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The Impact of Positive Psychology on Diabetes Outcomes: A Review

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ABSTRACT

Background: Due to the intensive treatment requirements needed to maintain diabetes control, optimal diabetes outcomes can be difficult to achieve for individuals with type 1 or type 2 diabetes from childhood through adulthood. While risk factors related to individual differences in outcomes have been studied in depth, there is a growing body of research that has revealed the effects of positive personal and environmental characteristics on diabetes management and glycemic control. The goal of this review is to summarize the existent literature on the role of positive characteristics in diabetes outcomes. **Method:** Extensive literature searches were conducted using Medline, PsychInfo, and CINAHL to identify studies assessing positive personal and environmental characteristics and diabetes outcomes. Included articles were published between 1989 and 2012. **Results:** Across the lifespan, positive personal characteristics such as self-efficacy, self-esteem, and adaptive coping were associated with diabetes management and glycemic control. Positive environmental factors such as parental monitoring and support were also important predictors of good outcomes, particularly for adolescents. **Conclusions:** Positive personal and environmental factors have been shown to be associated with diabetes outcomes and should be addressed in efforts to improve outcomes at all life stages. Clinical research and practice may be enhanced through efforts to evaluate and promote positive personal and environmental factors with the ultimate goal of reducing barriers to optimal diabetes management and control.

KEYWORDS

Positive Psychology; Diabetes

Cite this paper

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