

An examination of the key components of social support for patients living with Type 2 Diabetes (T2D): A cross-cultural participatory action research approach.





1. Why?



By **2030**: T2D cases are expected to reach **2.5** million in Morocco and **5.5** million in the UK.



T2D costs the *NHS* up to £10 billion a year and a €145 million for the Moroccan Ministry of Health.

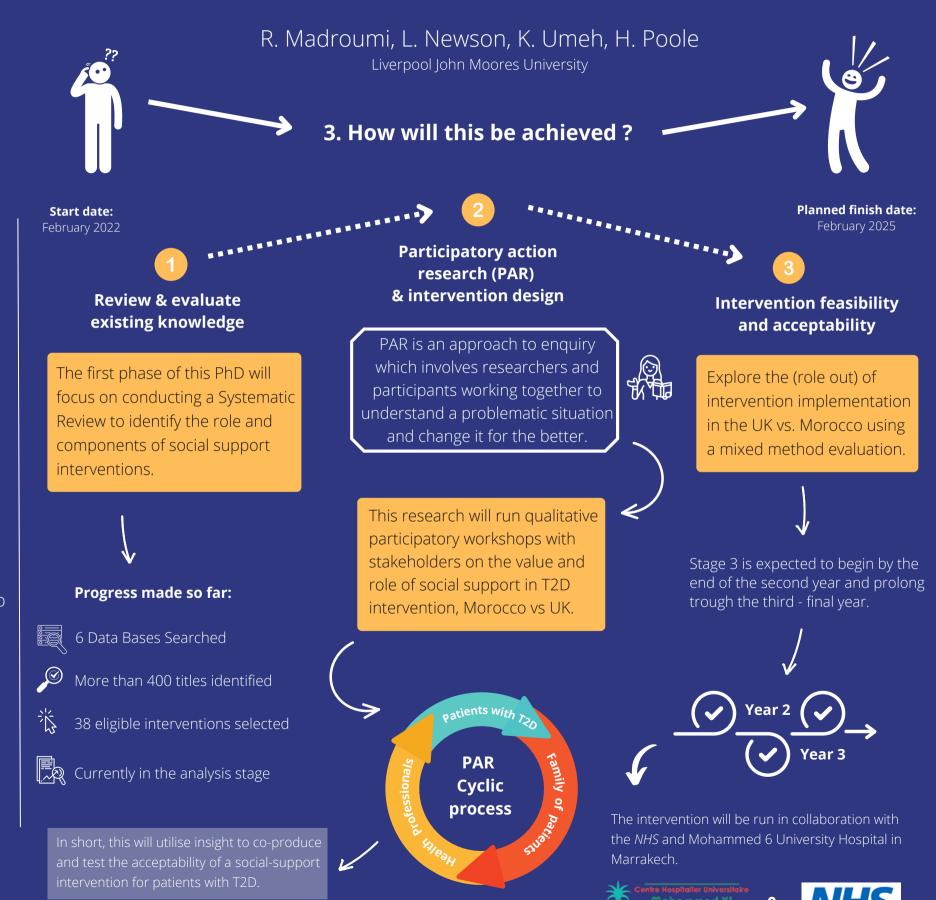


Social support has been strongly linked with better T2D outcomes.

However, little is know about which aspects are most effective for T2D self-management.

2. Research Aims:

- Design and implement a social support intervention to improve T2D patients' self-management.
- Identify and evaluate which components of interventions are effective in supporting patients to achieve good clinical outcomes?
- Explore, how the needs and experiences of those receiving and giving social support, match up to the best practice interventions available?
- Conduct a cross-cultural analysis to compare between the intervention needs and implementation in the UK and Morocco.





4. Expected Outcomes



Develop a new intervention (toolkit) for patients with T2D to engage with social support to enable sustained self-management.



Consider cultural-context of social support (UK vs Morocco) to guide practice and policy that aim to support self-management of type 2 diabetes.

5. Take Home Message:

This is the first research project that will identify effective social support components in T2D management; across two countries (UK and Morocco).

This project will share UK knowledge and practices in the Moroccan context. Its outcomes will benefit the Middle East and North Africa Region (MENA).

Results will give useful guidance and recommendations for future research that aims to include social support in T2D management interventions.

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