

# THE WRITING DIABETES STUDY

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



## DEVELOPED BY:

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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.



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.

## RESULTS

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

ANALYSES ARE ONGOING

