

# Pediatric Psychology in Diabetes

## What is pediatric psychology?

A field of science and practice dedicated to promoting the health, development, and well-being of children, youth, and families.

## Why do pediatric psychologists work with people with diabetes?

Managing diabetes can be stressful and difficult. Youth with diabetes may be more likely to have symptoms of depression and anxiety. Psychologists are great at helping in these areas!

## What do pediatric psychologists do?

1. Help youth adjust to or cope with medical diagnoses
2. Research & treatment looking at patient and family experiences and health
3. Work with other healthcare providers to improve care in medical settings
4. Advocate for patients and families

## How do pediatric psychologists help people with diabetes?

1. Help youth and families cope with the changes that come with a new diabetes diagnosis
2. Help youth and families find ways to manage diabetes within daily life
3. Help problem-solve the things that are hard about managing diabetes
4. Treat diabetes stress, burnout, and other mental health concerns with evidence-based treatments (like cognitive behavioral therapy)
5. Help families communicate their preferences and needs to medical providers
6. Research the factors that affect life with diabetes and share their findings

## How do I find a pediatric psychologist?

Ask your diabetes team if there is a pediatric psychologist who they work with or who works at your center.



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