

# Diabetes distress in transitional age evaluated by "problem areas in diabetes" in type 1 diabetic patients from Marrakech.

**Laila Ennazz, Ghizlane El Mghari, Nawal El Ansari**  
**Department of endocrinology and diabetology. University medical hospital of Marrakech. FMPM. University Caddi Ayyad of Marrakech. Morocco.**



## INTRODUCTION

Type 1 diabetes (T1D) represents 5,3% of all types of diabetes. Its incidence is increasing around the world. It is around 1/100000 in Middle East and North Africa Region. T1D occurs in young subjects and is then established in a growing body. Transitional period is a crucial phase with physical and emotional distress.

## AIM OF THE STUDY

Evaluate diabetes distress in transitional age using "problem area in diabetes" (PAID) in its arabic transcultural adaptation.

## MATERIALS AND METHODS

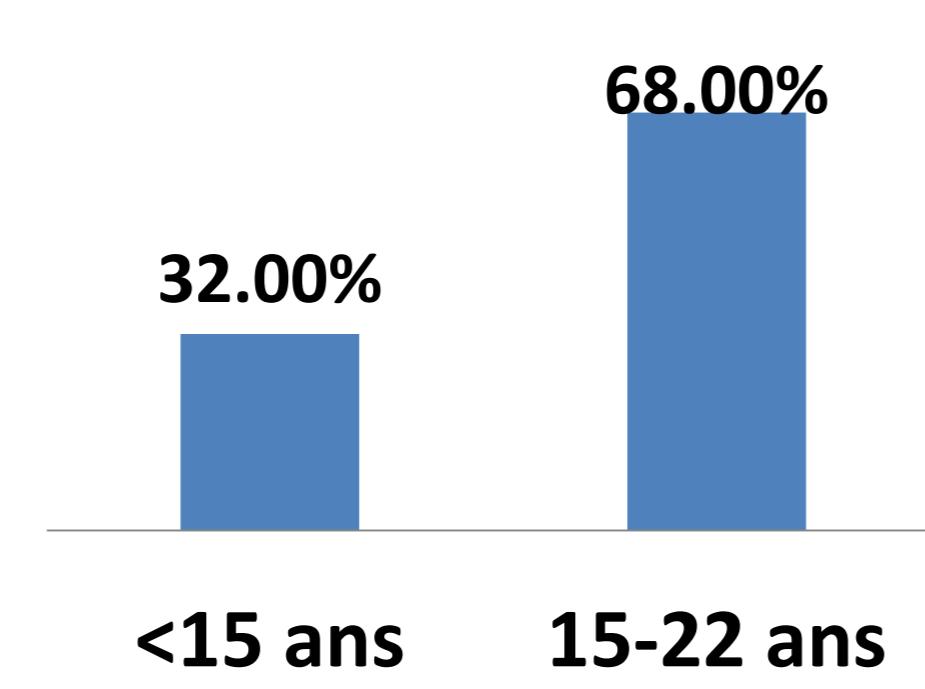
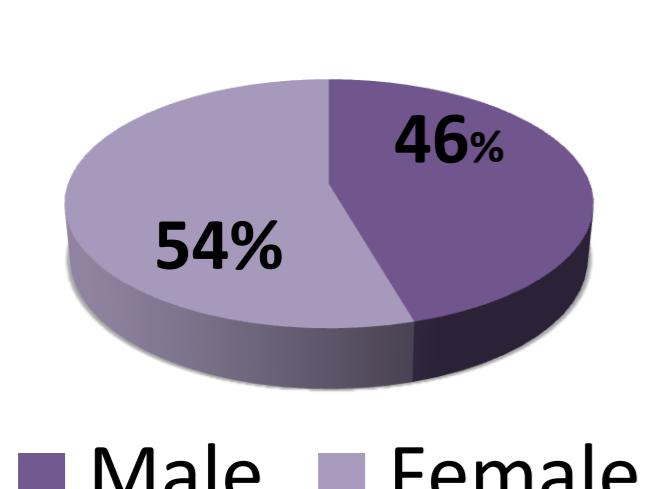
We conducted a cross-sectional observational study. PAID questionnaire was self-administered in 50 type 1 diabetics that were followed up in the department of endocrinology in University medical hospital of Marrakech.

