The DAWN™ MIND™ Youth programme

About the programme

The DAWN™ Youth study highlighted the importance of addressing a range of psychosocial issues as part of regular paediatric diabetes care. The International Society for Paediatric and Adolescent Diabetes (ISPAD) guidelines recommend that "Assessment of developmental progress in all domains of QoL (i.e., physical, intellectual, academic, emotional, and social development) should be conducted on a routine basis."\(^1\)

Until recently, there were no guidelines or research-based tools that could support the integration of psychosocial needs assessment into the routine care of young people with diabetes.

As part of the DAWN™ Youth initiative, a global Novo Nordisk initiative started in partnership with the International Diabetes Federation (IDF) and the International Society for Paediatric and Adolescent Diabetes (ISPAD), and overseen by the DAWN™ Youth international advisory board, Novo Nordisk developed the DAWN™ MIND™ Youth programme in 2009-2010. The programme is built on the global DAWN™ Youth survey results and its aim is to promote the assessment of health-related quality of life (HRQoL) as part of routine outpatient care for young people with diabetes.

The DAWN™ MIND™ Youth programme includes MIND™ Youth (MY-Q), a psychometrically validated psychosocial needs assessment questionnaire, a web-based software programme that facilitates completion and evaluation of the questionnaire, and a manual for healthcare professionals (HCPs) offering guidance on how to score the results and communicate effectively with people with diabetes.

Training will be offered to all the participating HCPs prior to starting the DAWN™ MIND™ Youth programme.

36 questions use a Likert scale pertaining to frequency or intensity, allowing respondents to evaluate themselves in the areas of general quality of life, social life, diabetes management and emotional health. Any positive or negative events the young person has experienced in the recent past are taken into account via two open-ended questions, and the young person is also invited to raise any other issues they would like to discuss with the healthcare team. Sample questions are shown below:

**MY-Q – the MIND Youth Questionnaire**

The development of the MY-Q questionnaire was led by Maartje De Witt, of the Institute for Health and Care Research, VU University Medical Center, Amsterdam

About the programme

The DAWN™ MIND™ Youth programme and related internationally validated training programmes on psychosocial management in paediatric diabetes are available for adaptation and implementation at local level.

Implementation and evaluation

The secure web-based software programme supports interaction between young people with diabetes, their parents and healthcare teams. The young people with diabetes can complete the MY-Q questionnaire and submit it remotely via the programme, either at home or at the clinic, before the routine annual assessment.

**The DAWN™ MIND™ Youth web-based software programme**

**General Quality of Life**

1. Here is a picture of a ladder. The top of the ladder "10" is the best possible life for you and the bottom "0" is the worst possible life for you. In general, where on the ladder do you feel you stand at the moment? Tick the number that best suits you.

2. If you were to rate your current life on a scale where 0 is the worst possible life and 10 is the best possible life, how would you score it? Tick the number that best suits you.

**Social Life**

3. How often did you have problems with friends and family in the recent past?

4. Did you feel close to people of your age and other people in general in the recent past?

**Diabetes Management**

5. In how many of the past 14 days have you omitted the prescribed medicine on purpose?

6. Have you limited your life because of diabetes treatment barriers in the recent past?

7. Are there any problems you would like to discuss with your healthcare team?

**Emotional Well-being**

8. How did your daily life affect your emotional well-being in the recent past?

9. How did your general health affect your emotional well-being in the recent past?

10. How did your diabetes management affect your emotional well-being in the recent past?

Results analysis

The answers are compiled by computer software and provided to the HCPs for immediate follow-up in discussion with the respondent. The software generates a graphical summary of the results, allowing the HCPs to detect trends over time. These results aid the HCPs in effective discussion and motivation (of both the young person and their parent or carer. Most of the questionnaire's results are included in the programme.

**Sample question:**

Tick the number that best suits you.

**Implementation**

The DAWN™ MIND™ Youth programme has already been implemented in the Netherlands, with 15 clinics using the programme in 2009-2010. The programme is built on the global DAWN™ Youth survey results and its aim is to promote the assessment of health-related quality of life (HRQoL) as part of routine outpatient care for young people with diabetes.

**For further details on local implementation, please contact your local Novo Nordisk office.**

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1. Global IDF/ISPAD/Guideline for Diabetes in Childhood and Adolescence

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Next steps

- The MY-Q Questionnaire exists in multiple languages and can be obtained for scientific and clinical purposes by contacting Martje De Witt, Department of Medical Psychology, EMGO Institute for Health and Care Research, VU University Medical Center, Amsterdam

- The DAWN™ MIND™ youth programme and related internationally validated training programmes on psychosocial management in paediatric diabetes are available for adaptation and implementation at local level.