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Mindfulness study in Diabetes

Randomization 1:1 (Headspace app : standard care/Resources on Mindfulness)

Inclusion Criteria:

- 1) **T1DM & T2DM**
- 2) Age ≥ 18 y/o
- 3) A1c $\geq 8.0\%$
- 4) has an email address and access to an electronic device (smartphone/tablet/computer) that supports the Headspace app
- 5) Diabetes Distress Scale (**DDS-17**) score ≥ 3
- 6) Can speak, write and comprehend English

Exclusion Criteria:

- 1) A1c $< 8.0\%$
- 2) Currently undergoing any mindfulness-based intervention (**MBI**)
- 3) physical disability or psychiatric diagnosis which would limit the ability to adhere to the study regimen, as judged by the investigator

Those interested should contact Dr. Cristina Aguirre caguirre@bcdiabetes.ca or call 604-683-3734 ext 2008