Were excluded all patients with known degenerative diabetic complications.

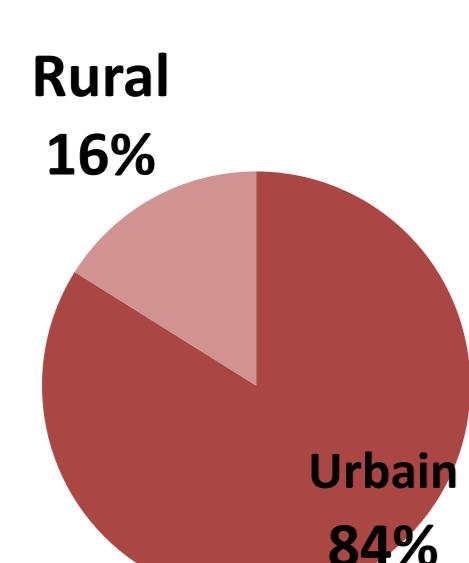
For each patient, different items were evaluated: age, age of diabetes, education level, profession, insulin regimen.

## RESULTS

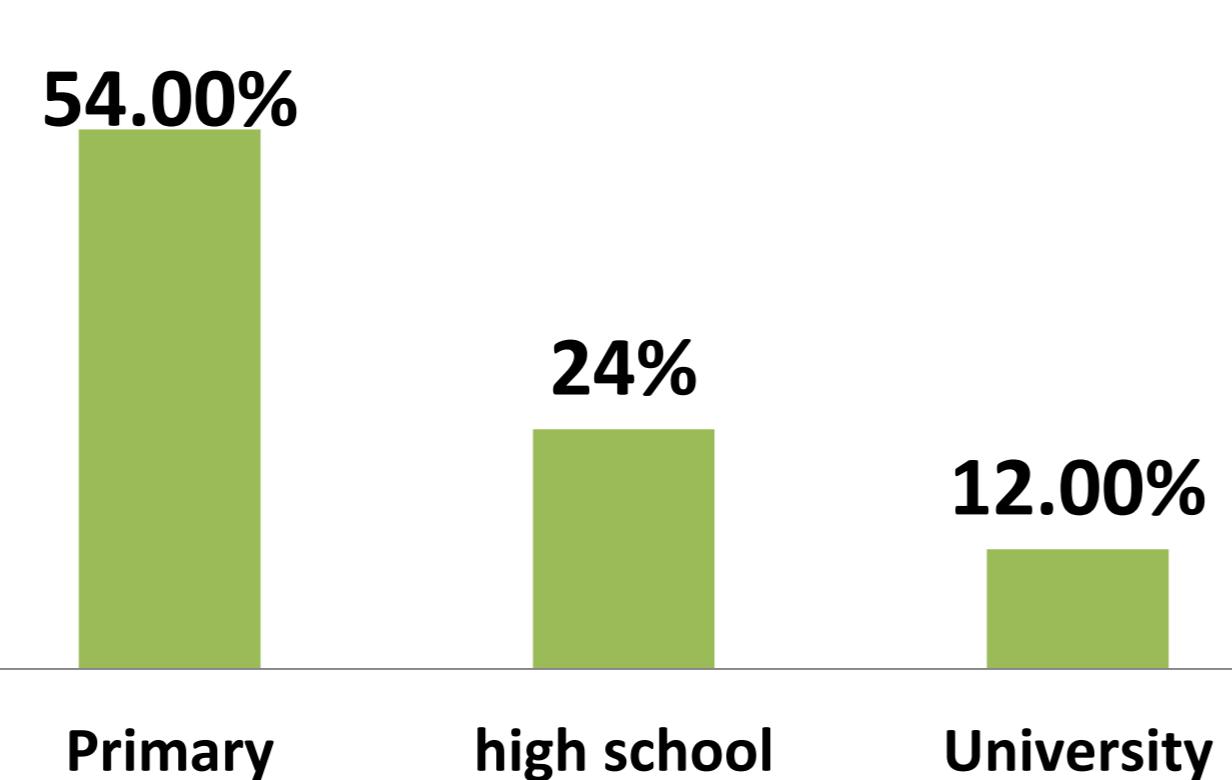
### Socio-demographic items:



