

## Who can sign up?

You may be able to join the study if you:

- Are 18-30 years old
- Have had type 1\* diabetes for at least one year
- Have an A1C of 7.5% or higher\*
- Are willing to participate in 6-month Occupational Therapy program
- Are willing to complete data collection in person or via mailings
- Have access to a laptop or desktop computer \*\*

\*If you are not sure about this information, we can check it with you.

\*\* A loaned laptop from the study may be available.

You will receive compensation for your study participation.



## Who we are:

We are researchers at USC testing a lifestyle program for young adults with type 1 diabetes. We would like to find out if this program can help young adults age 18-30 deal with the everyday hassles and problems they experience in managing their diabetes.

## Contact us:

[chan.usc.edu/real](http://chan.usc.edu/real)

(213) 534-7325

[lrcc@chan.usc.edu](mailto:lrcc@chan.usc.edu)



# REAL DIABETES STUDY

**resilient empowered active living**



**USC** Chan Division  
of Occupational Science  
and Occupational Therapy

IRB #HS-18-00633

## What is the REAL Diabetes Study?

We are testing a program for young adults with type 1 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)

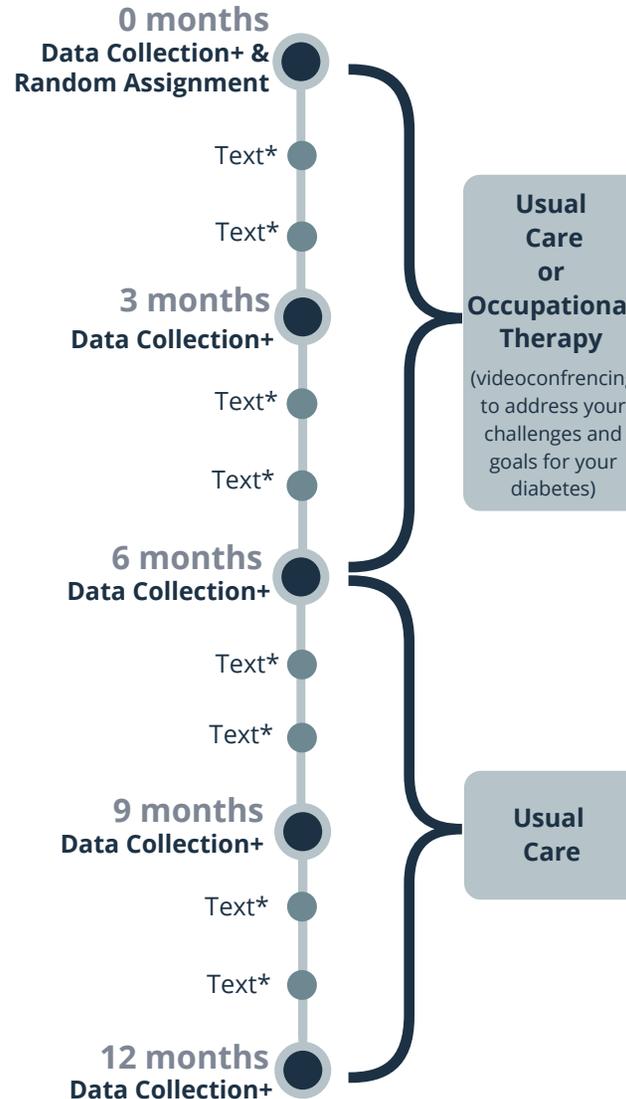
"I like that it's about how diabetes affects your life as a whole, not just about diabetes. You know? It's a disease that's not visible to people, so people can't understand what you're going through... it's not just how are you managing your diabetes, it's how it's affecting you as a whole individual person."  
– Estefania (age 22)

"It's kind of a realization, like it's taking a step back, because you don't really think about what you do on a day-to-day basis. This can help you to look at what you're doing and how you can better improve yourself."  
– Ivionna (age 29)



## What happens when I sign up?

First: Complete enrollment forms  
Then at:



### \*Text Messages

We will send a monthly text message about your healthcare visits

### +Data Collection

We will ask questions about your diabetes care and check your A1C with a finger prick test.

## 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 you on evenings or weekends. Most people find a time that works for them. If it doesn't work, you can leave the study at any time. If you live far from our study site, you have the option of receiving study materials in the mail.

### What will happen in the study?

Everyone in the study will have a data collection session once every 3 months. Half of the people in the study will meet with an occupational therapist (OT) over 6 months using telehealth. They will connect through videoconferencing to talk through their challenges and/or goals related to their diabetes care.

### Can I choose whether I get OT?

No, because of the way the study is designed. The people assigned to meet with an OT will be chosen at random by a computer program.

### How will this affect the care I get now for my diabetes?

Being in the study will not affect your current medical care in any way. We will only share information with your diabetes care providers with your permission.

### Do I have to come to extra clinic visits?

No, everything will happen on your schedule, whenever and wherever works for you.

