

***Predicting Adjustment to Diabetes: A Study of Treatment Preferences, Self-Efficacy, and Barriers to Adherence***  
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Diabetes mellitus is a chronic illness that requires constant vigilance to stay alive and healthy. Individuals with diabetes who maintain good metabolic control experience fewer long-term complications than individuals with poor metabolic control. However, adolescents with diabetes are typically at risk for poor metabolic control. The current study seeks to examine predictors of metabolic control for adolescents. Additionally, the challenges of adolescence conflict with diabetes management, making adolescents susceptible to psychological distress. We will test two models of adjustment to diabetes: one model examines predictors of metabolic control, the other model examines predictors of psychological adjustment. The predictors under study include self-efficacy, beliefs about the consequences of health behaviors, matching between patients' preferred treatment regimen and the treatment regimen they perceive, barriers to adherence, and health behaviors.