THE WRITING DIABETES STUDY

HOW CAN CRAFTING STORIES ABOUT THEIR EXPERIENCE HELP PATIENTS WITH CHRONIC ILLNESS?

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PARTICIPANTS WERE SCREENED, CONSENTED, AND UNDERWENT AN INITIAL BASELINE VISIT AT THE UNC DIABETES CARE CENTER WHERE THEY COMPLETED SURVEYS AND A BLOOD GLUCOSE TEST.

PARTICIPANTS ENGAGED IN A 4 MONTH WRITING WORKSHOP FOCUSING ON THE RHETORICS OF: INVENTION, ARRANGEMENT, STYLE, MEMORY, AND DELIVERY.

RESULT:

PRELIMINARY RESULTS SUGGEST THAT INDIVIDUALS RECENTLY DIAGNOSED (<5 YEARS) WITH TYPE-2 DIABETES MAY BENEFIT SIGNIFICANTLY FROM A NARRATIVE-TYPE INTERVENTION.

AFTER THE WORKSHOP ENDED, PARTICIPANTS THEN COMPLETED A FOLLOW-UP VISIT AT THE UNC DIABETES CARE CENTER WHERE THEY REPEATED A SERIES OF SURVEYS AND THE BLOOD GLUCOSE TEST.