



TBH Study

Teen
Behavior &
Health
Study



December 11, 2018

Thank you to all of the families who are currently participating in our study. We wanted to take a minute to introduce ourselves to you and to give you a little background on what we have been doing for the past 20 years.

I am a social/health psychologist who studies how people adjust to chronic illness. I'm originally from Illinois. I moved to Pittsburgh in 1990 and have been on the faculty at Carnegie Mellon since that time. Prior to the year 2000, I studied people who had had heart disease, breast cancer, and prostate cancer. In 2000, I received my first award from the National Institutes of Health to study persons with diabetes. Below is a brief summary of those studies and a picture of my cat!



Previous Studies in Diabetes

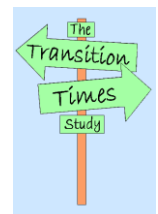
Teen Health Study

We enrolled 132 teens with type 1 diabetes and 131 teens without diabetes and followed them for five years to learn more about the challenges of adolescence. In essence, the study that you are participating in evolved from that study. That study focused a lot on family relationships, whereas the study you are participating in focuses more on peer relationships. We know that peers play an important role in the lives of teens.



Transition Times Study

In the next study, we followed the previous participants after high school graduation for three additional years. The majority (75%) of teens with and without diabetes went to college. Of those that went to college, about 1/3 lived at home (again, both teens with and without diabetes). Overall, we found no differences between the two groups in terms of what they were doing and where they were living after high school.



REACH (Research on Emerging Adults Changing Health)

We were lucky enough to follow the same participants for an additional five years, into young adulthood. Here we were able to explore romantic relationships, considerations around having children, and work. In total, we followed these youth from age 12 to age 28. We recently completed the study.



DiADIC (Diabetes Across Development in Couples)

This study focuses on adult couples in which one person has type 1 diabetes. We have 199 couples in the study. Ages range from 25 to 80. We interview the couples separately and together to learn more about how they integrate diabetes into their every day life. They also complete an on-line questionnaire daily for 14 consecutive days. There is a lot of research on children with type 1 diabetes and a lot of research on adults with type 2 diabetes, but very little research on adults with type 1 diabetes.



CHOICE (Communal Health of Interacting Couples)

This study parallels the DIADIC study, only it involves couples in which one person was recently diagnosed with type 2 diabetes. The novel aspect of this study is examining how the couple adjusts to a new diagnosis



Study Staff:



Ana Diaz is from Colombia (South America), and her first language is Spanish. She has been living in Pittsburgh for 17 years and has worked at Children's Hospital as part of the Endocrinology Division as a Research Nurse for 12 years. In her leisure time, she likes to read mystery novels and cook ethnic foods (Spanish, Italian, Mexican..).

Maureen Hilton joined Dr. Helgeson's lab at Carnegie Mellon University as a research assistant in 2017. She has a BS in Cognitive and Brain Sciences from Tufts University, as well as a BFA from the School of the Museum of Fine Arts, Boston. In her free time, she enjoys rowing, doing puzzles, and printmaking.



Ingrid Libman-DeGordon is an Associate Professor in the Pediatric Endocrinology and Diabetes Division at Children's Hospital of Pittsburgh. She obtained her MD at the Universidad Nacional de Rosario, Argentina and a Masters and PhD in Public Health at the University of Pittsburgh. Her scientific interests focus on the etiology, prevention and treatment of diabetes in childhood, with particular emphasis on the effect of obesity and insulin resistance in type 1 diabetes. In her free time, Dr. Libman enjoys spending time with her family and travelling.

Wyatt Macejka graduated from the University of Pittsburgh with a BS in Psychology and Communications. This is his first year in Dr. Helgeson's lab. He has found it very rewarding getting to meet and work with so many new people. When he has free time, Wyatt enjoys watching Pittsburgh sports and reading books.





Harry Reis is a professor of Psychology and Dean's Professor in Arts, Sciences, and Engineering at the University of Rochester. He studies the factors that influence the quantity and closeness of social interaction, and the consequences of different patterns of socializing for health and psychological well-being. Dr. Reis is also investigating some of the psychological processes that affect the course and conduct of close relationships. He is particularly interested in intimacy, attachment, and emotion regulation. In his spare time, he enjoys woodworking, cryptic word puzzles, and binge-watching Netflix.

Howard Seltman is a senior research statistician in the Department of Statistics at Carnegie Mellon University. He received his MD from the Medical College of Pennsylvania in 1979 and worked as a Clinical Pathologist until 1995. He received his PhD in Statistics from CMU in 1999, and has been on the faculty here since then, combining his interests in medicine and statistics. He is interested in using his experiences as a working scientist to better understand the difficulties of learning how to apply statistical techniques in the real world. He likes to spend time with family, read, walk in the park, and listen to podcasts.



Meredith Van Vleet is a post-doctoral fellow at Carnegie Mellon University, working with Vicki Helgeson. She received her PhD in Social/Personality/Health Psychology from Carnegie Mellon University, and her BS in Psychology from Grand Valley State University. Her research interests include studying play in adult close relationships, communal coping with chronic illness, and support of personal goals and exploration. In her spare time, Meredith enjoys rooting for the Pittsburgh Penguins, collecting vinyl, playing board games, watching bad horror films, reading, and playing with her dog, Maude.

Abby Vaughn is the Project Manager of the TBH Study. After earning a BS in Psychology at the University of Pittsburgh, she began her career as a research assistant for Dr. Helgeson and interviewed many of the youth in the previous diabetes studies. She has worked for Dr. Helgeson for many years and through various studies. While she enjoys her position as project manager, she does miss spending time meeting and getting to know study participants!

