



## **Title: Group Education Trial to Improve Transition for Parents of Adolescents with T1D (GET-IT for Parents)**

### **Researchers:**

Dr. Meranda Nakhla, Nominated Principal Investigator: McGill University  
Dr. Deborah Da Costa, Co-Applicant: The Research Institute of McGill University Health Ctr  
Dr. Kaberi Dasgupta, Co-Applicant: The Research Institute of McGill University Health Ctr  
Dr. Melanie Henderson, Co-Applicant: CHU Sainte-Justine  
Dr. Jessica Kichler, Co-Applicant: University of Windsor  
Dr. Elham Rahme, Co-Applicant: The Research Institute of McGill University Health Ctr  
Dr. Rayzel Shulman, Co-Applicant: The Hospital for Sick Children

### **Research area: Type 1 diabetes**

### **Award: End Diabetes 100 Award, 2021-2024**

### **Summary:**

Adolescence is a challenging life stage that is complicated for those with type 1 diabetes (T1D) as they learn to take responsibility for their health. Parents face uncertainty of what constitutes appropriate involvement and express distress around the health consequences of transferring responsibility to their adolescent. We know little about how to provide transition care services to parents as they attempt to support their adolescents during the transition to adulthood. We are currently conducting a multicenter randomized controlled trial (RCT) evaluating patient-driven group education for adolescents with T1D. Parents have expressed a need for education on how to transition responsibility of diabetes care from parent to adolescent. Purpose: We will study if group education for parents of adolescents with T1D will improve the transition from adolescence to adulthood. Methods/Procedure: Our overall aim is to conduct a pilot RCT of parent group education sessions to assess the feasibility and refine the intervention for a full-scale multicenter RCT. We will recruit parents and their adolescents with T1D. Control arm participants will receive usual care. Active arm participants will attend  $\geq 3$  in-person/virtual group sessions for parents plus usual care over 12 months. The group session, facilitated by a diabetes social worker, will be parent-driven discussions on topics relevant to adolescence and transition care. Outcomes: Results of the pilot study will inform a full multicenter RCT. Relevance to people affected by diabetes: Parent group education sessions as a beneficial method for transition care delivery, has potential to lead to wide and sustainable adoption into diabetes care and is directly aligned with the End Diabetes:100 priorities of developing solutions to diabetes management for people living with diabetes. Engagement: The proposed research includes parent partners who will inform the design of our intervention and recruitment strategies.