

## Background

Diabetes is often marred with confusion and burnouts. Peer support helps overcome isolation and improves health literacy in a safe environment where peers provide mutual support. It is a new concept in context of health education, especially in limited resource settings, where the community can support the community. ThERapy Days (Tea-Days) are crafted as in-person self-help support group sessions for improving emotional well-being in the diabetes community.



## Aim

To ease the burden diabetes brings to a person's life by provision of peer support & passive education to reinforce positive self-care attitude.



## Method

- Semi-formal boardroom seating with no rank based positioning was used for small groups of 20-25 people with diabetes
- Sessions started with senario building around the selected topic.
- Experiences were shared and moderator highlighted the coping strategies and summarized the take aways towards the end where feedback from participants was taken to analyze the impact.
- Focus group discussion (FGD) was held with community members and peer leaders for improvement.

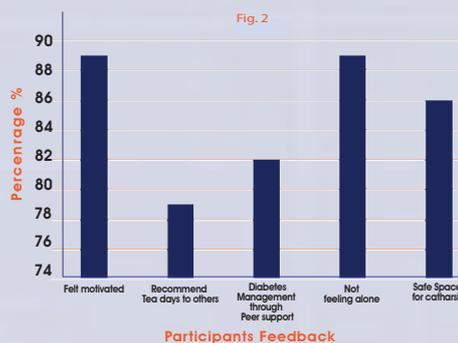


## Results

- 278 participants attended 14 Tea-days, held in 6 months on 5 topics in 3 different cities.
- Topics of stigma, judgments, issues at schools and workplaces, bullying and women woes came up as popular themes.
- Tea-Days provided opportunity for catharsis, using ABC (Adversity, Beliefs, and Consequences) model of Cognitive Behaviour Therapy.



- 89% participants felt emotionally strong while 84% wanted to recommend tea days to others.



## Conclusion

Mental health issues can be addressed by providing opportunities for connecting with peers, in self-help groups, implemented through trained peers.



## References

- Litchman ML, Oser TK, Hodgson L, et al. In-Person and Technology-Mediated Peer Support in Diabetes Care: A Systematic Review of Reviews and Gap Analysis. *Health Education & Behavior*. 2020;46(3):69S-80S. doi:10.1177/1090198119863768
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## Conflict of Interest

Logistic support for holding the sessions was provided by Roche Diabetes Care Pakistan

