

Peer education helpful for diabetes patients in distress

6 December 2014



Image courtesy of Blausen Medical

More information: [Abstract](#)
[Full Text](#)

Copyright © 2014 [HealthDay](#). All rights reserved.

Peer education improves mental status in type 2 diabetes patients who have emotional disorders, according to research published online Nov. 16 in the *Journal of Diabetes Investigation*.

(HealthDay)—Peer education improves mental status in type 2 diabetes patients who have emotional disorders, according to research published online Nov. 16 in the *Journal of Diabetes Investigation*.

Yan Liu, of the General Hospital of Dagang Oilfield in Tianjin, China, and colleagues randomly assigned 127 [diabetes patients](#) with [emotional disorders](#) to either peer education or usual education. Both groups received usual diabetes education. At six months, metabolic index and psychological status were assessed.

The researchers found significant improvements in anxiety, depression, diabetes knowledge, distress, self-management, and quality of life among diabetes patients receiving peer education and usual diabetes education compared with those receiving usual education only. No significant difference between the groups was observed for metabolic index.

"Peer education support is the preferred model for delivering care for diabetes patients with emotional disorders to improve their [mental status](#)," the authors write.

APA citation: Peer education helpful for diabetes patients in distress (2014, December 6) retrieved 5 June 2021 from <https://medicalxpress.com/news/2014-12-peer-diabetes-patients-distress.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.