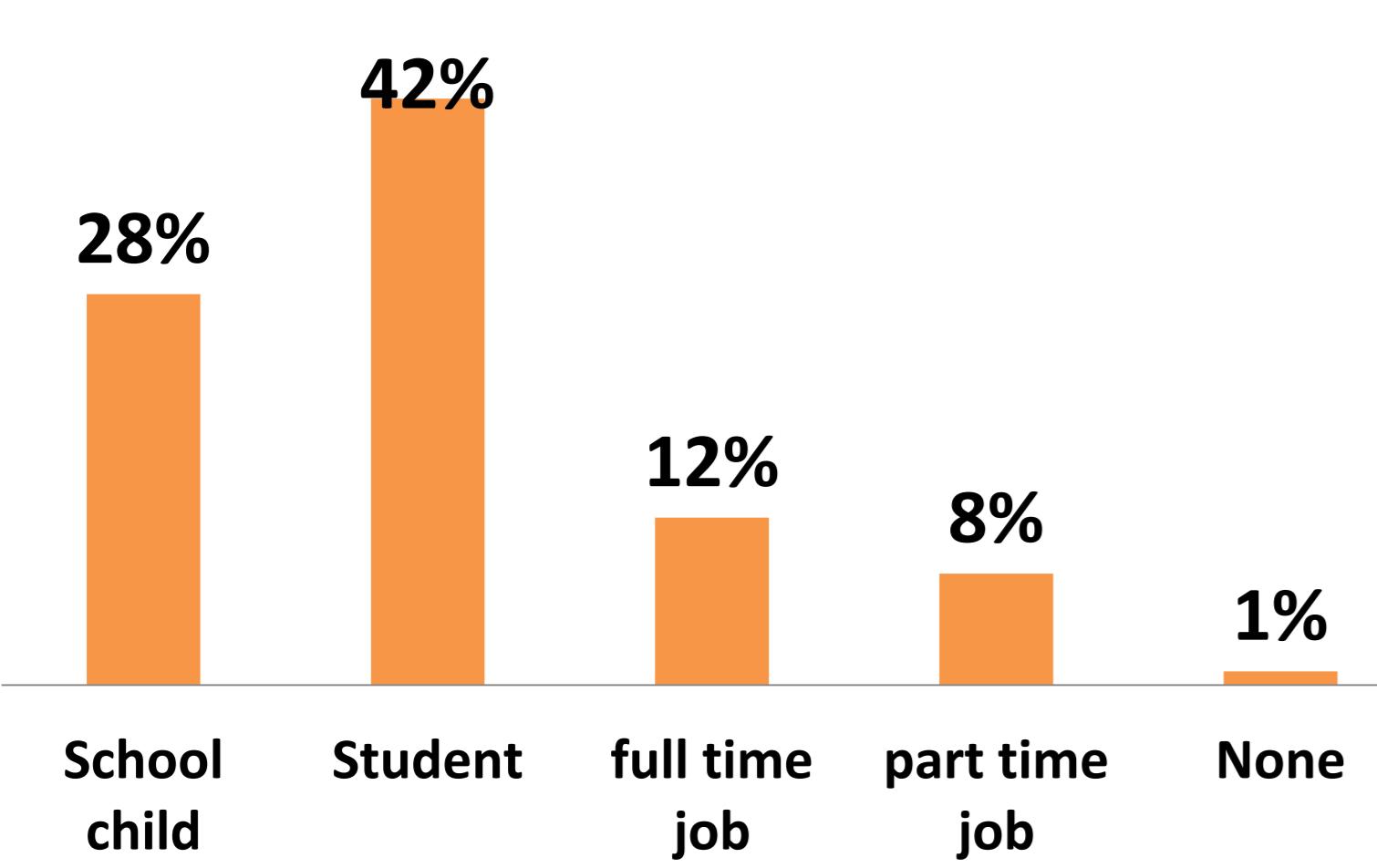
### Gender repartition



