

An updated meta-analysis to assess the effectiveness of psychological interventions delivered by psychological specialists and generalist clinicians on glycaemic.

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Patient Education and Counseling

Volume 75, Issue 1, April 2009, Pages 25-36

Review

An updated meta-analysis to assess the effectiveness of psychological interventions delivered by psychological specialists and generalist clinicians on glycaemic control and on psychological status

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<https://doi.org/10.1016/j.pec.2008.08.026>

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Abstract

Objective

To update a meta-analysis and determine the effectiveness of psychological interventions on glycaemic control measured by HbA_{1c} and psychological status in type 2 diabetes and to compare effects when interventions are delivered by generalist clinicians compared to psychological specialists.

Methods

We used the original review protocol and searched the Cochrane central register of controlled trials, Medline, Embase, PsychLIT, and Google Scholar from February 2003 (end of previous review) to March 2007. We extracted data on the participants, interventions, delivery methods, comparison groups and outcome measures.

Results

35 trials were reviewed and meta-analysis of 19 trials ($n = 1431$), reporting HbA_{1c} found a reduction in HbA_{1c} by 0.54% ($\hat{\mu} = 0.32$; 95% CI: $\hat{\mu} = 0.47$ to $\hat{\mu} = 0.16$). In nine trials ($n = 832$) interventions were delivered by diabetes or general clinicians reducing HbA_{1c} by 0.51% ($\hat{\mu} = 0.27$; 95% CI: $\hat{\mu} = 0.50$ to 0.04). In nine trials, interventions ($n = 561$) were delivered by psychological specialists reducing HbA_{1c} by 0.57% ($\hat{\mu} = 0.36$; 95% CI: $\hat{\mu} = 0.61$ to 0.12). Meta-analysis of 13 trials reporting psychological status found psychological status to be lower in the intervention groups $\hat{\mu} = 0.56$ (95% CI: 1.00 to $\hat{\mu} = 0.13$). Trial quality for the majority of studies remained poor.

Conclusion

Our findings suggest that psychological and general clinicians are similarly effective in delivering psychological interventions, however, effect sizes for all clinicians have reduced since the earlier review.

Practice implications

Psychological training opportunities for generalist clinicians could lead to wider availability of effective psychological care.



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Abbreviations

HbA_{1c}, glycaemic control; CBT, cognitive behaviour therapy; RCTs, randomised controlled trials; GPs, general practitioners; I^2 , Higgins I squared test; NS, not stated; D, diet; T, tablets; I, insulin; TTM, transtheoretical model of change

Keywords

Diabetes; Psychological interventions; Glycaemic control; HbA_{1c}; Psychological specialist ; Generalist clinicians; Health care delivery

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