ACT Now!
Guided Self-Help to Improve Self-Management and Emotional Wellbeing in Adults with Type 2 Diabetes

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BACKGROUND AND AIMS
• Genuine collaboration between clinicians and patients, and innovative approaches to delivering effective, efficient care focused on primary and secondary prevention are at the heart of NHS Scotland policies. 1, 2
• Approximately 245 000 adults have Type 2 diabetes in Scotland and about 45% do not obtain recommended levels of glycaemic control. 3
• Despite good quality education, many struggle to change important health behaviours that influence blood glucose levels and health outcomes.
• This results in declining diabetes control and introduction of increasingly expensive pharmacological agents.
• Clinical and subclinical anxiety and depression are common, and meta-analyses have indicated that they are substantial barriers to effective self-management, resulting in higher blood glucose levels. 4, 5

METHOD
• We designed and evaluated ACT Now!, a guided self-help intervention consisting of 5-8 appointments with complimentary web-based support that included patient stories and further educational material.
• People struggling to self-manage (HbA1c ≥ 61 mmol/mol) were identified and could self-refer, regardless of where care was provided.
• At baseline, post-intervention and 3-months follow-up, we collected measures of anxiety/depression (Hospital Anxiety and Depression Scale) 6 diabetes-related distress (Problem Area in Diabetes) 7 and activity levels (Fitbit pedometer) were obtained. We collected average diabetes control data (HbA1c) at baseline and 3-months post-intervention.

INTERVENTION
• ACT Now! is a brief, manualised, guided self-help intervention aimed at improving key aspects of self-management and emotional wellbeing.
• People with diabetes make their own goals, steadily shaping their lives to how they want it to be, increasing key health behaviours in the process.
• Simply put, people identify the most important areas of their lives (e.g. family and friends) and use this as motivation rather than health itself.

RESULTS
• We recruited 47 participants, most (86%) were from primary care and 80% had co morbidities. 51% were male. Mean time diagnosed was 9.7 years.
• Participants were similar to the local Type 2 diabetes community in age, years since diagnosis, BMI and deprivation (measured by SIMD quintiles).

Table 1: Changes from baseline to post-treatment for activity levels, emotional wellbeing and diabetes control with significance and Cohen's d effect size values.

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<thead>
<tr>
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<tbody>
<tr>
<td>Fitbit Weekly Steps</td>
<td>&lt;0.001</td>
<td>0.45</td>
</tr>
<tr>
<td>Anxiety</td>
<td>&lt;0.001</td>
<td>0.53</td>
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<tr>
<td>Depression</td>
<td>&lt;0.001</td>
<td>0.53</td>
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<tr>
<td>Diabetes Related Distress</td>
<td>&lt;0.001</td>
<td>0.56</td>
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<tr>
<td>HbA1c</td>
<td>0.046</td>
<td>0.18</td>
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• Diabetes control improved by a clinically significant degree (7.2 mmol/mol), equivalent to introducing another glucose lowering medication.
• No participant scoring in the clinical range for anxiety or depression did so Post-ACT Now!
• After the intervention, people had increased their walking by more than the distance of the London Marathon per month (about 29 miles).
• Qualitative data demonstrated that people felt as if they had limited resources available to them and the intervention changed their lives.

CONCLUSIONS
• ACT Now! is a promising low resource intervention that appears to be effective in both helping people with Type 2 diabetes better look after their condition, and reducing anxiety and depression.
• ACT Now! is designed for people who have not managed to make changes to key self-management behaviours using routine care and education and/or, anxiety or depression complicates the clinical picture.
• Almost certainly, ACT Now! reduces costs because of the expense of medicines required to produce similar results on diabetes control ~ 10 years post-diagnosis.
• ACT Now! is an example of the way in which we can deliver innovation that reflect the aspirations of the Quality Strategy and 2020 Vision.

REFERENCES