

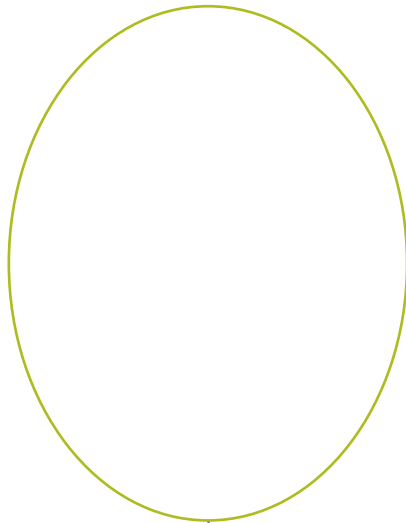
Patient name:

Completion date:

Interview date:

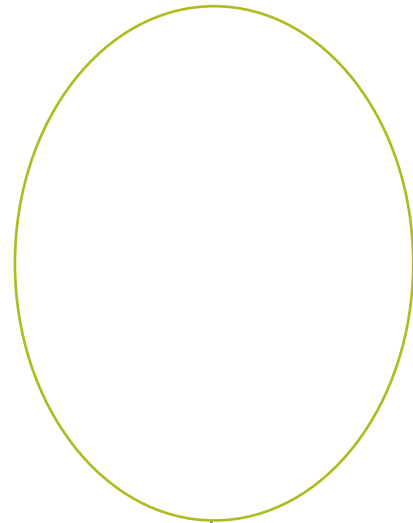
My diabetes has taken up  
so much room up to now

(mark the area)



My diabetes will take up so  
much room in the future

(mark the area)



What is the difference?

Zoffmann 2004, Zoffmann in press

## Room for diabetes in your life

'Room for diabetes in your life' is one of 20 reflection sheets developed as a major part of a decision making method called Guided Self-Determination (GSD). GSD has been tested by nurses and people with type 1 diabetes and persistent poor glycaemic control both in one-to-one setting and in group training. Both qualitative evaluation and a randomized controlled trial confirmed the impact of GSD on people's life skills and A1C.

### **Diabetes can take up room in good and bad ways**

Lack of acceptance and lack of having integrated diabetes into life often go together and this may be the main reason why patients are living with poor glycaemic control.

### **Why "Room for diabetes in your life"**

Some patients are intensely concerned about their disease and this may constitute a considerable part of their problem. Apparently professionals find this reaction too difficult to talk about and accordingly do not comment on it. Likewise it seems difficult for them to approach the opposite problem of patients tending to neglect their diabetes.

"Room for diabetes in your life" may help patients become able to distinguish between negative and positive ways that diabetes can take up room. A negative way may for instance be taking up room in the form of bad conscience and fear of late complications. A positive way may for instance be taking up room in planning and acting. This awareness may cause an overall decision to let diabetes take up room in a positive way. This provides a chance to make self-determined decisions about specific changes required.

The sheet may even help some patients express their first acceptance of diabetes.

### **How to use "Room for diabetes in your life"**

Patients require time to fill it out at home before a conversation with a professional. They are supposed to judge how much room diabetes currently takes up in their life by shading the corresponding area of the oval shape and to do the same for their intentions about how much room to give diabetes in future. They can, however, do it in many creative ways. Additionally patients are supposed to write what the difference will be.

Zoffmann 2004, Zoffmann in press.