



Public Health
Agency of Canada

Agence de la santé
publique du Canada

WOMEN'S HEALTH IN WOMEN'S HANDS COMMUNITY HEALTH CENTRE

RESEARCH PROJECT OVERVIEW

Title:	DIABETES AND MENTAL HEALTH INTERVENTION
Principal Investigator(s):	Dr. Mona Gupta, Dr. Catherine Classen, Women's College Hospital
Co-Investigator(s):	Nicola Donovan and Cheryl Harris-Taylor, TRIDEC (a diabetes education centre at WCH); Danielle Rolfe, Lina Jobanputra, Jennifer Price, the Women's Cardiovascular Health Initiative at WCH; Wangari Tharao and Mercedes Umuna, WHIWH; Gail MacNeill, Toronto chapter of the Diabetes Educator Section of the Canadian Diabetes Association
Project Duration/ Funding:	PHAC Duration: 2009 - 2011

Project Summary:

The purpose of this project is to develop a treatment manual describing a novel intervention aimed at addressing the high risk population of women living with Type 2 diabetes and mental illness, specifically symptoms of depression or anxiety. This intervention aims to deliver diabetes education which positively influences behaviour change and improves self-management, while simultaneously providing therapy and support.