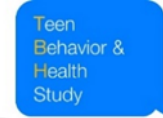




TBH Study



December 9, 2019

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.

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 complete 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 everyday 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.

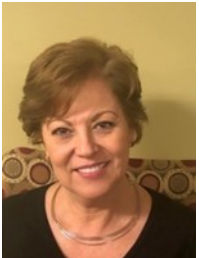


CHOICE (Communal Health of Interacting Couples)

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.

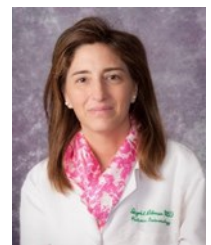


Study Staff



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...).

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 traveling.





Wyatt Macejka graduated from the University of Pittsburgh with a BS in Psychology and Communications. This is his second 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.

Tate Miner graduated with a degree in Psychology from Haverford College in 2019, where he completed a senior thesis examining the psychological bases of political ideologies. He joined Dr. Helgeson's lab in the fall of 2019 and is especially interested in contemporary issues in social and personality psychology. In his spare time, he enjoys reading, writing, and making electronic music.



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.

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!

