



Hello dear
DiaMind
friends!

Tomorrow is a
big day.

At EASD, the
very first EASD Guideline
will be presented – and
it will be a guideline on
Diabetes Distress.

The guideline development
panel members, we have
worked hard for 2 years to
create this guideline and
we are proud to launch it
tomorrow at the EASD in
Vienna at 16:30 – 17:30
in the Paris room of the
Congress Venue.

Moreover, the new Guideline
will be the topic of the
PSAD (Psychosocial Aspects
of Diabetes) Sattelite
Symposium at EASD this
Thursday from 13:00 to
15:00 in the Cairo Room.

If you are in Vienna at the
EASD — join us!

If not – we will have more to
say on Diabetes Distress at
our next **DiaMind** in 2026
— more to follow!

Karin and **DiaMind** team

PSAD SYMPOSIUM

Methods, impacts and implementation of the EASD Clinical
Guidelines for assessing and managing Diabetes Distress

Thu, 18 Sept 2025

13:00 - 15:00

Cairo Hall

Chairs: Jane Speight, Australia; Richard Holt, UK

Speaker: Jane Speight, Australia; Richard Holt, UK:

Welcome

Francesco Zaccardi, UK:

Overview of the guideline development process

Jackie Sturt, UK:

**Overview of the rapid realist review informing Good
Practice Statements for assessing diabetes distress**

Norbert Hermanns, Germany:

**What are the Good Practice Statements for assessing
Diabetes Distress?**

Femke Rutters, Netherlands:

**Overview of the meta-analysis informing Clinical
Recommendations for managing diabetes distress**

Karin Kanc, Slovenia:

**What are the Clinical Recommendations for managing
diabetes distress?**

Moderator: Jane Speight, Australia:

Q&A with panel

Speaker: Michelle Law, UK; Walther Jensen, Denmark:

**What this guideline means to us, as people living with
diabetes**

Richard Holt, UK:

**Help! I'm not a psychologist: a medical professional's
perspective on what this means in practice**

Andraea Mocan, Romania:

**Stay calm and carry on: a clinical psychologist's
perspective on what this means in practice**

Jane Speight, Australia:

Implementing the guideline: opportunities and challenges

Moderator: Richard Holt, UK

Q&A with panel

Speaker: Jane Speight, Australia; Richard Holt, UK:

Final remarks

16:30 - 17:30

Paris Hall

**Assessment and management of diabetes distress: the EASD's first
clinical practice guideline**

Chairs: Jane Speight, Australia; Richard I.G. Holt, UK

Speaker: Jane Speight, Australia:

Introduction

Michelle Law, UK:

What this guideline means for people with diabetes

Thomas Karagiannis, Greece:

Development of the EASD's first evidence-based guideline

Jacqueline Sturt, UK:

Recommendations for the assessment of diabetes distress

Karin Kanc, Slovenia:

**Recommendations for the clinical management of diabetes
distress**

Richard I.G. Holt, UK:

Conclusions



Pozdravljeni
vsi prijatelji
DiaMind-a!

Jutri je velik
dan!

Na EASD konferenci na Dunaju bodo predstavljene prve EASD smernice o negativnem stresu pri sladkorni bolezni (Diabetes Distress).

Člani razvojne skupine za pripravo smernic smo dve leti trdo delali in ponosni smo, da jih bomo jutri od 16:30 do 17:30 predstavili na kongresnem prizorišču v dvorani Paris.

Poleg tega bodo nove smernice glavna tema satelitskega simpozija PSAD (Psihosocialni vidiki sladkorne bolezni) ta četrtek, od 13. do 15. ure, v dvorani Cairo.

Če ste na Dunaju na konferenci EASD, se nam pridružite!

Negativni stres pri sladkorni bolezni bo glavna tema našega naslednjega srečanja **DiaMind** leta 2026.

Več o tem v naslednjem **DiaMind**-ku.

Karin z **DiaMind** timom

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