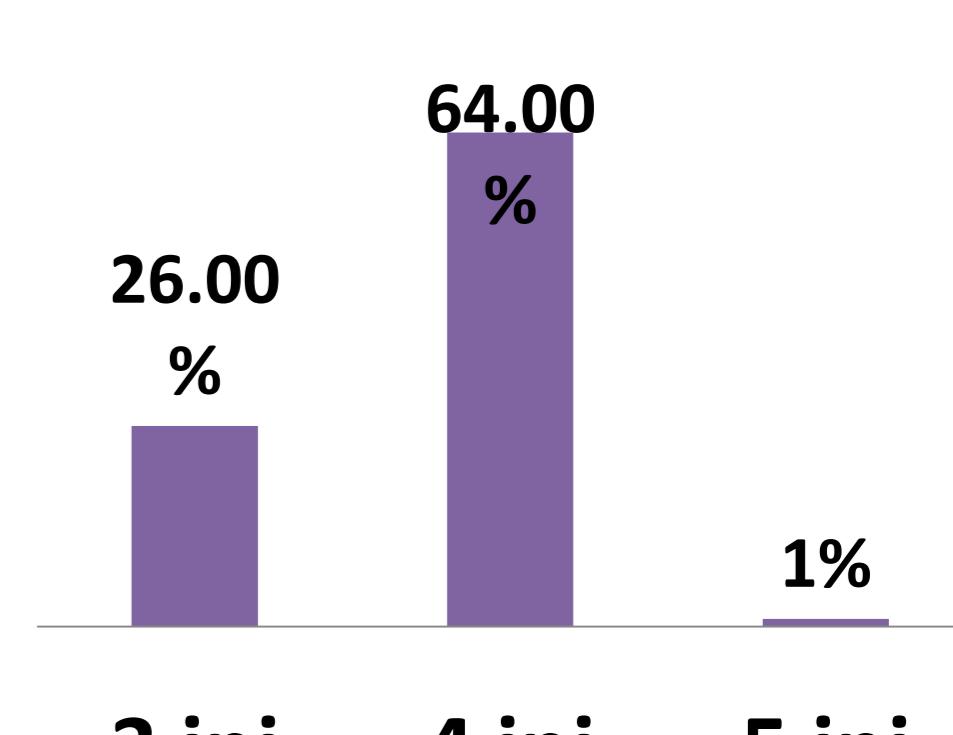
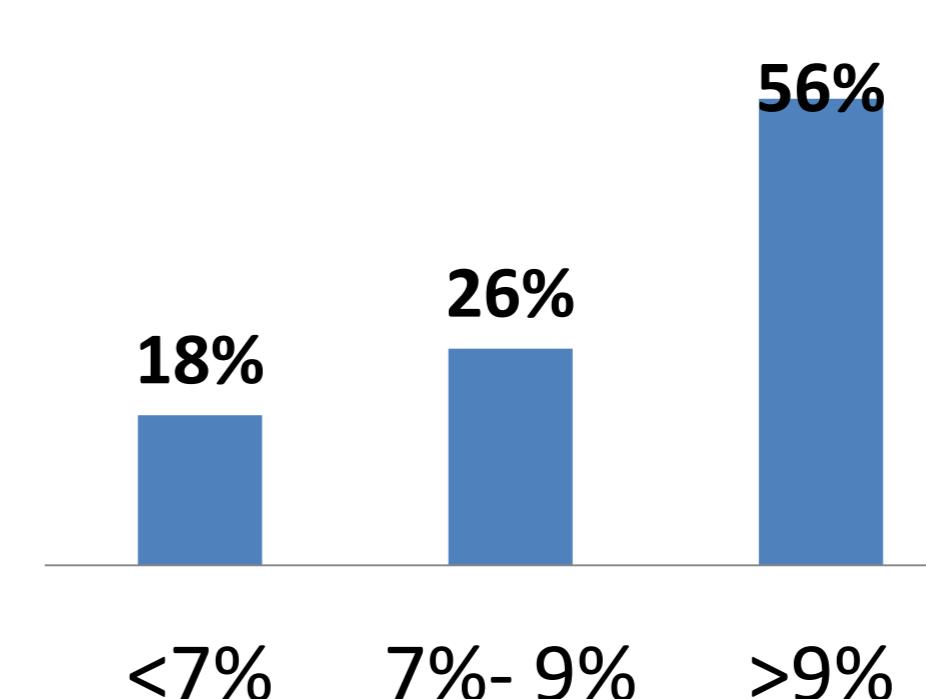
