

*Abstract*

## Emotional Regulation Competencies for People With Type 1 Diabetes Mellitus (T1D) – A Multimodal Training Program (Current State)

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**Background:** Around 0,4 % of German people are suffering on type 1 diabetes (T1D), an autoimmune disease, which forces to substitute insulin daily. Treatment is focused on blood sugar regulation, but psychoneuroimmunology suggests, that autoimmune diseases might be stress related. Missing stress concepts might cause several long-term effects, may be as result of missing regulation competencies.

**Aim of the study:** To explore and improve emotional and stress regulation competencies in people with t1d. The exploration will take place together with the participants to discover connections between emotional and stress levels using tools from psycho-neuro-immunology, stress research, the Zurich resource model (ZRM) and Somatic Experiencing according to Peter Levine to develop self-help techniques. Steps are accompanied by mindfulness exercises and music. The program goes through 7 phases: 1. Pattern Recognition, 2. Immersion into the intrinsic field, 3. Social validation, 4. Defining a central crisis, 5. Appreciation and release, 6.

Identifying resources and needs, 7. Being different. The curriculum was based on personal experiences using introspection.

**Design:** Hypothetical pilot study, with 8-12 participants with T1D and the following

**Aims:** 1. Feasibility of the intervention; 2. correlation between intervention and psychometric (WHO5, PAID-short; FEW 16, HSRI; MAIA) and physiological parameters, (Variance of the BG values, HBA1c values).

**Examination procedure:** Acquisition via the Patient and Citizens' Associations and Diabetes online networks. The target parameters are recorded at 3 survey points: Before (day 0 = patient enrollment), after 9 months (end of the intervention phase) and after 12 months at the follow-up meeting. (Follow-up phase). Intervention: program with 7 weekends, each including 15 hours of attendance at intervals of 4-weeks and in between an online meeting of two hours.

**Results:** Will be expected in the End of 2024

*Keywords: type 1 diabetes; stress related autoimmune disease; emotional regulation competencies, stress management*