Who We Are:

We are researchers at USC testing a lifestyle program for young adults with diabetes. We would like to find out if this program can help people age 18-30 to deal with everyday hassles and problems they experience in managing their diabetes.

Contact Us:

(323) 442-4817
Diabetes@chan.usc.edu

Who can sign up?

You may be able to join the study if you:

- Are 18-30 years old
- Have had diabetes (type 1 or type 2) for at least a year
- Have an A1C of 8% or higher (if you don’t know, we can test your A1C)
- Are willing to be visited at your home, school, or workplace
- Live in Los Angeles County
- Meet certain income limits, or qualify for CCS, Medi-Cal, or ORSA

Compensation is offered

RESILIENT
EMPOWERED
ACTIVE
LIVING
WITH DIABETES

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IRB #HS-14-00332
What is the REAL Diabetes Study?

We are testing a program for young adults with diabetes, to learn about ways to help young adults manage diabetes, and deal with everyday hassles related to having diabetes.

What do people think about the study?

What was I thinking when I signed up?
I'm just going to give it a shot. If it works out, it works out... I definitely got a lot more than I expected. – “Luis,” age 24

At the end of the day, if you take that help for six months to a year, that's ultimately going to change your lifestyle, and if you change your lifestyle, it's just going to benefit you. – “Keisha,” age 19

I knew a lot about diabetes already, but I wasn't taking care of myself as much as I should have. And it really helped me just get on track.... It was effective. I really didn't think it was going to be, but it was. – “Felicia,” 22 years old

What happens when I sign up?

Complete enrollment forms

Home Visit: we will ask questions about your diabetes care and check your A1C with a finger prick test (compensation is offered)

Group assignment

Information:
We will bring you an information packet, and call you about once every 2 weeks to answer questions about the material

Occupational Therapy (OT):
An OT will visit you about once every 2 weeks to help you with your diabetes care goals

Home Visit: we will ask questions about your diabetes care, and check your A1C with a finger prick test (compensation is offered)

Focus Group: we will ask what you liked and didn't like about being in the study, so we can improve the program. (compensation is offered)

You have questions, we have answers:

I have a really busy schedule. What if I'm not sure I have the time for this?
A lot of people worry about scheduling! We are flexible and can meet with you on evenings or weekends. Most people find a time that works for them. If it doesn't work for you, you can leave the study at any time.

Can I choose which group I'm in?
No, because of the way the study is designed, your group assignment will be chosen at random by a computer program.

How will this affect the care I get now for my diabetes?
We won't have any contact with your healthcare providers, unless you ask us to. Being in the study will not affect your current medical care in any way.

Do I have to come to extra clinic visits?
No, everything will happen on your schedule. The study visits will take place whenever and wherever works for you.