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**To determine the effects of a structured education programme on illness beliefs, quality of life and physical activity in individuals newly diagnosed with Type 2 diabetes: results from the DESMOND (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) pilot study**

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**Aims :** - To determine the effects of a structured education programme on illness beliefs, quality of life and physical activity in individuals newly diagnosed with Type 2 diabetes.

**Method :** - Individuals attending a DESMOND workshop in 12 PCTs completed questionnaire booklets at baseline and at 3 months follow-up.

**Results :** - To date 104 (63%) 3 month follow-up questionnaires have been completed and returned. At 3 months, individuals were more likely to agree they understood their diabetes ( $t=7.92; df=99; p<0.001$ ), that it is a serious health risk ( $t=2.89; df=99; p<0.005$ ), that it is a chronic illness ( $t=2.09; df=99; p<0.05$ ), that they can affect the course of their diabetes ( $t=1.9; df=99; p<0.05$ ).

There was a trend to report less depressive symptomology ( $t=1.6; df=93; p=0.055$ ). There were no effects on quality of life measures. One person stopped smoking. Individuals reported doing vigorous activity on more days (mean increase = 0.5days/week;  $t=2.4; df=87; p<0.05$ ), moderately intense activity on more days (mean increase = 0.6days/week;  $t=2.6; df=85; p<0.01$ ) and walking on more days (mean increase = 0.5days/week;  $t=1.9; df=89; p<0.05$ ). Individuals reporting a greater understanding of their diabetes reported more physical activity at follow-up ( $r=0.26; p<0.01$ ) which was in turn correlated with less depressive symptomology ( $r=0.42; p<0.001$ ).

**Conclusion :** - Pilot data indicates the DESMOND course for newly diagnosed individuals is changing important illness beliefs and increasing physical activity.