-creation and development of a stepped-care model for psychological support for people with T1D – Mette Juel Rothmann
13:45	Supporting T2D and cardiovascular disease risk-reduction for women and their children following gestational diabetes mellitus: a qualitative study of health promotion professionals – Eloise Litterbach	How are pros and cons of diabetes devices presented online? A qualitative study of website and social media contributions by people with T1D – Maaike Horsseleberg
14:00	Prevalence and Associated Factors of Diabetes Distress among Adults with T2D Mellitus in Pakistan: A Systematic Review and Meta-Analysis – Kainat Asmat	Living with T1D in Kenya – Chasia Lewis
14:15	Anxiety and depression among people with diabetes after COVID-19 hospitalization: A prospective cohort study – Dina Renathe Løland	The role of resilience-based clinical supervision (RBCS) to enhance the wellbeing of diabetes specialist nurses – Sue Hill
14:30 – 15:00	Afternoon tea	
		<i>Lounge</i>

The 30th PSAD Study Group Meeting: Scientific & Social Program

Day 2: Wednesday 18 th February 2026		
Location	Torquay Room	Anglesea Room
15:00 – 16:00	Session 4.1 Rapid presentations Diabetes distress and caring for people with diabetes Chairs: Anna Serlachius, Meaghan Read	Session 4.2 Rapid presentations Measurement, management and medication taking Chairs: Belinda Moore, Tim Skinner
15:00	Ecological momentary assessment of consecutive daily diabetes distress: when a single day of diabetes distress matters – Laura Klinker	Associations between illness belief dimensions, illness clusters, health and well-being indicators among adults with T2D: findings from the PREDICT cohort study – Timothy Skinner
15:06	A new approach in measuring meaningful diabetes distress: the Diabetes Distress Diagnostic Checklist (DDCL) – Andreas Schmitt	Depression and Diabetes Distress are main drivers of Health Related Quality of life – Norbert Hermanns
15:12	A rapid realist review of group-based interventions to reduce diabetes distress in adults with T1D – Jackie Sturt	Community co-design: exploring the barriers to T2D medication use, preferred resource types and delivery – Stephanie Lamev
15:18	Investigating the relationship between diabetes distress and diabetic ketoacidosis in young adults with T1D – Emily Hibbert	Validating the Emotional Well-Being Questionnaire in T2D: a pilot confirmatory factor analysis – Maarja Randväli
15:24	The impact on families requiring a mobile phone as a medical device in the management of T1D – Kristy Browne-Cooper	Guided self-determination: a co-designed self-management program for Aboriginal and Torres Strait Islander people living with T2D – Bodil Rasmussen
15:30	Talking about T1D: Understanding adolescents' needs to have confident conversations – Keely Bebbington	Diabetes distress occurs frequently in people with diabetes-related foot ulcers and is associated with higher glycemic outcomes – Jessica A Marathe
15:36	Emotional burden in caregivers and psychosocial wellbeing in children with T1D: Findings from Campamento Tonalli 2025 (Mexico) – Erika Backhoff Allard	Food insecurity and continuous glucose monitoring indices in Indigenous Australians – Md Kamruzzaman
15:42	Diabetes distress in adults with T1D and their relatives: personality correlates, chronic complications, and a theoretical link to complex post-traumatic stress disorder – Judita Konečná	Modified Distress Scale (mDDS): A novel instrument for assessing emotional distress and treatment compliance in diabetes mellitus - a cross-sectional multicenter study from India – Firdous Shaikh
15:48	Considering communities of care when designing care plans: a secondary analysis of diabetes encounters in the US and the Netherlands	Psychosocial and behavioural outcomes of the SIHAT telehealth pilot program for people with T2D in Malaysia – Jessica Watterson

The 30th PSAD Study Group Meeting: Scientific & Social Program

Day 2: Wednesday 18 th February 2026		
	– Anka van Gastel	
15:54	What aspects of Enhanced Usual Care for reducing diabetes distress work, for whom, in what circumstances and why? A rapid realist review – Jackie Sturt	[No presentation]
16:00		Free time
18:15		Social Program [Complimentary bus will depart promptly at 6.15pm: meet at entrance]
		<i>Transport</i>
19:00	Dinner (<i>included in registration fee</i>)	<i>Jack Rabbit Winery</i>

