INTRODUCTION

Type 1 diabetes (T1D) represents 5.3% of all types of diabetes. Its incidence is increasing around the world. It is around 1/100,000 in the 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 areas 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. We excluded all patients with known degenerative diabetic complications.

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

RESULTS

Socio-demographic items:

- Gender: 46% Female, 54% Male
- Age: 32% <15 years, 68% 15-22 years
- Geographic: 16% Rural, 84% Urban
- Educational: 54% Primary, 24% High school, 12% University
- Occupation: 28% School child, 42% Student, 12% Full time job, 8% Part time job, 1% None

Diabetes history:

- Age of diabetes: <5 years 48.6%, 5-10 years 29%, >10 years 19.4%
- Last HbA1c: <7% 18%, 7-9% 26%, >9% 56%
- Number of insulin injections: 3 injections 26%, 4 injections 64%, 5 injections 1%

PAID Score:

- Mean PAID score: 29.49%
- Median PAID score: 24.37%

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. It makes difficult the management of 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.