10 Minute CBT
Motivating Change in Diabetes

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About Me

• Dr Lee David - GP in Berkshire, with interest in CBT, mental health and resilience

• CBT therapist (via Skype) with MA in CBT

• Director of training organisation 10 Minute CBT
Overview of the session

• Introduction to 10 Minute CBT approach to diabetes

• Overview of CBT framework for understanding problems and facilitating change

• Strategies for overcoming resistance to change

• Brief principles of behaviour change – using values and ‘micro-goals’
Supporting healthy behaviour in diabetes
Psychological aspects of physical health in diabetes

• High rates of depression and anxiety in people with diabetes

• Under-recognised and under-treated

• Associated with worse physical outcomes
  • Depression in diabetes associated with worse blood sugar control, lower medication adherence and more complications
  • Higher mortality rates in cardiovascular patients
How can mood influence physical outcomes?

• Poor motivation leads to reduced active self-management
• Less likely to stick to treatment plans or self-care activities such as smoking cessation or dietary changes
• Depression increases unhealthy behaviours such as physical inactivity
• CBT shown to be effective for managing both anxiety and depression in patients with diabetes
Managing the illness (e.g. taking medications and monitoring)

Dealing with uncertainty and loss

Managing unpleasant physical sensations (e.g. pain, breathlessness)

Adjusting to cope with different or variable levels of function

Maintaining independence and roles

Coping with long-term conditions
Ambivalence to change

- Uncertainty about making a change is common
- Conflicting feelings about the process and outcomes of change

How will I cope if....

I’m not sure I’ll be able to manage...

I want to change but.....

I’m worried about...
What gets in the way of change?

• Think of a healthy lifestyle behaviour that you have struggled to commit to...

• E.g.: Healthy eating, regular exercise...

• What factors get in the way?

• Include personal, environmental, practical....
Collaboration & Partnership

• Core skill to encourage self-efficacy

• Relationship built on teamwork and working towards a common goal

• Both partners actively participate in problem-solving and decision-making
The Five areas or Cognitive-Behavioural Framework

- Thoughts & Thinking styles
- Environment: Background factors & triggers
- Behaviour & Actions
- Physical symptoms & Body sensations
- Feelings & Emotions
Adapted CBT Framework for behaviour change

- Behaviour (unhelpful / helpful)
  - Thoughts
  - Feelings
  - Physical reactions

Environment and triggers
Situation: Being prescribed a new medication for diabetes
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**Thoughts**
- Medicines are risky
- I am going to get lots of side-effects
- I have no control over this medicine or decisions about it
- It won’t work for me

**Feelings**
- Worried, anxious & fearful
- Sad, angry
- Powerless

**Physical reactions**
- Headache & slightly dizzy

**Unhelpful**
- **Avoidance:** Disengage from HCP, stop taking medication
- **Checking:** Constant body scanning and google searches for risks and possible side effects
- **Blame and resentment:** Anger and negativity

**Helpful**
- **Communicate:** Talk to HCP about fears
- **Focus attention on valued activities:** Keep mind occupied with friends & family
- **Acceptance:** Maintain relationships, think time to weigh up pros and cons
DVD exercise: Building collaboration

• Watch the following DVD clip
• How does the HCP build collaboration or teamwork with this patient?
• What communication skills do they use?
• What is the effect (helpful and unhelpful)?
Mapping out a patient’s experience

<table>
<thead>
<tr>
<th>Behaviour &amp; Actions</th>
<th>Unhelpful</th>
<th>Helpful</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thoughts</td>
<td>(Attitudes, beliefs, memories, habits...)</td>
<td></td>
</tr>
<tr>
<td>Feelings / Emotions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>In the body</td>
<td>(Physical sensations, symptoms &amp; urges)</td>
<td></td>
</tr>
<tr>
<td>Environment / Background factors</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
So you are saying that you wish you could lose weight, but are finding it difficult…?

Highlight conflict between values and behaviour

So, on the one hand you’d like to do more exercise, but the pain in your knees is making it difficult to walk…?

Don’t argue or try to convince. Try using an empathic statement: “That sounds really hard. I wonder how we might take things forwards …?”

Why is losing weight important to you? What would be the costs or benefits of making a change in your diet?
Behaviour change: Goal setting

- Behave ‘as if’ we feel more positive in small steps
- MICRO steps may take only 1-2 minutes – moving in the direction of change
- Build self-efficacy (capacity to make changes in our own lives)
- Avoid ‘Boom-Bust’ - assoc with chronic fatigue and pain
Likelihood ruler

• How likely is it that you will carry this goal out?

• If they score > 8, consider making the goal easier
Using Values

• Use values to encourage and motivate and guide choice of goals:
  • What do you care about? Who and what is most important in your life?
  • What small steps can you take in the direction of this value?
Examples of Values

- Achievement
- Adventure
- Acceptance
- Autonomy
- Active
- Balance
- Caring
- Change
- Creativity
- Contribution
- Challenge
- Courage
- Connection
- Education
- Environment
- Energise
- Fame
- Family
- Fitness
- Flexibility
- Future
- Friendship
- Fun
- Global
- Growth
- Humour
- Health
- Independence
- Intimacy
- Leisure and enjoyment
- Learning
- Love
- Mobility
- Outdoors
- Persistence
- Purpose
- Roles
- Resilience
- Spirituality & religion
- Self-esteem
- Tradition
- Tolerance
- Wealth
- Other
What are your values?

• Pick 4-6 of your own core values from the list
Planning micro-goals

• Plan 1-2 MICRO-goals that will move you towards one or more of your core values
• Don’t try to ‘fix the problem’ but make a small move in the direction of the value
• Ideal micro-goals take no more than 3-10 minutes!
Contact details – further training

• **www.10minutecbt.co.uk** - downloads, online training & useful links – new behaviour change online module coming soon!

• Contact me (questions / CBT referrals)  
  lee.david@10minuteCBT.co.uk

• 10 Minute CBT Handbook available on amazon
Healthy Lifestyle Behaviour with 10 Minute CBT

• NEW online video educational module

• [https://elearning.10minutecbt.co.uk/](https://elearning.10minutecbt.co.uk/)

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