

MOTIVATION FOR DIABETES MANAGEMENT BASED ON AUTONOMY. IMPLEMENTATION OF A PROGRAM FOR YOUNG ADULTS WITH TYPE 1 DIABETES**V. Zoffmann***UCSF, Københavns Universitetshospital, 7331, København, Denmark*

Aims: To implement and test a short version of the method Guided Self-Determination (GSD-short) in a program designed to help young adults with type 1 diabetes develop motivation for diabetes management based on autonomy.

Design/ methods: Diabetes teams have been trained in using GSD reflection sheets and advanced communication. Currently they are practising under supervision. Young adults (18-35 years) with type 1 diabetes are invited to participate in implementation previous to a RCT.

Taking into account that young adults are busy being in a process of training and establishing career and family the intervention is offered to the patients within usual time frame in connection with status visits normally taking place every second year. Patients prepare themselves by filling in reflection sheets before 2 conversations with HCPs. The patient's self-determined goal for A1c and plans for changing behaviour will be written in the electronic patient journal. Control patients receive treatment as usual (without GSD sheets).

Planned analysis: Differences between the intervention and control group will be analysed at baseline, ½ year and 1 year after first appointment.

Expected outcomes:

- Patients using GSD-short are expected to report higher autonomy index;
- higher amount of self-monitored BG;
- higher perceived autonomy support from professionals;
- higher perceived competence with diabetes;
- fewer diabetes- related problems;
- lower A1c;
- fewer appointments cancelled or stayed away from.