Record Nr. UNINA9910373957903321

Titolo Behavioral Diabetes [[electronic resource]]: Social Ecological

Perspectives for Pediatric and Adult Populations // edited by Alan M.

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Pubbl/distr/stampa Cham:,: Springer International Publishing:,: Imprint: Springer,,

2020

ISBN 3-030-33286-1

Edizione [1st ed. 2020.]

Descrizione fisica 1 online resource (522 pages) : illustrations

Disciplina 616.4620019

Soggetti Health psychology

Health Psychology

Lingua di pubblicazione Inglese

Formato Materiale a stampa

Livello bibliografico Monografia

Nota di bibliografia Includes bibliographical references and index.

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Children and Adolescents -- Chapter 2: Update on Medical Management of Diabetes in Children and Adolescents: Epidemiology and Treatment -- Part II: Individual Level Factors in Children and Adolescents -- Chapter 3: Neuroendocrine and Biobehavioral Influences on Diabetes in Youth -- Chapter 4: Distress and Quality of Life -- Chapter 5: Depression, Diabetes-related Distress, and Anxiety in Youth with Diabetes -- Chapter 6: Eating Disorders in Youth with Diabetes -- Chapter 7: Effects of Diabetes on Neurocognitive Function of Children -- Chapter 8: Individual Level Intervention Approaches in Pediatric Diabetes Management -- Part III: Social Level Factors for Children and Adolescents -- Chapter 9: Family Influences -- Chapter 10: Friend and Peer Relationships among Youth with Type 1 Diabetes -- Chapter 11: Social Level Intervention Approaches: Interventions that Target Multiple Systems in Youth with Type 1 Diabetes -- Chapter 12: Social Level Interventions: Enhancing Peer Support and Coping in Pediatric Diabetes Populations -- Part IV: Community Level Factors for Children and Adolescents -- Chapter 13: Demographic Influences and Health Disparities -- Chapter 14: Medical Systems, Patient-Provider Relationships, and Transition of Care -- Chapter 15: Diabetes

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## Sommario/riassunto

This book presents an up-to-date review of behavioral factors in diabetes management across the lifespan: an update on medical management, epidemiology, and prognosis, and utilize an ecological framework to address various aspects of diabetes management for children and adults on the individual, social, community and medical system, and policy levels. The individual level examines biobehavioral and neuroendocrine factors for their role in the etiology of diabetes, as well as various demographic factors involved in health disparities, and specific psychological issues including distress and quality of life, depression and anxiety, eating disorders, and intervention approaches. Zooming out, the social level addresses the role of social support and family influences as well as group and family interventions to promote more effective diabetes management. The community level addresses medical system factors including the patient-physician relationship and transition programs, as well as community and school-based prevention programs. Finally, chapters also address how the policy level impacts diabetes management considering the role of health care, insurance, and school and workplace policy. Topics featured in this book include: Neuroendocrine and biobehavioral influences on diabetes Eating disorders in individuals with diabetes Family influences and family therapies for children and adults with diabetes Depression and anxiety in children and adults with diabetes Behavioral Diabetes is a must-have resource for researchers, graduate students and fellows, as well as clinicians, therapists, and other practitioners involved in diabetes management across the lifespan. A secondary audience comprises individuals working in the community and policy levels, including but not limited to health care and medical systems administrators, as well as school and workplace policymakers. "This book is a comprehensive overview of the extremely important topic of behavioral diabetes. The issues encompassed in this book have evolved greatly over the last few decades and the editors have done a spectacular job in having the key experts on each of the many topics review the literature while at the same time keeping it practical for both clinicians and researchers." -- Irl B. Hirsch, MD, University of Washington, Seattle.