



ISPAD-BREAKTHROUGH T1D RESEARCH FELLOWSHIP PROGRESS REPORT: 6 MONTHS

Project Title: The Development of a New Measure of Eating and Type 1 Diabetes for Teens (TIDES-2)

Name of Grantee Organization: The Miriam Hospital

6 month Funding Period: 11/1/2025 – 4/30/2026

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Mentors: Elissa Jelalian, Ph.D. and Lisa Swartz Topor, MD, MMSc

Stated Aims and Scientific Progress (Accomplishments)

The goal of this ISPAD-Breakthrough T1D Fellowship project is to develop and test a new measure of eating disorder behaviors and cognitions specific to adolescents with type 1 diabetes (T1D). Specifically, we aim to examine the reliability and validity of the new measure.

We had originally proposed to update/modify an existing validated measure, however after completing iterative cognitive interviews with adolescents with T1D, it was determined that a new measure was warranted. This was primarily due to the changing landscape of diabetes management (i.e., newer diabetes technology) and teen communication styles. We gathered input from a variety of multidisciplinary experts in medicine, dietetics, psychology, nursing, and education to develop the first iteration of the new self-report measure. We then completed iterative cognitive interviews with teens with T1D to determine the final version of the measure.

At present, we applied for and received IRB approval to conduct the validation/reliability study (BUH3-2394246). I also trained a research assistant to help with collecting data. Recruitment for the study began in March and the first participant completed the study in April 2026. At present ~20 adolescents have completed the study.

We ran into a few challenges. First, recruitment was challenging. Our clinic is in the smallest state in the US, and therefore, we do not have as large a clinic as some other children's hospitals. Our team has made great progress in spreading the word, however, over the summer. We contacted diabetes camps, schools, and endocrinology clinics across the country. Our team is scheduled to attend a local diabetes camp and to provide on-site study recruitment. We have created new short-reel video advertisements for social media (i.e., TikTok, Instagram, and YouTube). We also reached out to BreakthroughT1D to help disseminate the study flyers through their networks. With all of these changes, we have noticed an uptake in interested participants, and we aim to complete the data collection within the proposed timeline.

I submitted the results of the cognitive interview study that preceded this one for the inaugural Breakthrough T1D conference in the fall as well as for the ISPAD meeting in Brazil. I hope to discuss the progress of this study at both of those meetings during my e-Poster presentations.

The next steps are to complete data collection and analyze the data.