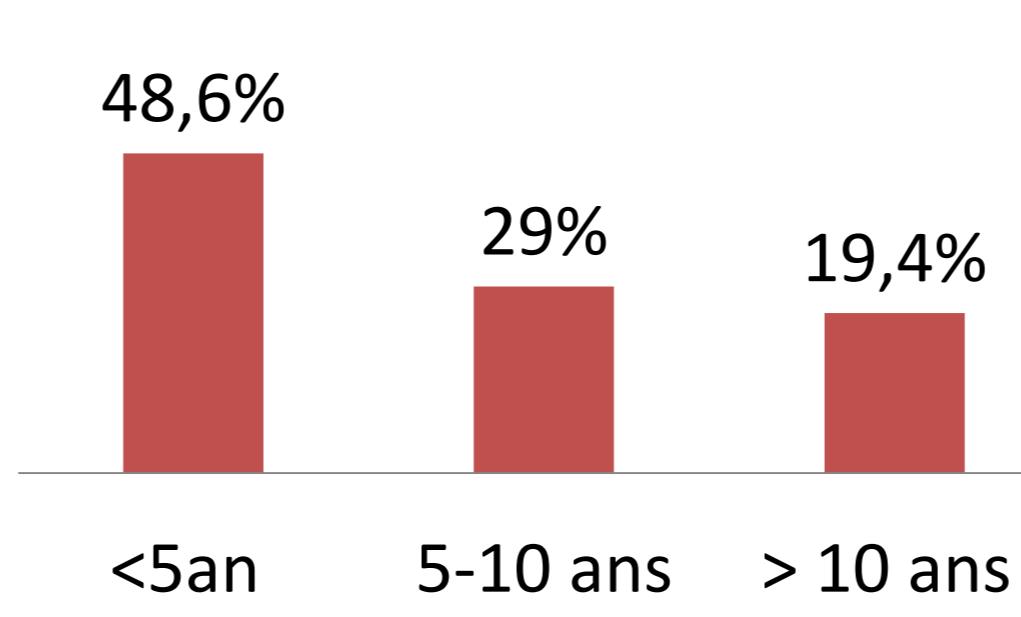
### Age repartition



