

MyDESMOND: a digital self-management programme for people living with type 2 diabetes



Leicester Diabetes Centre
Committed to Growing International Research, Education & Innovation



Hadjiconstantinou M¹, Schreder S², Brough C², Northern A², Stribling B², Troughton J², Khunti K¹, Davies M¹

¹Diabetes Research Centre, College of Life Sciences, University of Leicester, Leicester, UK, ²Leicester Diabetes Centre, University Hospitals of Leicester NHS Trust, Leicester, UK

Aim

To update and design an interactive and tailored digital programme to help with the self-management of type 2 diabetes (T2DM).

Method

Following implementation of myDESMOND v1 in 2016, an iterative process was followed to design an up-to-date programme. Development of myDESMOND v2 consisted of regular input from stakeholders, including: diabetes specialist dietitians, psychologists, nurses, consultants; researchers; web developers; and people with T2DM.

Informed by psychological theories and the Behaviour Change Taxonomy, myDESMOND adopted a holistic approach to cover clinical, behavioural and emotional aspects of diabetes self-management.

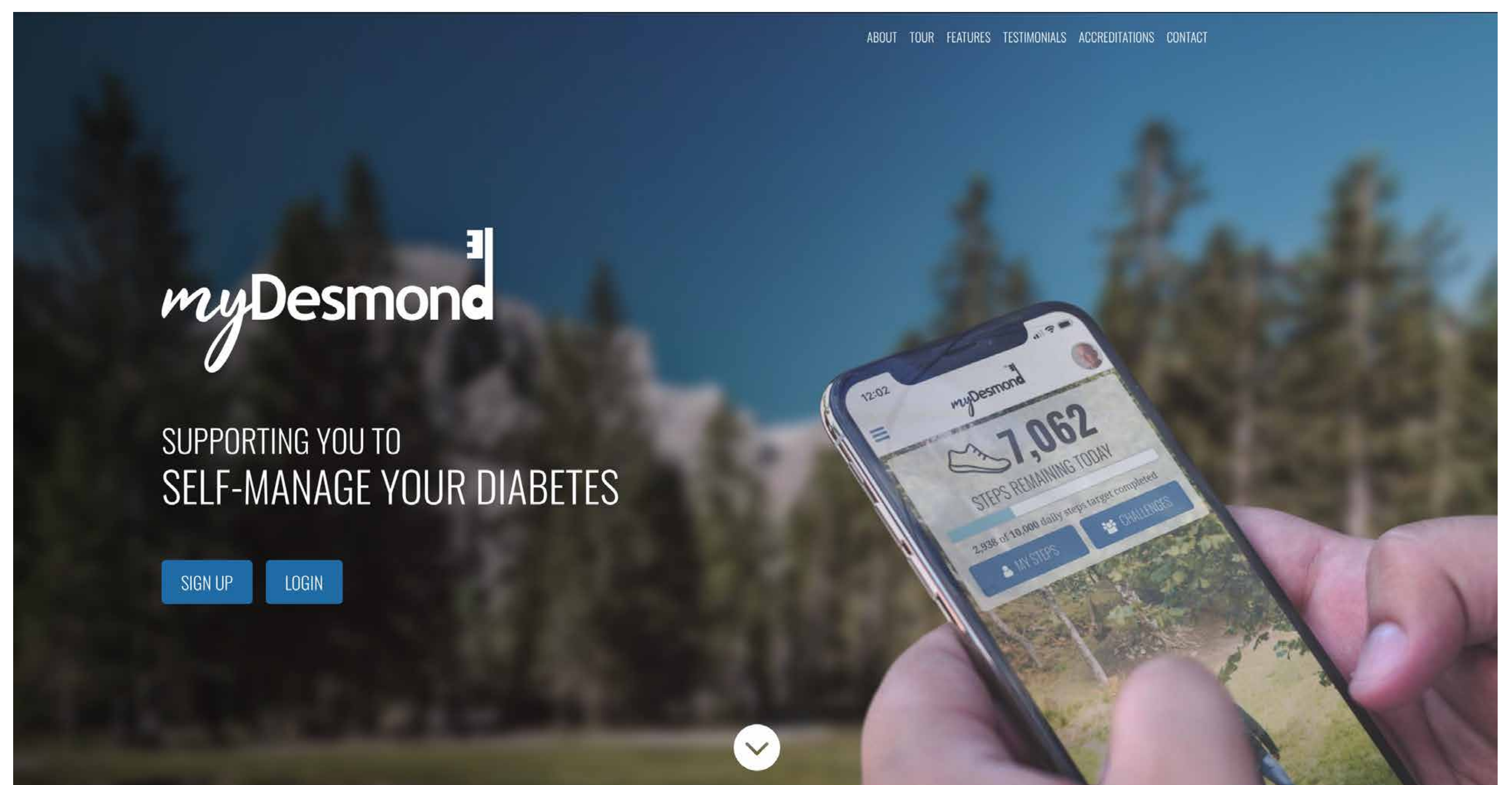
Results

Features and functionalities of myDESMOND v2 include: (i) step challenges to prompt users to increase and track activity levels; (ii) "ask the expert" to provide users the opportunity to explore questions about their diabetes; (iii) "chat forum" to connect and communicate with others who live with T2DM; (iv) "our buddies initiative" to invite family and friends to join the step challenges and learn more about T2DM; (v) "action planning and decision making" to provide users the opportunity to set realistic and achievable goals.

Based on an initial 7 month launch period, >750 people across England have accessed myDESMOND (average age 60 years, range 25-89; 45% male). The number of logins per user was around 15. Key highlights from early qualitative work indicate a positive influence on users' confidence, step count and weight loss.

Conclusion

Findings suggest high levels of user engagement with myDESMOND v2. This theory- and evidence-based digital programme is currently available under licence through the DESMOND National Office.



OVER 11,000 LOGINS

OVER 36 MILLION STEPS

OVER 10,000 MILES

OVER 100 GOALS SET

OVER 150 FORUM POSTS

> 40 hours on education material

4 WEEKS
Average Length of time on programme

5 min
Average Length of time for each login