

# Psychosocial impact of type 1 diabetes mellitus in children, adolescents and their families. Literature review [Impacto psicosocial de la diabetes mellitus tipo 1 en niños, adolescentes y sus familias. Revisión de la literatura]

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Type 1 diabetes mellitus is the most common chronic endocrine pathology among children.

Treatment includes diet, physical activity, insulin medication, and proper self-control. This self-control may be difficult, resulting in children, adolescents and their families suffering diverse psychosocial complications. There is an inverse relationship between self-control and psychosocial complications, the main problems being anxiety and depression, where adolescents are 2.3 times more likely to have mental health problems. Families are initially affected, in the debut period by a state of shock, with feelings of distress and anger. The necessary changes in habits and lifestyles can lead to psychosocial problems, including anxiety, depression and eating disorders.

Subsequently, the child or adolescent and his or her family group may move into new balance characterized by good self-control and adherence to treatment, or deepen individual and group disorders which may reappear, especially in adolescence. The comprehensive treatment of type 1 diabetes mellitus requires addressing these aspects through multidisciplinary teams which include medical and psychosocial professionals. This review analyses the main aspects related to the psychosocial impact of diabetes mellitus type 1 among children, adolescents and their families. ©

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Diabetes mellitus type 1

Family

Psychosocial impact

adolescent

anger

anxiety

child

depression

diet supplementation

disease association

distress syndrome

eating disorder

human

insulin dependent diabetes mellitus

lifestyle modification

physical activity

Review

self control

social psychology

Chile

cost of illness

depression

eating disorder

family relation

health behavior

insulin dependent diabetes mellitus

lifestyle

patient compliance

psychology

Adolescent

Anxiety

Child

Chile

Cost of Illness

Depression

Diabetes Mellitus, Type 1

Family Relations

Feeding and Eating Disorders

Health Behavior

Humans

Life Style

Patient Compliance