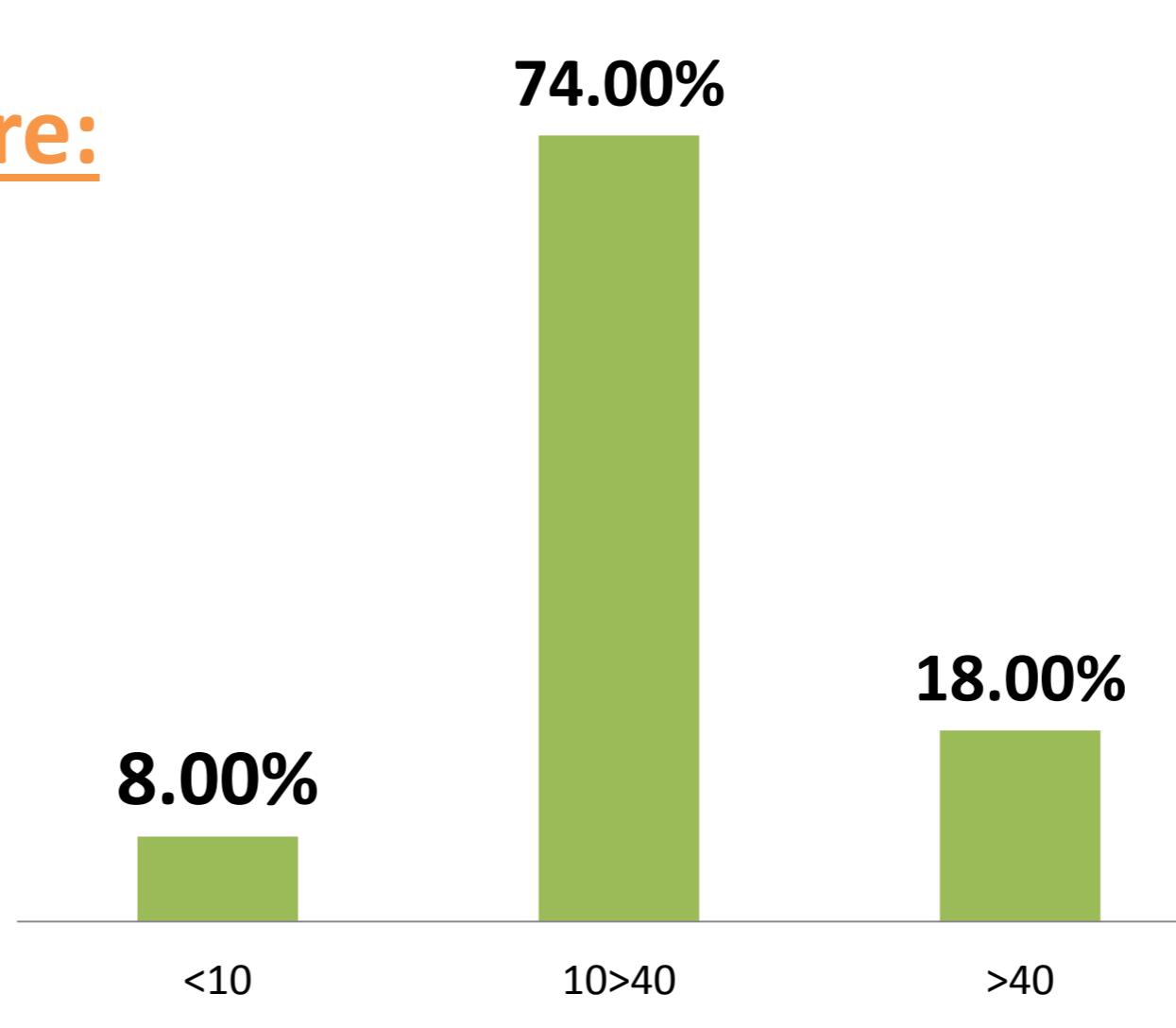
### Geographic repartition



### Diabetes history:



### PAID Score:



**Mean PAID score:** 29,49%  
**Median PAID score:** 24,37%

	AID Score<10 AID Score<10 n=3	PAID score 10-40 PAID score 10-40 n=37	PAID score >40 PAID score >40 N=10
<b>Gender</b>			
Male	0 (0%)	19 (41,3%)	<b>9 (75%)</b>
Female	3 (100%)	27 (58,7%)	<b>3 (25%)</b>
<b>Age</b>			
<15	1 (33,3%)	14 (37,8%)	<b>0 (0%)</b>
15-22ans	2 (66,6%)	23 (62,2%)	<b>10 (100%)</b>
<b>Age of diabetes</b>			
<5ans	0(0%)	3 (8,1%) P	<b>0 (0%)</b>
5-10ans	0 (0%)	20 (54%)	<b>3 (30%)</b>
>10ans	3 (100%)	14 (37,9%)	<b>7 (70%)</b>
<b>Last A1c</b>			
<7	0 (0%)	2 (5,4%)	<b>0 (0%)</b>
7-9	0 (0%)	10 (27,0%)	<b>7 (70%)</b>
>9	3 (100%)	25 (67,6%)	<b>3 (30%)</b>
<b>Urbain area</b>	3 (100%)	30 (81%)	<b>10 (100%)</b>
<b>Rural area</b>	0 (0%)	7(1%)	<b>0 (0%)</b>

## CONCLUSIONS

One fifth of the moroccan population is aged under 24 years old. A big interest is to better understand and support diabetic young patients.

Diabetes distress in type 1 diabetic patients is related in 7,9% according to literature. Its makes difficult the management the disease and on the other hand, diabetes management increases diabetes distress.

In our study, diabetes distress is found in 20% of the patients. A PAID score was higher in the age group between 15 and 22 years and in patients with diabetes lasting longer than 10 years. All these patients had HbA1c beyond the objectives and all were students. Physical and emotional changes as well as transition of diabetic care explain this result.

For that, and towards improving the quality of care. A pilot transition project for diabetic children is underway in our department.