

# Are Psychological Interventions Effective in Diabetes Care? A Quantitative Meta-analysis

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## Abstract

Type 2 diabetes is an illness that does not have an etiological treatment at present. The interventions used to control it are mostly symptomatic and do not lead to a permanent solution. Moreover, a lot of the medical recommendations (taking medication, following a diet, exercising, monitoring blood glucose levels, taking insulin, etc.) have to be performed every day, several times a day, which can be a great emotional and practical burden for the patients. Thus, a lot of changes must be incorporated in someone's daily schedule for long periods of time. This is the place of psychological interventions to facilitate the efficacy of pharmacological or dietary medical interventions. Several studies have been investigating the effect of psychological interventions in diabetes management and the aim of this study is to conduct a meta-analysis in order to find out their general impact. Databases were searched for studies that were randomized clinical trials and that investigated the effect of any kind of psychological intervention on the biological outcomes in diabetes, such as glycemias, blood lipids, blood pressure, weight loss, etc. Seventeen studies satisfied the inclusion criteria and were introduced in the meta-analysis. Randomized clinical trials investigated cognitive-behavioral interventions (CBT) in the "active" group; no other forms of psychotherapy were tested. The results show that CBT applied to help people become more adherent to the diabetes treatment has a medium effect.