The 30th PSAD Study Group Meeting: Scientific & Social Program

Day 3: Thursday 19 th February 2026		
<i>Location</i>	<i>Torquay Room</i>	
08:00 – 09:30	Workshop: Implementation of the EASD clinical guideline on the assessment and management of diabetes distress among adults with T1D and T2D – Facilitators: Jackie Sturt, Karin Kanc, Richard Holt, Jane Speight	
09:30 – 10:00	Coffee break	
<i>Location</i>	<i>Torquay Room</i>	<i>Anglesea Room</i>
10:00 – 11:30	Session 5.1 Completed Work Diabetes and socioeconomic challenges Chairs: Hilde Rise, Mandy Jansen	Session 5.2 Completed Work New perspectives on living with and assessing diabetes outcomes Chairs: Natalie Zaremba, Richard Holt
10:00	The association of socioeconomic status and diabetes-related neuropathy in South Asians with T2D – Chinmay S Marathe	Person-Reported Outcome Measures (PROMs) used in clinical trials among youth living with T1D: a mapping review of constructs – Anna Boggiss
10:15	Food insecurity and diabetes distress in South Asia: exploring a causal relationship by g-computation analysis – Chinmay S Marathe	Danish validation and cultural adaptation of the Diabetes Distress Assessment System for people with T1D and T2D – Louise Laursen
10:30	Co-existence of food insecurity and abdominal obesity in people with T2D from South Asia is associated with glucose levels outside of target range. – Md Kamruzzaman	Picture living with diabetes: A photovoice study of young adults' efforts in making diabetes care fit into their lives – Anka van Gastel
10:45	Peripheral neuropathy and neuropathic pain are worse and are associated with food insecurity and low household dietary diversity in people with South Asians with T2D – Chinmay S Marathe	Living with diabetes as loss: a grief-informed perspective on psychosocial care – Bryan Cleal
11:00	[no presentation]	Parenting interventions for parents of children with T1D: a systemic review – Mandy Jansen
11:15 – 11:30	Coffee break	
11:30 – 12:30	PSAD Business Meeting – Members only	
12.30 – 13:30	Lunch	
13:30 – 14:30	Session 6.1 Completed Work Diabetes self-management in low-to-middle-income countries Chairs: Mia Majstorovic, Jane Speight	Session 6.2 Completed Work Diabetes in women and pregnancy Chairs: Elizabeth Holmes-Truscott, Laura Klinker
13:30	Exploring the lived experiences and perceptions of social support in diabetes self-management in Ethiopia: perspectives of patients, family, and friends – Israel Bekele Molla	Social needs and stress in pregnant women with diabetes in New Zealand: a cross-sectional study – Anna Serlachius

The 30th PSAD Study Group Meeting: Scientific & Social Program

Day 3: Thursday 19 th February 2026		
13:45	Why self-management remains a struggle for adults living with T2D in Pakistan? – Kainat Asmat	The transition from pre- to early pregnancy in women with T2D – a qualitative study – Line Elberg Lorenzen
14:00	Diabetes, distress, and re-conceptualisation of self-management, self-efficacy and illness perceptions in urban and rural contexts in Ethiopia: a qualitative study – Andualem Derese	From illness perceptions to glycemic management: the role of diabetes distress in gestational diabetes – Ana Munda
14:15		"They understood what we were going through": Experiences of programme users and peer supporters in the Women's Wellness T2D Programme (WWDP+) – Deniz Bozkurt
14:30 – 14:15	Comfort break	
<i>Location</i>	<i>Torquay Room</i>	
14:15	The 2026 PSAD 'Mark Peyrot' Great Debate: Title TBA Chair: Tim Skinner	
15:30 – 16:00	Afternoon tea	
<i>Location</i>	<i>Torquay Room</i>	
16:00	The 2026 PSAD Science Awards: <i>Winners to be announced</i> Chair: Jackie Sturt	
16:30	Official close of the 30th PSAD Annual Scientific Meeting – PSAD Chair: Jane Speight	
16:45	Free time	
18:30	OPTIONAL Social Program: Transport (meet at entrance) [Ubers / taxis will depart at 18.30pm]	
19:00	OPTIONAL: Dinner at Little Creatures Brewery, 221 Swanston Street, Geelong	

The 30th PSAD Study Group Meeting: Scientific & Social Program

Post conference: Friday 20 th February 2026	
<i>Location</i>	<i>Torquay Room</i>
08:30 – 10:30	Satellite Workshop: Human-centered ai research in rural diabetes care: ethical, psychosocial, and community engagement challenges Facilitator: Samereh Abdoli
10:30 – 11:00	Coffee Break
11:00 – 12:30	Satellite Symposium: Stem-cell treatments in T1D: from perceptions to pursuit and person-reported outcome measures Facilitators: Richard Holt, Renza Scibilla
12:30 – 13:30	OPTIONAL: Lunch at Waurin Ponds Estate Restaurant
13:45	OPTIONAL: Offsite Excursion [details to be shared via email with those who pre-registered]

To contact the organising committee, please email info@acbrd.org.au

Thank you for making the 30th PSAD Annual Scientific Meeting such an engaging and memorable event.

We hope that our interstate or international visitors enjoy the rest of your stay here in Australia.

We wish you safe onward travels.

We look forward to seeing you next year – save the date!

31st PSAD Annual Scientific Meeting
Krakow, Poland
21-23 April 2026

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